

WOODFROG BAKERY TOAST 6.9

Sourdough / pumpkin grain / gluten free
 > Spiced fruit toast add \$2
 Vegemite, peanut butter, honey, jam, marmalade, nutella

THE KIDS ONLY 7.5

> One egg any way, bacon & toast **GF**
 > Hotcake w/ maple syrup (not GF)

EGGS ANY WAY ON TOAST 9.5

Poached, scrambled or fried **GF**

BIRCHER MUESLI 16.5

Triticale, apricot, apple, strawberry, honey labneh, chia, roasted almonds, elderflower pearls, freeze dried raspberries & lemon balm

PORRIDGE 16.5

Oat and triticale porridge w/ soy and almond milk, strawberry and mint compote, crystalized white chocolate, freeze dried pineapple, toasted almonds, pepitas and fresh berries **V**

TWICE BAKED FRENCH TOAST 19.5

Crème patissiere, rhubarb compote, pistachio, apple crisp & rhubarb gel

RICOTTA HOTCAKES 20.5

Passionfruit curd, lemon balm, strawberries, vanilla mascarpone, raspberry sherbert, pistachio & baked pear

BREKKIE TASTING BOARD 18.5

Bircher muesli jar, orange juice, toast, avocado, Meredith feta & a poached egg
 > Add bacon or chorizo \$4.5
 * Sorry, no changes to this dish *

CHILLI SCRAMBLED EGGS 19.5

Fried chilli & soybean scrambled eggs on toast, pickled shiitake mushrooms, crispy shallots, chilli threads, coriander & chilli oil
 > Add ham hock \$5.5 or bacon \$4.5 **GF**

THREE BAGS BENEDICT 21.0

Poached eggs on a potato, onion, garlic & thyme rosti with green hollandaise, apple cider ham hock & herbs **GF**

SHROOMS 'N' BEETS 20.5

Sautéed wild mushrooms, roast heritage carrots, whipped goats curd, beetroot & hazelnut romesco, beetroot powder & two poached eggs on toast **GF V**

BIG BREAKFAST 22.0

Eggs any way on toast, chorizo, bacon, roast tomato, roast mushrooms, avocado & relish **GF**

EGGS IN HELL 20.5

Grilled polenta, spicy chorizo ragu, basil, two poached eggs, fior de latte & chimichurri **GF**

BREKKIE BRIOCHE 16.5

Choice of roast mushrooms **OR** bacon - w/ a fried egg, cheese, rocket, tomato, relish & green hollandaise **GF**

SMASHED AVOCADO 19.5

On toast, Meredith Feta, cherry tomatoes, grilled corn & quinoa salsa, spring onion & basil pistou **GF V**

EGG WHITE OMELETTE 19.5

Folded egg white omelette, smoked salmon, spinach, sauce vierge, sundried tomatoes, toasted pine nuts, soft herb salad & toast **GF**

SUPER BOWL 18.5

Farro, mixed quinoa, cooked & raw greens, roast cauliflower, goji berries, cherry tomatoes, chia, toasted almonds, pickled sultanas, pepita & spinach hummus, pomegranate dressing
 > Add smoked salmon \$5.50
 > Add chicken \$3.50 **V**

SWEET POTATO & CARROT FRITTERS 19.5

Two poached eggs, whipped goats curd, pickled fennel & pomegranate salad, almond dukkah

PULLED LAMB FLATBREAD 19.5

Harissa pumpkin hummus, shanklish, shaved carrot, snow pea tendrils, pomegranate & black sesame **GF**

KOREAN FRIED CHICKEN BRIOCHE 19.5

Gochujang glaze, kimchi & wombok slaw, alfalfa sprouts
 > Add chilli salt fries \$3.50

TUNA TATAKI TOAST 21.5

Sesame tuna, smashed avocado, pickled daikon, edamame, mixed radish, pickled ginger, nori & ponzu dressing on toast

SOMETHING EXTRA

- Tomato relish / toast / one egg / green hollandaise 2.9
- Roast mushrooms / spinach / roast tomato / whipped goats curd 3.9
- Chilli salt fries / avocado smash 4.9
- Chorizo / bacon / grilled haloumi / za'atar & lemon chicken 5.9
- Smoked salmon / ham hock 6.9

SELECTION OF TAKEAWAY ITEMS, SALADS & CAKES

TAKEAWAY

GLUTEN FREE



DISH CAN BE GLUTEN FREE WHEN REQUESTED!

