

3 TOMATOES

3T CLASSIC

FREE RANGE EGG & BACON ROLL	15
provolone cheese, house-made onion, tomato & sumac relish, damper (NF)	
TAKE-AWAY SPECIAL • BACON & EGG ROLL + REG COFFEE	15
OG SMASHED AVO	21
pomegranate tomatoes, shanklish, sourdough, mint, nigella & sesame (V, NF)	
ADD fried or poached egg	+4
ADD bacon, mushrooms or haloumi	+6.5
EJJI ON TURKISH	19.5
scrambled eggs, capsicum, zucchini, spinach, avocado, za'atar labne, toasted (V, NF)	
ADD bacon or haloumi	+6.5
CHICKEN SHAWARMA	WRAP 19 BOWL 24
lettuce, tomato, avocado, toum, pickles, shanklish cheese (NF)	
ADD fries	+5
SYRIAN FALAFEL	WRAP 19 BOWL 24
tomatoes, radish, cucumber, leaves, pickled chilli, tahini, parsley (NF, VN)	
ADD fried or poached egg	+4
ADD fries	+5
ADULT BUTTERMILK PANCAKES vanilla cream & honey	19
ADD jam	+0.9

TOAST & EGGS

ORGANIC TOAST	8
white SD, chia/rye SD, fruit sourdough	
turkish or soy/linseed GF (+2)	
with house butter / peanut butter / house marmalade / vegemite / house jam	
ADD smashed avocado	+6.5
PASTURED EGGS ON TOAST	14
poached, fried, scrambled, soft or hard boiled	
ADD SIDES	
handmade 3T Hash Brown	9.5 ea
bacon · smashed avocado · roasted field mushrooms	6.5 ea
grilled tomato · pork & fennel sausages · shanklish · pomegranate tomatoes ·	
house baked cannellini beans · grilled haloumi, single sausage	

SIDES

BOWL OF FRIES	CHIPS 9.5 WAFFLES 11
sauce – tomato, BBQ, chipotle mayo, tahini, mayo, toum	
SIDE SALAD - cucumber, tomato, leaves & house dressing	7

ALL DAY MENU

SEASONAL

THE ASHCURRY	26
Exmouth Bay prawns, coconut cream, garam masala, ginger, green beans, tomato, coriander, basmati rice (NF, DF)	
ADD fried or poached egg	+4
SHROOMARRA ON SOURDOUGH	26
3 mushrooms, onion, spinach, parsley, poached egg, muhammara red dip (VG)	
THE BRISKET BURGER	29
tomato, lettuce, roasted beetroot, swiss cheese, prego, pickles, milk bun, waffle fries (NF)	
3T RAGU ROLL	28
pork shoulder, mirepoix, plain mayo slaw, mozzarella, picked chilli, pickled onion, shoestring fries (NF)	

CHECK OUR SPECIALS BOARD FOR MORE

TOASTIES

YOUR TOASTIE	10.5
Choose any 2 fillings	
OTB Ham · tasty cheese · tomato · bacon · avocado · field mushroom ·	
spinach · shanklish · pickled chilli · pickled wild cucumber · cooked onion ·	
house relish · toum (served on square bread)	
extra filling	+2.5
grilled haloumi	+6.5
fried/ scrambled egg	+3.5
grilled chicken / chicken schnitzel	+7
sourdough, wrap	+1.5
GF or Turkish bread	+2.5

LITTLE TOMATOES (Nut Free)

BUTTERMILK PANCAKES vanilla cream & honey	12
ADD jam	+0.9
HOUSE NUGGETS & CHIPS	12
3T KIDS PLATE	16
hummus, cucumber, apple, cheese, ham, wrap bread	
EGG OF YOUR CHOICE & SOLDIERS	12
poached, fried, scrambled	

CHECK OUR FRIDGE / FREEZER FOR TAKE-HOME MEALS & 3T PRODUCTS

3 TOMATOES

COFFEE

Espresso	3.8
Macchiato	4.6
Flat white · latte · cappuccino · long black · piccolo · hot chocolate	5 / 6
Mocha	5.8 / 6.8
Sicilian Orange Hot Chocolate	6 / 7
Iced Long Black	6.2 / 7.2
Iced Mocha	7 / 8
Iced Latte	6.2 / 7.2
Cold Brew	6 / 7
Extra Shot · Decaf	+0.8
Oat · Almond · Soy · Lactose Free	
Vanilla · Hazelnut · Caramel	

TEA, MATCHA, CHAI

Organic Matcha Latte	7
Iced Organic Matcha Latte	7.4 / 8.4
Chai Latte	5.8 / 6.8
Iced Chai Latte	6.5 / 7.5
3T Sticky Chai	6.9
3T Iced Sticky Chai (without milk)	6.9
Turmeric Latte	6.7
Fresh Mint & Cinnamon Tea	6
Pot of Tea (loose leaf)	5.5
english breakfast · earl grey · green · peppermint	
Fresh Lemon & Ginger Honey Tea	6

DRINKS

SHAKES

Choc Malt	11
cacao · organic malt & vanilla ice cream	
Mixed Berries	10
mixed berries · vanilla ice cream	
Classic Milkshakes	10
chocolate · vanilla · strawberry · caramel	
Kids' Shakes	5
250ml chocolate · vanilla · strawberry · caramel	

REAL FRUIT SMOOTHIES / FRAPPES

Mango (DF Option available)	11
queensland mango, banana & vanilla yoghurt	
Mixed Berries	11
aussie raspberries, strawberries, banana & yoghurt	
Tropical - Frappes	11
mango, pineapple & passionfruit (DF)	
Banana & Cinnamon	11
Kids' Smoothie	7
mixed berries · banana	

**CHECK OUR SPECIALS BOARD FOR MORE
SMOOTHIES/ FRAPPES**

121 HOLDEN ST ASHBURY

FRESH JUICES

Green	9.5
kale, cucumber, celery, apple & ginger	
Detox	9.5
carrot, apple, beetroot, orange & ginger	
Spring	9.5
watermelon, orange & lemon	
Kids' juices (make your own)	6.5

SOMETHING COLD

Sparkling Water 330ml	5
Water Bottle 600ml	4
Soft Drinks 330ml	5
cola · zero cola · sprite	
Emma & Toms	5.5
orange juice/ immunity kick start	
House-Made Lemonade	8
ADD mint	+0.5
Kids' House-Made Lemonade	5