





DENCH BAKERY TOAST  7.5
Choice of sourdough or multigrain
> Gluten free (add \$1)
> Spiced fruit toast (add \$2)

EGGS ANY WAY ON TOAST  11
Poached, scrambled or fried eggs on
2 pieces of toast


THE KIDS ONLY  8.5
One egg any way on toast & bacon
OR
Kids waffles with maple syrup (not GF)



BIRCHER MUESLI 17
Oats, triticale, apricot, apple,
strawberry, honey labneh, chia, roasted
almonds & elderflower pearls


PANNA COTTA  17
Coconut, pandan & kaffir lime panna cotta,
puffed rice granola, seasonal tropical
fruits & lemon balm with mango, lemongrass
& coconut smoothie


PEACH MELBA WAFFLE 22
Belgian style waffle, vanilla poached
peaches, raspberry puree, vanilla creme
fraiche, toasted almonds,
fresh raspberries & lemon verbena


BREKKIE TASTING BOARD 18.5
Bircher muesli jar, orange juice, toast,
avocado, a poached egg & Meredith feta
> Add bacon 4.5
Sorry, no changes to this dish



CHILLI SCRAMBLED EGGS  21.5
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   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 1.5
> Add bacon or haloumi 4.5

HANGER STEAK BENNY  24
Cape grim hanger steak, crispy confit
potatoes with two poached eggs, truffle
béarnaise, asparagus and pickled onions

BIG BREAKFAST  24
Eggs any way on toast, Three Bags snag,
bacon, roast tomato, roast mushrooms,
spinach & relish



PEACH PANZANELLA SALAD  18.5
Charred peaches, heirloom tomatoes, roasted
capsicum, capers, rocket & witlof,
bocconcini & sourdough croutons with
Italian dressing

SUPER BOWL   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


GLUTEN FREE  - DISH CAN BE GLUTEN
FREE WHEN REQUESTED

VEGAN  - DISH CAN BE VEGAN
WHEN REQUESTED

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

TANDOORI SPICED CAULIFLOWER   21
Spiced roast cauliflower, lentil dahl,
cucumber raita, mango & mint salsa with
buhja and coriander

TURKISH BREAKFAST 22
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

BARRAMUNDI WALDORF  25
Crispy skin barramundi, sour cream &
herb potato salad, pickled grapes,
samphire, candied walnuts, apple
dressing & caviar

SOMETHING EXTRA

Tomato relish/toast/one egg	3
Mushrooms/spinach/roast tomato/ truffle béarnaise	4
Avo smash/Meredith feta/ garlic rosemary fries/ za'atar & lemon chicken	5
Bacon/haloumi/snag/sujuk	6
Smoked salmon	7

SORRY, NO CHANGES DURING THE WEEKEND

WE HAVE A 10% WEEKEND SURCHARGE FOR
STAFF PENALTY RATES

WINE

Sparkling, En Vie - Blanc De Noir <i>Ingram Road</i>	9.5 / 42 <i>Yarra Valley, VIC</i>
Prosecco <i>Zonte's Footstep</i>	9 / 40 <i>McLaren Flat, SA</i>
Rose <i>Bouchard Aine & Fils</i>	9.5 / 41 <i>France</i>
Sauvignon Blanc <i>Muna Muna 2020</i>	8.5 / 36 <i>Marlborough, NZ</i>
Pinot Gris <i>Little Goat Creek 2020</i>	9 / 36 <i>Marlborough, NZ</i>
Pinot Noir <i>Lightfoot & Sons 2018</i>	11 / 48 <i>Gippsland, VIC</i>
Shiraz <i>Spring Seed Wine Co. 2019</i>	9 / 41 <i>McLaren Vale, SA</i>

BEER & CIDER

Mountain Goat - Very Enjoyable Beer	11
Stone & Wood - Pacific Ale	11
Little Green - Apple Cider	9
Pure Blonde - Organic Cider	9

COCKTAILS

Bloody Mary Spicy chipotle tomato juice & vodka	13
Mimosa Prosecco & orange juice	9
Espresso Martini Absolut vanilla vodka, Kahlua & specialty espresso	15
Cosmopolitan Cranberry, Lime, Cointreau and Vodka	15
Aperol Spritz Prosecco, Aperol, Orange & Soda	15

COFFEE

WHITE/BLACK	4
+ Soy	0.5
+ Almond/Oat/Lactose Free	1
BATCH BREW	4
COLD BREW	4.5
POUR OVER	8
CHAI LATTE/CHAI TEA	4.5
HOT CHOCOLATE/MOCHA	4.5
TEA	4.5
EBT, Earl Grey, Jungle Green, Jasmine, Lemongrass & Ginger,	
ICED CHOCOLATE OR ICED COFFEE	7.5

SOFT DRINKS

KOMBUCHA	6
Lemon + Ginger, Wild Berry, Mango Passion, Raspberry Lemonade	4.5
ORGANIC CARBONATES Ginger Ale, Lemonade, Cola, LLB	
WATER	5.5
Antipodes sparkling 500ml	4
Beloka still 500ml	
SHAKES	
CHOCOLATE/VANILLA/STRAWBERRY/ OREO/SALTED CARAMEL	8
Add malt +0.5	



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/THREEBAGSFULLCAFE

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
<i>Peach Baller</i> Peach, Mint, Lemon, Soda	
SMOOTHIES	10
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	