

- MENU SERVED ALL DAY -

Three Bags Full

www.threebagsfullcafe.com.au

DENCH BAKERY TOAST	GFO	7.5
Sourdough/multigrain > Gluten free (add \$1) > Spiced fruit toast (add \$2)		
EGGS ANY WAY ON TOAST	GFO	10.9
Poached scrambled or fried eggs on 2 pieces of toast		
THE KIDS ONLY	GFO	8.5
One egg any way on toast & bacon OR Kids Hotcake with maple syrup (not GF)		
BIRCHER MUESLI		17.0
Oats, 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		20.5
Poached rhubarb, vanilla crème pâtissière, rhubarb purée, rhubarb sherbet & ginger biscuit crumb		
BLACK FOREST PORRIDGE	VGO	17.5
Oat & triticale porridge with forest fruit gel, Kirsch Morello cherries, pistachio & cacao praline, fresh berries & micro mint		
SPICED ORANGE RICOTTA HOTCAKE		22.5
Honey glazed ricotta hotcake with spiced orange purée, salted pecan granola, whipped vanilla yoghurt & orange crisps		

CHILLI SCRAMBLED EGGS	GFO	21.5
Fried chilli scrambled eggs on toast with soybeans, pickled shiitake mushrooms, crispy shallots, chilli threads, coriander & chilli oil > Add bacon \$4.5		
HAM HOCK BENNY		23.0
Pale Ale braised ham hock with pistachio, beetroot & apple sauerkraut, 2 poached eggs, mustard hollandaise & pork crackling on a toasted English muffin		
LOADED AVOCADO TOAST	VGO GFO	20.5
Smashed avocado with 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		
TURKISH BREAKFAST		22.0
Çilbir eggs with toasted Turkish bread, sliced cucumber & tomato, green olives, pickled Turkish chillies, Baba Ganoush & dried fruit > Add sujuk, bacon or haloumi \$4.5 *Sorry, no changes to this dish*		
BIG BREAKFAST	GFO	24.0
Eggs any way on toast, Three Bags snag, bacon, roast tomato, roast mushrooms, spinach & relish		
SWEET POTATO GRATIN	GFO	20.5
Sweet potato, black olive & feta gratin with a poached egg, mushroom ketchup & a kale, button mushroom & almond salad > Add bacon, sujuk or haloumi \$4.5		

GLUTEN FREE **GFO** - DISH CAN BE GLUTEN FREE WHEN REQUESTED

VEGAN **VGO** - DISH CAN BE VEGAN WHEN REQUESTED

SUPER BOWL	GFO VGO	18.5
Mixed quinoa, cooked & raw greens, roast cauliflower, goji berries, cherry tomatoes, chia, toasted almonds, pickled sultanas > Add chicken \$4.5 > Add smoked salmon \$5.5		

ROASTED ROOT VEGGIE SALAD	VGO	18.5
Roasted beetroot & sweet potato with farro, fresh spinach, pistachio, smoked almonds, orange, shaved fennel & mustard seed vinaigrette > Add chicken or haloumi \$4.5 > Add smoked salmon \$5.5		

12 HOUR BRAISED BEEF CHEEK	GFO	24.0
Braised beef cheek with cauliflower cheese purée, garlic & herb crispy polenta, Tuscan kale, rocket & walnut pesto, pickled onions & pecorino		

HOT FRIED CHICKEN SANDWICH		20.5
Crispy thigh fillet with spicy seasoning, cheese, iceberg lettuce, pickles & special sauce on a toasted milk bun > Add garlic & rosemary fries \$4.0		

SOMETHING EXTRA

Tomato relish/toast/one egg	2.9
Mushrooms/spinach/roast tomato/ mustard hollandaise	3.9
Avo smash/garlic rosemary fries/ Meredith feta	4.9
Bacon/haloumi/snag/sujuk	5.9
za'atar & lemon chicken	
Smoked salmon	6.9

SORRY, NO CHANGES DURING THE WEEKEND

WE HAVE A 10% WEEKEND SURCHARGE FOR
STAFF PENALTY RATES

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	13.0
Vodka & Three Bags spicy tomato juice	
Mimosa	9.0
Prosecco & orange juice	
Hot Toddy	13.0
Ginger, lemon, cinnamon & honey tea with whiskey	
L&G Kombucha Moscow Mule	14.0
Vodka, Lemon & Ginger Kombucha, mint & lemon	
Major Blazer Espresso Martini	15.0
Vanilla Vodka, Espresso & Kahlua	
Spiced Gin & Apple	13.0
Gin, fresh apple juice, cinnamon, lemon & honey	

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

EBT, Earl Grey, Oolong, Jasmine, Lemongrass & Ginger, Peppermint	4.5
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
SALTED CARAMEL	
Add malt +0.5	



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HOUSEMADE JUICE & SODA

FRESH JUICE 8.5

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

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

ALOHA (V)

Pineapple, spinach, banana & coconut water