

three beans catering menu

breakfast/ morning tea

(prices are per person or serve)

house baked muffins FR V fresh daily, could be raspberry & white chocolate, mixed berry or something else entirely, just ask	2.9
banana bread FR V served with praline butter	3.1
three beans muesli box PO V V ♥ served with berry compote and yoghurt	4.2
fruit platter selection of beautiful seasonal fruits	4.6
individual fruit box seasonal fruit presented in cocktail box topped with sweet yoghurt and berry compote	4.8

hot breakfast

egg, spinach and fetta wrap FR V made with free range eggs	5.0
tomato, bacon & egg wrap FR made with free range eggs	5.0
croque monsieur FR ham, three cheeses & aioli	5.9
free range egg & bacon roll FR	5.5
corn fritters PO V V DF GF ♥ with tomato relish	3.0
-add smoked salmon & avocado	2.0

cakes/ cookies

individual house baked cakes lemon polenta, three choc brownie, banana, apple & cinnamon, orange	3.8
cookies chocolate mud (gluten free), muesli, macadamia and fig	3.5

All day menu

Let us make the days event go smoothly. We can organise a menu for those all day meetings or training sessions

Affordable option (per person) fresh muffin + sandwich + fruit plate	16.5
Impress your clients (pp) fruit yoghurt box + breakfast wrap/ bacon & egg rolls + sandwiches and salad + gourmet cheese and fruit plate	28.0
the healthy one (pp) muesli box + selection of individual salad boxes, with bread on the side + fruit platter	15.0

lunch

open grills (per piece)	6.0
spicy relish and three cheeses V ♥ V avocado, marinated fetta & semi dried tomato V ♥ V	
sandwiches / wraps (we recommend 1.5 per person)	pp 6.1
the mediterranean V V ♥ with grilled vegetables, baba ganuj & marinated fetta	
B.R.A.T FR V bacon, rocket, tomato, avocado and aioli	
salmon on rye V ♥ tasmanian smoked salmon, wasabi & dill sour cream, Spanish onion & watercress	
croque monsieur FR ham, three cheeses & garlic mayo	
roast chicken V FR ♥ with walnuts, celery, parsley and aioli	
chicken caesar wrap V FR ♥ shredded chicken, crispy bacon, cos lettuce and shaved parmesan	
italiano V ♥ Italian meatballs, semi dried tomato, baby spinach and napolitana sauce	
roast beef V FR rare roast sirloin with grain mustard mayo, and watercress	

salads

salad platters for a minimum of six	6.2
Individual salad boxes	8.0
Smoked salmon V GF ♥ DF with Tasmanian smoked salmon, avocado, watercress and wasabi new potato	

superfood salad V ♥ PO organic chickpeas, marinated fetta, parsley, cucumber and toasted seed	
---	--

other lunch options

corn fritters PO V V DF GF ♥	
corn fritters with tomato relish	3.0
-add smoked salmon & avocado	2.0
quesadilla V FR	7.2
chorizo, shredded chicken and sweet pepper relish	
warm individual tarts FR V V we recommended one per person	7.5
-sweet potato, fetta & sage	
-spinach, parmesan & mint	

Add something extra to your lunch

- a rocket and parmesan side salad for just 2.0 per person

- a little bit of your daily bread and butter 1.5 per person

afternoon tea

fruit plate seasonal selection of fresh fruit	pp 4.6
cheese plate a selection of fine cheeses, muscatels, fruit paste, biscuits and breads	pp 8.9
cheese and fruit plate a mix of the above	pp 9.5
cakes/ cookies	
individual cakes lemon polenta, choc brownie, banana, apple & cinnamon, orange	3.8
cookies chocolate mud (gluten free), muesli, macadamia and fig	3.5

beverages

100% organic juices apple, apple blackcurrant, orange mango & passionfruit	3.8
100% organic phoenix soft drinks cola, lemonade, ginger beer, bitter lemon	3.8
coffee (tobys organic) latte, cappuccino, flat white, long black	2.7
tea (hampstead organic fair trade) english breakfast, earl grey, chamomile, lemon ginger	2.7
charlies juices/ smoothies orange, orange & mango	4.0

PO= Part organic **V**= Good carbs/ good sugars **V**= Vegetarian **DF**= Dairy Free **FR**= Free Range **GF**= Gluten Free **♥**= low fat