







- MENU SERVED ALL DAY -



Three Bags Full



www.threebagsfullcafe.com.au

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
THE KIDS ONLY  7.5	One egg any way, bacon & toast Kids Hotcakes with maple syrup (not GF)
BIRCHER MUESLI 16.5	Triticale, apricot, apple, strawberry, honey labneh, chia, roasted almonds & elderflower pearls
BREKKIE TASTING BOARD 18.5	Bircher muesli jar, orange juice, toast, avocado, Meredith feta & a poached egg > add bacon \$4.5 *Sorry, no changes to this dish*
RHUBARB FRENCH TOAST 19.5	Poached rhubarb, vanilla crème pâtissière, rhubarb purée, rhubarb sherbet & ginger biscuit crumb
TROPICAL AÇAÍ BOWL   18.0	Banana & Açai smoothie with coconut granola, fresh tropical fruits, coyo & watermelon caviar
RICOTTA HOTCAKE 21.5	Ricotta Hotcake with summer fruit compote, honey & thyme grilled peaches, crème fraîche & crystallised white chocolate

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

DUCK SPRING ROLL BENNY 22.0	Crispy duck & chicken with beansprout, pickled carrot & spring onion slaw, cucumber, duck fat & sriracha hollandaise & finger lime
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
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 \$2.9 > Add bacon or haloumi \$4.5
BIG BREAKFAST  24.0	Eggs any way on toast, Three Bags snag, bacon, roast tomato, roast mushrooms, spinach & relish
SUPER BOWL   18.5	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 salmon \$5.5

GLUTEN FREE  - DISH CAN BE GLUTEN
FREE WHEN REQUESTED
VEGAN  - DISH CAN BE VEGAN
WHEN REQUESTED

NDUJA & VEGGIE FRITTATA  19.5	Spicy Nduja, grilled zucchini, capsicum, potato & caramelised onion frittata with stracciatella, heirloom tomatoes, gazpacho & basil oil
THAI SOBA NOODLE SALAD  17.5	Soba noodles with bean shoots, bok choy, snow peas, chilli, red onion, pickled carrot, roasted peanuts, Thai basil & coconut Nam Jim dressing > add chicken or haloumi \$4.5 > add salmon \$5.5
GLAZED LAMB SHOULDER 21.5	Pomegranate glazed lamb shoulder with spiced pumpkin purée, pearl couscous salad, pickled guindilla chillies & crispy shallots > add garlic & rosemary fries \$3.5
MEATBALL SUB 19.5	Wagyu mince, smoked tomato sugo, bone marrow & garlic butter, provolone & basil pesto > add garlic & rosemary fries \$3.5
SOMETHING EXTRA	Tomato relish/toast/one egg/duck fat & sriracha hollandaise 2.9
	Mushrooms/spinach/roast tomato 3.9
	Avo smash/garlic rosemary fries/ Meredith feta 4.9
	Bacon/haloumi/snag 5.9
	za'atar & lemon chicken
	Smoked salmon 6.9

SORRY, NO CHANGES DURING THE WEEKEND

WINE

En Vie Sparkling	Yarra Valley, VIC	9.5/42
Footsteps Prosecco	Fleurien Pen, SA	9.0/40
Muna Muna Sav Blanc	Marlborough, NZ	8.5/36
Little Goat Creek.	Marlborough, NZ	9.0/36
Pinot Grigio		
Lightfoot&Sons Pinot	Gippsland, VIC	11/48
Springseed Shiraz	McLaren Valley	9.0/41
Bouchard Aine Fils	Burgundy, France	9.5/41

BEER & CIDER

Ask our friendly staff for rotating options 9.0

COCKTAILS

Bloody Mary	11.0
Vodka & Three Bags spicy tomato juice	
Mimosa	7.0
Prosecco & orange juice	
Frose	14.0
Rose wine, strawberries, lemon juice & strawberry syrup	
L&G Kombucha Moscow Mule	14.0
Vodka, Lemon & Ginger Kombucha, mint & lemon	
Sloe Gin Fizz	14.0
Sloe gin, lemon & soda water	
Aperol Spritz	13.0
Aperol, prosecco, soda water & rosemary	

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 ICED COFFEE 7.5

SOFT DRINKS

KOMBUCHA	6.0
Ask us about our flavours	
ORGANIC CARBONATES	4.5
Ginger Ale, Lemonade, Cola, LLB	
WATER	
Antipodes sparkling 500ml	5.5
Beloka still 500ml	4.0

SHAKES

CHOCOLATE/VANILLA/STRAWBERRY/OREO/ 7.9
CARAMEL
 Add malt +0.5



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HOUSEMADE JUICE & SODA

FRESH JUICE 8.5

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

SODA 7.5

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

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