

3 TOMATOES

ALL DAY MENU

121 HOLDEN ST ASHBURY

ORGANIC TOAST white SD, chia/rye SD	8
Turkish or buckwheat/pumpkin seed GF (+2)	
Fruit Sourdough with house butter/ peanut butter / house marmalade / vegemite / house jam	ADD smashed avocado +6.5
PASTURED EGGS ON TOAST poached, fried, scrambled, soft/hard boiled	14
SIDES handmade 3T hash brown	9.5ea
bacon, smashed avocado, roasted field mushrooms, grilled tomato	6.5ea
pork & fennel sausages, shanklish, pomegranate tomatoes,	
house baked cannellini beans, grilled haloumi	
EJJI ON TURKISH green eggs, capsicum, zucchini, spinach, avocado,	19.5
za'atar labne, toasted (V, NF)	ADD bacon or haloumi 6.5
FREE RANGE EGG & BACON ROLL provolone cheese, house-made	14.80
onion, tomato & sumac relish, damper (NF)	
TAKE-AWAY SPECIAL Bacon & Egg Roll + Reg Coffee	14.80
OG SMASHED AVO pomegranate tomatoes, shanklish, sourdough,	21
mint, nigella and sesame (V, NF)	4
	ADD fried or poached egg 6.5
	ADD bacon, mushrooms or haloumi
SYRIAN FALAFEL tomatoes, radish, cucumber, leaves, pickled chilli,	
tahini, parsley (NF, VN)	WRAP 19
	BOWL (GF) 24
	ADD fried or poached egg 4
	ADD fries 5
LEVANT EGGS ROYALE Norwegian smoked salmon, sourdough	26
muffin, poached eggs, spinach, tahinidaise, capsicum, chives (NF, DF)	
CHICKEN SHAWARMA lettuce, tomato, avocado, toum, pickles,	
shanklish cheese (NF)	WRAP 19
	BOWL (GF) 24
	ADD fries 5
SPICED CAULIFLOWER BOWL chickpeas, freekeh, cucumber, sweet potato	
zucchini, capsicum, baladiéh cheese, beetroot tahini, pepitas (V)	25
	ADD fried or poached egg 4
	ADD avocado, grilled chicken or bacon 6.5
3T LAMB BURGER pulled shoulder, baba ghanouj, haloumi, tomato,	28
baby spinach, avocado, pink pickles, waffle fries (NF)	
THE STEAK SANDWICH grass fed sirloin, onion jam, Swiss cheese, mayo,	28
lettuce, tomato, pickled beetroot, green romesco, shoestring fries	

SALAD SPECIAL – Check the specials board

BOWL OF FRIES sauce - tomato, BBQ, chipotle mayo, tahini, mayo, toum 9.5

TOASTIES

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

2 fillings	10.5
extra fillings	+2.5
grilled haloumi	+6.5
grilled chicken; chicken schnitzel	+7
sourdough, wrap	+1.5
gluten free or Turkish bread	+2.5

KIDS (Nut Free)

BUTTERMILK PANCAKES vanilla cream & honey	12
HOUSE NUGGETS & CHIPS	12
CHEESY TOAST with hummus & cucumber	12
EGG of your choice & soldiers	12

CHECK OUR SPECIALS BOARD FOR MORE

COFFEE	espresso 3.8	macchiato 4.4	iced latte 6	cold brew 5.8
	long black, cappuccino, latte, flat white, piccolo, hot chocolate		R 4.80	L 5.80
	mocha, chai latte, extra shot, decaf			+0.80
	soy, almond, oat, lactose free			+ 0.80
SICILIAN ORANGE HOT CHOC				6
POT of TEA (loose leaf)	English breakfast, peppermint, earl grey, green			5.5
3T STICKY CHAI, TURMERIC LATTE				6.50
ORGANIC MATCHA LATTE				6.90
3T ICED STICKY CHAI	served without milk; refreshing			6.5
FRESH MINT & CINNAMON TEA				6
FRESH JUICES GREEN:	kale, cucumber, apple, celery, ginger			9.5
SPRING:	watermelon, orange, lemon			
DETOX:	apple, carrot, beetroot, orange, ginger			
SHAKES	500ml organic choc malt / mixed berries			9
KIDS' SHAKES	250ml choc / vanilla / strawberry / caramel			5.5
PERRIER SPARKLING WATER	330ml			4.5
SOFT DRINK GLASS BOTTLE	330ml coke / coke zero / sprite			5
LOCAL KOMBUCHA				6.5
HOUSE MADE LEMONADE	8		with mint	+0.5

KITCHEN CLOSSES 2:30pm LAST COFFEE ORDERS 3pm
CHECK THE FRIDGE/FREEZER FOR HOME MEALS & 3T PRODUCTS