

WOODFROG BAKERY TOAST 7.5

Sourdough / pumpkin grain / gluten free add \$1
 > Spiced fruit toast add \$2
 Vegemite, peanut butter, honey, jam, marmalade, nutella

THE KIDS ONLY 7.5

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

BIRCHER MUESLI 16.5

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

PORRIDGE 17.0

Earl Grey & orange porridge with triticale and oats, pear & vanilla puree, walnut & cinnamon crumble, organic cacao nibs, orange crisp & micro mint **VO**

TWICE BAKED FRENCH TOAST 19.5

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

RICOTTA HOTCAKES 21.5

Passionfruit curd, lemon balm, strawberries, vanilla mascarpone, raspberry sherbet, 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 scrambled eggs on toast, with soybeans, pickled shiitake mushrooms, crispy shallots, chilli threads, coriander & chilli oil
 > Add bacon or chorizo \$4.5 **GFO**

EGGS IN HELL 21.5

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

GLUTEN FREE



DISH CAN BE GLUTEN FREE WHEN REQUESTED!

VEGAN



DISH CAN BE VEGAN WHEN REQUESTED!

BIG BREAKFAST 23.0

Eggs any way on toast, chorizo, bacon, roast tomato, roast mushrooms, spinach & relish **GFO**

SHROOMS 'N' BEETS 20.5

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

THE BENNY 22.0

Coffee braised beef cheek, potato, onion and thyme rosti, poached eggs, chipotle hollandaise, pickled quindilla peppers & coffee salt
 - Roast mushroom option available **GFO**

LOADED AVOCADO TOAST 19.5

Smashed avocado, heirloom cherry tomatoes, chipotle pickled red onion, Meredith feta, charcoal & walnut dukkah, fresh basil, walnut oil & smoked sea salt
 > Add a poached egg \$1.5
 > Add bacon or haloumi \$4.5 **GFO VO**

EGG WHITE OMELETTE 18.5

Folded egg white omelette, kale & broccolini, red baba ganoush, turmeric pickled zucchini, honey and sesame roast almonds, chick pea shoots & toast
 > Add chicken or haloumi \$4.5
 > Add smoked salmon \$5.5 **GFO**

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 chicken \$4.5
 > Add smoked salmon \$5.5 **VO**

SWEET POTATO & CARROT FRITTERS 20.5

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

PULLED LAMB FLATBREAD 20.5

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

KOREAN FRIED CHICKEN BRIOCHE 20.5

Gochujang glaze, kimchi & wombok slaw & alfalfa sprouts
 > Add chilli salt fries \$3.5

SMOKED MAPLE KAISERFLEISCH 21.5

Smoked maple kaiserfleisch, mixed pearl barley, spiced pumpkin puree, roasted pumpkin, grilled bourbon quince, salted pecans, fried egg & crispy sage

EGGS ANY WAY ON TOAST 10.5

Poached, scrambled or fried **GFO**

SOMETHING EXTRA

Tomato relish / toast / one egg / chipotle 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 : 6.9



VIEW OUR PHOTO MENU

AT WWW.MRYUM.COM.AU/THREEBAGSFULL



OR HOVER YOUR PHONE'S CAMERA OVER THE QR CODE TO LAUNCH IT.



NO QR APP REQUIRED!

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

WE HAVE A 10% WEEKEND SURCHARGE BECAUSE WE PAY OUR STAFF CORRECTLY

- WINE -

- SPARKLING -

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

- WHITE -

| | | |
|--------------------------------|-----------------|--------|
| Muna Muna Sauvignon Blanc | Marlborough, NZ | 8.5/36 |
| Little Goat Creek Pinot Grigio | Marlborough, NZ | 9/39 |

- PINK -

| | | |
|--------------------|------------------|--------|
| Bouchard Aine Fils | Burgundy, France | 9.5/41 |
|--------------------|------------------|--------|

- RED -

| | | |
|-----------------------------|------------------|-------|
| Lightfoot & Sons Pinot Noir | Gippsland, VIC | 11/48 |
| Springseed Shiraz | McLaren Vale, SA | 9/41 |

- BEER & CIDER -

- CIDER -

| | | |
|-----------------------|--------------------------|---|
| Flying Brick Original | Bellarine Peninsula, VIC | 9 |
|-----------------------|--------------------------|---|

- TAP BEER -

Ask our friendly staff for rotating options 6/9/12/22

BLOODY MARY / MIMOSA 11/7
ASK ABOUT OUR COCKTAILS

- SOFT DRINKS -

KOMBUCHA
Original, Lemon & ginger 6.0

ORGANIC CARBONATES
Ginger Ale, Lemonade, Cola 4.5

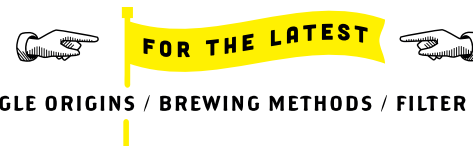
WATER
Antipodes sparkling 500ml 5.5
Beloka still 500ml 4.0

- COFFEE -

| | |
|--------------|-----|
| White/Black | 4 |
| + Soy | 0.5 |
| + Almond/Oat | 1 |

| | |
|------------|-----|
| Batch Brew | 4 |
| Cold Brew | 4.5 |
| Pour Over | 8 |

PLEASE REFER
TO THE
BlackBoard!



SINGLE ORIGINS / BREWING METHODS / FILTER COFFEE

CHAI LATTE / CHAI TEA 4.5

HOT CHOCOLATE / MOCHA 4.5

TEA 4.5
English breakfast
Earl Grey
Oolong
Jasmine
Lemongrass & ginger
Peppermint

ICED CHOCOLATE OR COFFEE 7.5

- SMOOTHIES -

GREEN (v) Spinach, apple, celery, avocado, pear, cucumber, lemon juice, mint & coconut water 8.9

TROPICAL (v) Mango, strawberry, banana & coconut water

PB BANANA (vo) Banana, peanut butter, oat milk, greek yoghurt, flax seeds & cinnamon 9.9

BERRY (v) Mixed berries, cacao, almond milk & maple syrup

- SHAKES - 7.9

CHOCOLATE
VANILLA
STRAWBERRY
OREO
CARAMEL
add malt +0.5

- HOUSEMADE JUICE & SODAS -

FRESH JUICE 8.5
1. Carrot, celery, beetroot, lemon & ginger
2. Watermelon & passionfruit
3. Carrot, orange, ginger & turmeric
4. Fresh orange juice
5. Fresh apple juice

SODAS 7.5
1. V.P.L (vanilla bean, passionfruit & lime) & mint
2. Rhubarb & mint



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/THREEBAGSFULLCAFE

