

- WOODFROG BAKERY TOAST** 6.5
Sourdough / Pumpkin Grain / Fruit / Gluten Free
Vegemite, peanut butter, honey, jam, marmalade,
nutella
- THE KIDS ONLY** 6.5 ◆ GF
One egg any way, bacon & toast
- EGGS ANY WAY ON TOAST** 9.5 ◆ GF
Poached, scrambled or fried
- BIRCHER MUESLI** 14.5
Triticale, apricot, fuji apple, lemon balm,
chia, berries & candied almonds
- PORRIDGE** 14.5
Triticale & oats, cinnamon baked apple, walnut
crumble, cranberries & chia seeds
- TWICE BAKED FRENCH TOAST** 16.5
Creme patissiere, stewed rhubarb & pistachio
- RICOTTA HOTCAKES** 16.5
Orange infused marscapone, mulled wine poached
fruit, roasted almond flakes, lemon verbena &
crystallised white chocolate
- SMASHED AVOCADO** 17.5 ◆ GF
On toast, Yarra Valley Feta, cherry tomatoes,
grilled corn & quinoa salsa
- PANFRIED MUSHROOMS** 16.5 ◆ GF
On toast, shallots, herbs, goats curd &
almond dukkah
- BENEDICT** 16.5 ◆ GF
Poached eggs on toast, hollandaise, herbs &
choice of ham, smoked salmon or smoked trout

- GREEN EGGS AND HAM** 17.5 ◆ GF
Scrambled eggs on toast, herbs, crushed peas,
grilled leg ham & salted ricotta
- BEETROOT CURED SALMON** 18.5
Pea/feta/corn fritter, avocado, rocket,
dill sour cream & lemon
- EGGS IN HELL** 18.5 ◆ GF
Grilled polenta, spicy chorizo ragu,
two poached eggs, fior de latte & basil
- VEGGIE BREAKFAST** 18.5 ◆ GF
Eggs any way on toast, grilled tomato, roasted
mushrooms, avocado mash, spinach & relish
- BIG BREAKFAST** 19.5 ◆ GF
Eggs any way on toast, bacon, roast tomato,
roast mushrooms, pork & fennel sausage,
spinach & relish
- ROAST PUMPKIN PIDE** 14.5 ◆ GF
Caramelised onion, feta, rocket & roasted
cashews
- GREENS AND GRAINS** 16.5
Red & white quinoa, cooked & raw greens,
freekah, cherry tomato, chia, almonds &
grapefruit vinaigrette
> Add grilled chicken \$2
- BRAT PIDE** 14.5 ◆ GF
Bacon, rocket, avocado, tomato, cheese & aioli
> Add egg \$1.50

GLUTENFREE ◆ GF **DISH CAN BE GLUTEN FREE WHEN REQUESTED!**

NO CHANGES TO THE MENU ON WEEKENDS, SORRY!

- PORK BRIOCHE** 16.5 ◆ GF
12-hour braised pulled pork, apple, cabbage,
coriander, pickled chilli & yuzu aioli
- PULLED LAMB FLATBREAD** 16.5 ◆ GF
Pumpkin hummus, feta, shaved carrot,
pomegranate & sesame
- FREE RANGE CHICKEN SCHNITZEL SUB** 17.5
Herb crumbed on turkish pide, tasty cheese,
coleslaw & chipotle mayo
- WAGYU CHEESE BURGER** 19.5 ◆ GF
200g wagyu burger in brioche, aioli,
cheddar cheese, tomato relish, coz lettuce,
pickled cucumber & rosemary, garlic oven-roasted
potatoes

Tomato relish / toast /
one egg / spinach /
roast tomato /
hollandaise

Roast mushrooms / avocado
mash / goats cheese /
apple, cabbage, coriander
& pickled chilli salad

Rosemary & garlic
oven-roasted potatoes

Sausage /
grilled haloumi /
bacon

Smoked salmon /
smoked trout

SO ETHIN
3.5
4.5
5.5
6.5
EXTRA
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• COFFEE •

ESPRESSO

House Blend - Major Blazer 3.5 | 3.9
Single Origin (refer to specials)

FILTER COFFEE

Refer to specials

NEW FASHIONED

Cold drip - snap infused with orange zest, raisin sweetness and star anise twist

PLEASE REFER
TO THE
BlackBoard!



FOR THE LATEST



SINGLE ORIGINS / BREWING METHODS / FILTER COFFEE

SHOUT OUTS

5 Senses Coffee : coffee
Alasya Turkish Bakery : bread
Green Eggs : free range eggs
Istra Smallgoods : chorizo
J&R Forster : meats
Meribel Fine Foods : cheese
Woodfrog Bakery : bread



• TEA •

BLACK

Good morning, Earl Grey, Chinese golden monkey | 4.0

GREEN

White peony (Chinese white), Jungle green oolong, Jasmine pearls | 4.0

HERBAL

Lemongrass & ginger, Peppermint, Chamomile flower | 4.0

CHAI TEA // LATTE

Calmer Sutra leaves or Phoenix syrup | 4.5



THREEBAGSFULLMELB



THREE BAGS FULL CAFE



@3BAGSFULLCAFE

TAKEAWAY

Check out our selection of takeaway items, salads & cakes

• DRINKS •

FRESH JUICE

1. Carrot, celery, beetroot, lemon & ginger 7.5
2. Watermelon & passionfruit
3. Pear apple & mint
4. Fresh orange juice

SMOOTHIES

Banana 7.5
Strawberry
Mixed Berry (dairy free)
Green

MILKSHAKES

Vanilla, chocolate, caramel, strawberry, malt, nutella 6.5

ICED CHOCOLATE OR COFFEE

6.5

ORGANIC BOTTLED JUICE

4.5

Pear & Apple
Guava & Apple

ORGANIC CARBONATES

Ginger Beer, Cola, Lemonade, Lemon lime & bitters 4.5

HOUSE MADE SODAS

V.P.L 6.5
Vanilla bean, passionfruit & lime

WATER

Antipodes 500ml Sparkling 4.5

ENQUIRE ABOUT OUR FUNCTIONS & EVENTS