

ORGANIC TOAST white SD, chia & rye SD; buckwheat & pumpkin seed GF /fig & raisin with house butter peanut butter / house marmalade / vegemite / house jam ADD smashed avocado	7.5 5
EGGS ON TOAST poached, fried, scrambled, soft/hard boiled	13
SIDES handmade 3T hash brown bacon, smashed avocado, field mushrooms, grilled tomato Chisholm pork & fennel sausages, shanklish, house baked beans, pomegranate tomatoes, grilled haloumi	8ea 5ea
BREAKFAST PANINO free range scrambled egg, grilled eggplant, haloumi, spinach, za'atar labne (NF) ADD bacon or avocado	15.5 5
FREE RANGE EGG & BACON ROLL provolone cheese, house-made onion, tomato & sumac relish, damper (NF)	12.50
TAKE-AWAY SPECIAL Bacon & Egg Roll + reg coffee	12.50
OG SMASHED AVO pomegranate tomatoes, shanklish, sourdough, mint, nigella and sesame (NF) ADD bacon or mushrooms ADD fried or poached egg	19 5 3.5
SYRIAN FALAFEL tomatoes, radish, cucumber, leaves, pickled chilli, tahini, parsley (GF NF VE) WRAP BOWL ADD fried or poached egg	14 19 3.5
BASTURMA FOLDED EGGS cherry tomatoes, cucumber, olives, guindilla, stringy haloumi, baalbek bread (NF)	21
CHICKEN SHAWARMA WRAP, lettuce, tomato, avocado, toum, shanklish cheese, pickles (NF)	16
3T BARRABURGER from Humpty Doo, shatta slaw, daikon, milk bun, fries (NF)	24
MUSHROOM BOWL polenta, carrot, corn, edamame, puy lentils, zucchini, nori, misohini (DF, GF, NF) ADD poached egg ADD poached or schnitzel chicken	21 3.5 5
STEAK BAVETTE SANDWICH sheep's labne, beetroot pickle, onion, tomato, cos, house BBQ sauce, fries (NF)	23
SALAD OF THE WEEK – Check our specials board	

BOWL OF FRIES sauce - tomato, BBQ, chipotle mayo, tahini, mayo	8
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TOASTIES

Choose – OTB ham, tasty cheese, tomato, bacon, avocado, grilled eggplant,
field mushroom, fried egg, pickled chilli, spinach, mikti, OTS relish, toum,
za'atar labne, onion, shanklish (Served on square bread)

2 fillings	8.5
extra fillings	+2
grilled haloumi; poached chicken; chicken schnitzel; basturma	+5
sourdough or wrap	+1
gluten free bread	+2

KIDS (Nut Free)

BUTTERMILK PANCAKES vanilla cream & house strawberry jam	10
HOUSE NUGGETS & CHIPS	10
3T BAKED BEANS, sneaky veg & sourdough	9
EGG of your choice & soldiers	9

CHECK OUT THE SPECIALS BOARD FOR MORE

KITCHEN CLOSERS 2:30pm LAST COFFEE ORDERS 3pm

COFFEE espresso 3.5	macchiato 4	iced coffees 5	cold brew 5.5
long black, cappuccino, latte, flat white, piccolo, hot chocolate			R 4.5 L 5
mocha, chai latte, extra shot, decaf, soy, almond, oat			+ 0.5
SICILIAN ORANGE HOT CHOC			5
TEA (loose leaf) English breakfast, peppermint, earl grey, green			4
HOUSE STICKY CHAI or TURMERIC LATTE brewed in milk			5.5
3T ICED STICKY CHAI served without milk; refreshing			5.5
FRESH MINT & CINNAMON TEA			4.5
FRESH JUICES GREEN: kale, cucumber, apple, celery, ginger			8.5
SPRING: watermelon, orange, lemon			
DETOX: apple, carrot, beetroot, orange, ginger			
SHAKES 500ml organic choc malt / mixed berries			8
KIDS' SHAKES 250ml choc / vanilla / strawberry / caramel			5
PERRIER SPARKLING WATER 330ml			4.5
SOFT DRINK GLASS BOTTLE 330ml coke / coke zero / sprite			4.5
LOCAL KOMBUCHA			6
HOUSE MADE LEMONADE	7.5	add mint	+0.5
CHECK OUR BOARD FOR SPECIAL SODA & SMOOTHIE			

THE 3T FRIDGE IS INSIDE FOR TAKE HOME MEALS & HOUSE PRODUCTS

There is a 1.5% fee for all card transactions