VEGAN



DISH CAN BE VEGAN WHEN REQUESTED!

***NO CHANGES TO THE MENU ON WEEKENDS... SORRY!**

***A SURCHARGE OF 10% APPLIES ON WEEKENDS**

- WINE -

- SPARKLING -

En Vie Sparkling Blanc de Blanc	Yarra Valley, VIC	9.5/42
Zontes Footsteps Prosecco	Fleurieu Pen, SA	9/40

- WHITE -

Muna Muna Sauvignon Blanc	Marlborough, NZ	8.5/36
Jack Rabbit Chardonnay	Bellarine, VIC	9/39
Little Goat Creek Pinot Gris	Marlborough, NZ	9/39
Eden Hall Riesling	Eden Valley, SA	9.5/41

- PINK -

Bouchard Aine Fils Rose	Burgundy, France	9.5/41
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- RED -

Lightfoot & Sons Pinot Noir	Gippsland, VIC	11/48
Springseed Shiraz	McLaren Vale, SA	9/41
Smidge Cab Sauvignon	McLaren Vale, SA	9.5/42

- CIDER -

Flying Brick Original	Bellarine Peninsula, VIC	9
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- BEER (TAP) -

Mountain Goat Steam Ale	Richmond, VIC	6/12/22
Stone & Wood Pacific Ale	Byron Bay, NSW	6/12/22

- BEER (BOTTLE) -

Little Creatures Bright Ale	Geelong, VIC	8.5
White Rabbit Dark Ale	Geelong, VIC	8
Quiet Deeds IPA	Port Melb., VIC	8.5
Sample Lager	Collingwood, VIC	8.5
Stella Artois	Belgium	7.5

- COFFEE -

PLEASE REFER
TO THE
BlackBoard!



SINGLE ORIGINS / BREWING METHODS / FILTER COFFEE

- TEA -

BLACK Good morning, Earl Grey, Chinese golden monkey **4.5**

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

HERBAL Lemongrass & ginger, Peppermint, Chamomile flower

CHAI LATTE / CHAI TEA

HOT CHOCOLATE

- SMOOTHIES -

BANANA Banana, yoghurt, ice cream, honey, cinnamon & milk **8.9**

GREEN (df) Spinach, apple, celery, avocado, pear, cucumber, mint, lemon juice & maple syrup

MIXED BERRY (df) Raspberries, blackberries, blueberries, strawberries & apple juice

BLUEBERRY SMOOTHIE Blueberries, banana, yoghurt, milk & honey

- DRINKS -

FRESH JUICE **8.5**

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

MILKSHAKES **7.9**

Vanilla, caramel, chai, chocolate, malt, nutella, strawberry

ICED CHOCOLATE OR COFFEE **7.5**

ORGANIC BOTTLED JUICE **4.5**

1. Passionfruit, orange & apple
2. Apple
3. Pineapple & mint

KOMBUCHA **6.0**

Original & lemon ginger

ORGANIC CARBONATES **4.5**

Ginger Ale, Lemonade, Cola

HOUSE MADE SODA **7.5**

V.P.L (vanilla bean, passionfruit & lime) & mint

WATER Antipodes sparkling 500ml **5.5**

**ASK ABOUT
OUR COCKTAILS**



@THREEBAGSFULLMELB



/THREEBAGSFULLCAFE

