


DENCH BAKERY TOAST  7.5

Sourdough/multigrain
> Gluten free (add \$1)
> Spiced fruit toast (add \$2)

EGGS ANY WAY ON TOAST  10.9

Poached, scrambled or fried

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

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 \$4.5

SUPER BOWL   18.5

Mixed quinoa, cooked & raw greens, roast cauliflower, goji berries, cherry tomatoes, chia, toasted almonds, pickled sultanas, peptita & spinach hummus & pomegranate dressing
> Add chicken \$4.5

SANDWICHES & TOASTIES

HCT TOASTIE  8.5

Dench bakery toast with ham, cheese & fresh sliced tomatoes

CT TOASTIE  7.5

Dench bakery toast with cheese & fresh sliced tomatoes

BACON & EGG SANDWICH  11.5

Bacon and one fried egg served on a brioche bun
> Add tomato relish, fresh tomato or cheese (\$1.5)
Add avocado (\$2.5)

CHICKEN ROLL 13.5

Lemon chicken with tasty cheese, pickled chipotle onions, lettuce, avocado & aioli

HALOUMI VEGGIE WRAP 9.5

Haloumi, roasted capsicum, pickled cabbage, spinach, avocado & a spinach hummus

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

SMOKED SALMON BAGEL 11.5

Smoked salmon with chive cream cheese, capers, red onion & dill

CHICKEN TIKKA SANDWICH 14.0

Chicken Tikka with cucumber, mint, rocket, coriander, mango chutney, kewpie, curry powder and yoghurt

REUBEN SANDWICH 14.0

Brisket pastrami, Swiss cheese, sauerkraut, pickled gherkins & Russian dressing

SOUP OF THE DAY 13.5

Soup of the day, served with toast. Ask us for today's flavour

SOMETHING EXTRA

Tomato relish/toast/one egg 2.9

Avocado smash 4.9

Bacon/haloumi/
za'atar & lemon chicken 5.9

Smoked salmon 6.9

GLUTEN FREE  - DISH CAN BE

GLUTEN FREE WHEN REQUESTED

VEGAN  - DISH CAN BE VEGAN

WHEN REQUESTED

SMOOTHIES 9.9

GREEN (V)

Spinach, apple, celery, avocado, pear, cucumber, lemon juice, mint and coconut water

TROPICAL (V)

Mango, strawberry, banana & coconut water

PB BANANA (VO)

Banana, PB, oat milk, yoghurt, honey, flaxseeds & cinnamon

MIXED BERRY (V)

Raspberry, blackberry, blueberry, strawberry & apple juice

THE COOLER (V)

Watermelon, pineapple, banana, mint & lime juice

COFFEE

WHITE/BLACK 4.0

+Soy \$0.5 + Almond/Oat/
Lactose Free \$1

BATCH BREW 4.0

COLD BREW 4.5

POUR OVER 8.0

CHAI LATTE/CHAI TEA 4.5

HOT CHOCOLATE/MOCHA 4.5

TEA 4.5

EBT, Earl Grey, Oolong, Jasmine, Lemongrass & Ginger, Peppermint

ICED CHOCOLATE OR 7.5

ICED COFFEE

SHAKES 7.9

**CHOCOLATE/VANILLA/
STRAWBERRY/OREO/CARAMEL**

Add malt +0.5

HOUSEMADE JUICE & SODA

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

SODA 7.5

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

SOFT DRINKS

KOMBUCHA 6.0

Original, Lemon & Ginger

ORGANIC CARBONATES 4.5

Ginger Ale, Lemonade, Cola, LLB

WATER

Antipodes sparkling 5.5

500ml

Beloka still 500ml 4.0



@THREEBAGSFULLMELB



/THREEBAGSFULLCAFE