

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

EGGS ANY WAY ON TOAST ◆ **GFO** 11
 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 waffles with maple syrup (not GF)

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

PANNA COTTA ◆ **VGO** 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 ◆ **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

LOADED AVOCADO TOAST ◆ **GFO** ◆ **VGO** 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 ◆ **GFO** 24
 Cape grim hanger steak, crispy confit
 potatoes with two poached eggs, truffle
 béarnaise, asparagus and pickled onions

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

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

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

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

VEGAN ◆ **VGO** - 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 ◆ **GFO** ◆ **VGO** 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 ◆ **GFO** 25
 Crispy skin barramundi, sour cream &
 herb potato salad, pickled grapes,
 samphire, candied walnuts, apple
 dressing & caviar

SOMETHING EXTRA

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|---|---|
| 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

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| 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 | |
| ORGANIC CARBONATES | 4.5 |
| Ginger Ale, Lemonade, Cola, LLB | |
| WATER | |
| Antipodes sparkling 500ml | 5.5 |
| Beloka still 500ml | 4 |
| 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 |
| ACAI (V) | |
| Acai berry, blueberries, mint & banana, topped with granola & Coyo coconut yoghurt | |
| GREEN GOODNESS (V) | |
| Spinach, apple, celery, avocado, pear, cucumber, lemon juice, mint and coconut water | |
| PB BANANA (VO) | |
| Banana, peanut butter, oat milk, yoghurt, honey, flaxseeds & cinnamon | |
| MIXED BERRY (V) | |
| Raspberry, blackberry, blueberry, strawberry & apple juice | |
| TROPICAL (V) | |
| Mango, strawberry, banana & coconut water | |