

ORGANIC TOAST white SD, chia/rye SD; buckwheat/ pumpkin seed GF /spelt sour cherry & raisin with house butter / peanut butter / house marmalade / vegemite / house jam ADD smashed avocado	7.5 4.5
EGGS ON TOAST poached, fried, scrambled, soft/hard boiled	12.5
<b>SIDES</b> handmade 3T hash brown bacon, smashed avocado, field mushrooms, grilled tomato Chisholm pork & fennel sausages, shanklish, house baked beans, pomegranate tomatoes, haloumi	8ea 4.5
BREAKFAST PANINI free range scrambled egg, grilled eggplant, haloumi, spinach, za'atar labne (NF) ADD bacon or avocado	14.5 4.5
FREE RANGE EGG & BACON ROLL provolone cheese, house-made onion, tomato & sumac relish, damper (NF)	12
<b>TAKE-AWAY SPECIAL Bacon &amp; Egg Roll + reg coffee</b>	<b>12</b>
OG SMASHED AVO pomegranate tomatoes, shanklish, sourdough, mint, nigella and sesame (NF) ADD bacon or mushrooms ADD fried or poached egg	19 4.5 3.5
SYRIAN FALAFEL tomatoes, radish, cucumber, leaves, pickled chilli, tahini, parsley (GF NF VE) WRAP BOWL ADD fried or poached egg	14 18 3.5
COCONUT MANSAAF yoghurt, turmeric, chickpeas, cauliflower, eggplant, basmati, almonds, pine nuts, parsley (VE, GF) ADD poached chicken or lamb shoulder	19 5
CHICKEN SHAWARMA WRAP, lettuce, tomato, avocado, toum, shanklish cheese, pickles (NF)	15.5
3T LAMBURGER slow roasted shoulder, stringy haloumi, creamy zhough, mixed leaves, onion, shoestring fries (NF)	22
PORT LINCOLN SARDINES hash brown, crème fraiche, wild cucumber, tomatoes, coriander, fennel (NF) ADD poached egg	19.5 3.5
BEEF BRISKET date molasses, capsicum, Middle Eastern bread, tahini, greens, fried egg (DF NF)	19.5

SHOESTRING FRIES sauce - tomato, BBQ, chipotle mayo, tahini, mayo 7.5

**TOASTIES**

**Choose** - ham off the bone, tasty cheese, tomato, bacon, avocado, eggplant,  
mushroom, fried egg, pickled chilli, spinach, relish, za'atar labne, toum, onion,  
shanklish (Served on square bread)

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

**KIDS (Nut Free)**

3T PANCAKES cream & berry coulis	10
HOUSE NUGGETS & CHIPS	9
HAM & CHEESE TOASTIE	8.5
EGG of your choice & soldiers	8

**KITCHEN CLOSSES 2:30pm LAST COFFEE ORDERS 3pm**

<b>COFFEE</b> 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
<b>SICILIAN ORANGE HOT CHOC</b>			5
<b>TEA (loose leaf)</b> English breakfast, peppermint, earl grey, green			4
<b>HOUSE STICKY CHAI or TURMERIC LATTE</b> brewed in milk			5.5
<b>3T ICED STICKY CHAI</b> served without milk; refreshing			5.5
<b>FRESH MINT &amp; CINNAMON TEA</b>			4.5
<b>FRESH JUICES GREEN:</b> kale, cucumber, apple, celery, ginger			8.5
SPRING: watermelon, orange, lemon			
DETOX: apple, carrot, beetroot, orange, ginger			
<b>SHAKES</b> 500ml organic choc malt / mixed berries			8
<b>KIDS' SHAKES</b> 250ml choc / vanilla / strawberry / caramel			5
<b>PERRIER SPARKLING WATER</b> 330ml			4.5
<b>SOFT DRINK GLASS BOTTLE</b> 330ml coke / coke zero / sprite			4.5
LOCAL KOMBUCHA			6
<b>HOUSE MADE LEMONADE</b>	7.5	with mint	+0.5
<b>CHECK OUR BOARD FOR OUR SPECIAL SODA &amp; SMOOTHIE</b>			

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