

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 onion, tomato & sumac relish, damper (NF)	15.00
TAKE-AWAY SPECIAL Bacon & Egg Roll + Reg Coffee	15.00
OG SMASHED AVO pomegranate tomatoes, shanklish, sourdough,	21
mint, nigella and sesame (V, NF)	ADD fried or poached egg 4
	ADD bacon, mushrooms or haloumi 6.5
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
THE ASHCURRY Exmouth Bay prawns, coconut cream, garam masala, ginger, green beans, tomato, coriander, basmati rice (NF, DF)	26
	ADD fried or poached egg 4
CHICKEN SHAWARMA lettuce, tomato, avocado, toum, pickles, shanklish cheese (NF)	WRAP 19
	BOWL (GF) 24
	ADD fries 5
COUS COUS COMEBACK haloumi, chickpeas, borlotti, mushroom, zucchini, capsicum, spinach, avo ghanouj, 5 seeds (NF)	25
	ADD fried or poached egg 4
	ADD grilled chicken or bacon 6.5
THE BRISKET BURGER swiss cheese, pickles, prego, lettuce, tomato, roasted beetroot, milk bun, waffle fries (NF)	29
3T RAGU ROLL pork shoulder, mirepoix, slaw, mozzarella, leaves, pickled onion, shoestring fries (NF)	28

SALAD and SOUP SPECIALS – 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
3T KIDS PLATE hummus, cucumber, apple, cheese, ham, wrap bread	16
EGG of your choice & soldiers	12

CHECK OUR SPECIALS BOARD FOR MORE

KITCHEN CLOS 2:30pm LAST COFFEE ORDERS 3pm

COFFEE	espresso 3.8	macchiato 4.60	iced latte 6.20	cold brew 6.00
long black, cappuccino, latte, flat white, piccolo, hot chocolate			R 5.00	L 6.00
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				6.90
ORGANIC MATCHA LATTE				7.00
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
KOMBUCHA				6.5
HOUSE MADE LEMONADE	8		with mint	+0.5

CHECK THE FRIDGE/FREEZER FOR HOME MEALS & 3T PRODUCTS