

# BREAKFAST

Available 7am-11am

## FREE RANGE EGGS ON TOAST \$14.90

Eggs your way on toasted ciabatta, balsamic honey glaze & house made beetroot hummus (GF0) (VE).

## EGGS BENEDICT \$18.50

with poached eggs, spinach & hollandaise

add ham +(\$2)  
add bacon +(\$5)  
add smoked salmon +(\$7)

on toasted sourdough - balsamic honey glaze & house made beetroot hummus (GF0).

## SMASHED AVO \$18.50

Smashed avocado, feta & rocket on sourdough. Balsamic honey glaze & house made beetroot hummus (GF0) (VE).

add (2) poached eggs +(\$5)

## ON THE SIDE...

HASHBROWN -----	\$3.50
BACON -----	\$5.00
SAUTÈED SPINACH -----	\$3.50
EXTRA EGG -----	\$3.50
SMOKED SALMON -----	\$5.00
VEGAN DUMPLING (6) -----	\$5.50
FALAFEL (6) -----	\$5.50
SIDE OF CHIPS -----	\$5.00
BOWL OF CHIPS -----	\$6.50
SIDE SAUCE -----	\$1.50
GLUTEN FREE BREAD -----	\$2.00
SIDE SALAD -----	\$4.50

GF0 = Gluten Free Option | VE = vegetarian | VG = Vegan

Our kitchen may contain traces of nuts & seeds. Please inform our staff of allergies upon ordering to ensure you are catered for.

# 3 QUARTERS TOPPED UP



## DINE IN MENU

See our cabinet for our quick & delicious takeaway options - as well as our daily specials.

## LUNCH

Available 11:30am - 1:30pm

### CHICKEN SCHNITZEL SALAD \$ 16.90

House made schnitzel on garden salad with your choice of spicy mayo, pesto mayo, BBQ or Aioli.

### BLISS BOWL \$ 16.90

Vegetable dumplings OR Falafel(GF) leafy greens, chickpea, sweet corn, carrot, cabbage, house made beetroot hummus & sweet chilli sauce (GF0) (VG).

### KOREAN FRIED CHICKEN \$ 17.90

House made Korean fried chicken tossed in sweet & spicy Korean gochujang sauce, with 2 sides of your choice: house made *Nasi*, *Yuzu garden salad* OR *Chips*.

Add a third side +(\$3)

### TERIYAKI FRIED CHICKEN \$ 17.90

House made fried chicken tossed in teriyaki sauce & mayo, with 2 sides of your choice: *house made Nasi*, *Yuzu garden salad* OR *Chips*.

Add a third side +(\$3)

Follow us on Instagram: @3quartertu

## COFFEE

made with Dimattina's Easy Street blend.

### FLAT WHITE, CAPPUCCINO, \$ 4.80

HOT CHOC, LONG BLACK, CHAI, SINGLE ORIGIN BATCH BREW

upgrade to mug size +(\$0.70)

### MOCHA, LONG MAC, MATCHA \$ 5.30

LATTE, VIETNAMESE COFFEE

upgrade to mug size +(\$0.70)

### ICED LATTE, ICED CHOC \$ 5.50

Add Cream +(\$0.60) Add Ice Cream +(\$1)

upgrade to LARGE. +(\$1)

### ICED MOCHA, ICED MATCHA, \$ 6.50

COLD BREW, MASALA PRANA CHAI (make it iced +\$1)

upgrade to LARGE. +(\$1)

Soy/Almond/Oat/Coconut Milk +(\$0.60)

Decaf/Extra shot +(\$0.80)

Add Caramel/Vanilla/Hazelnut +(\$0.80)

## JUICE

### LIVER CLENS

Apple, celery, carrot, & ginger

### ENERGY BOOST

Orange, apple, & pineapple

### IMMUNITY

Orange, carrot & ginger

### GREEN MACHINE

Apple, celery, cucumber

SML \$6.00 LRG \$8.00

## SMOOTHIES

### CLASSIC FRUIT

Berry, mango OR banana, yoghurt, honey, milk

### COCO BANANA

Banana, peanut butter cocoa, avo, coconut milk

### BANANA COFFEE

Banana, espresso, honey, ice cream & oat milk

### BANANA CRUNCH

Banana, granola, chia, peanut butter, almond milk

one size \$9.50