

THREE BEARS



COFFEE · FOOD · BEER

Morning Swell

Acai & Granola Bowl 23
Açai berries with fresh fruit, berry compote and toasted granola (V)

Artisan Thick Cut, Fruit or Gluten Free Toast 10
Served with butter and preserves (V) (GF)

Free Range Eggs on Toast 21
Scrambled, poached or fried free-range eggs on sourdough toast with home-style. tomato relish (V) *Add extras.*
Gluten free Toast + \$1.5

Big Breakfast 31
Bacon, tomato, pork sausages, baked beans, wilted greens, Mushrooms, potato gratin, sourdough toast and topped with
2 free-range eggs (Veg. option available) Gluten free Toast + \$1.5

Eggs Florentine 23
Free-range poached eggs served on a bed of spinach, panini bread and topped with hollandaise sauce. **Gluten free bread +\$1.5**

The Omelette 28
Capsicum, cheese, spinach, tomato, bacon, served with
Sourdough toast (Veg. option available) Gluten free Toast + \$1.5

Avocado Smash 26
Freshly smashed Avo on sourdough toast, served with julienne of Beetroot, crispy rocket and your choice of an egg or sautéed mushrooms
(V) Add extras Gluten free Toast + \$1.5

Three Bears" Pancake Stack 24
Caramelized bananas, maple syrup, forest berry compote,
Fresh Strawberries and cream (V)

Add Extras

Egg	4	Grilled Tomato	4
Feta	4	Avocado	5
Potato Gratin	4	Mushrooms	4
Bacon	5	Baked Beans	4
Pork Sausage	5		

"Low Gluten" Note that the food is prepared in a kitchen that processes Gluten.

Coffee and Tea

	Regular	Large
Cappucino	5.9	6.9
Flat White	5.9	6.9
Latte	5.9	6.9
Long Black	5.9	6.9
Short Macchiato	5.0	
Long Macchiato	5.9	
Mocha	6.5	7.2
Hot Chocolate	6.5	7.2
Chai Latte	6.5	7.2
Babycino	1.5	
Extra Shot	1.5	
Tea	4.9	5.5



*Locally Roasted
Western Australian
Coffee by 5 Senses*

Tea Selection: English breakfast, Earl Grey, Peppermint, Green, Chamomile

Milk Selection: Full cream, Hilo, Soy, Almond and Lactose Free

Syrups: Vanilla, Caramel, Hazelnut

Craft Bottled Beers

Corona	11
Emu	11
Little Creatures Pale Ale	13
Little Creatures Rogers	10
Little Creatures Elsie	13
Kirin Megumi	12
Atomic Pale Ale	12
Gage Road IPA	12
Hahn Superdry	11
Hahn Superdry 3.5%	11
Hahn Premium Light	9
Eagle Bay Kolsch	12
Eagle Bay Pale Ale	12
James Squire 150 Lashes	11
Pipsqueak Apple Cider	12
Matso's Ginger Beer	12

Been on Tap

	Middy	Pint
Single Fin	10	15
Swan	10	15

Wines

	150ML	250ML	BOTTLE
Morgan's Bay Cuvee (SA)	10		36
Fleur de Lys (VIC)	11		42
T'Gallant Sparkling Prosecco	11		44

WHITE

Hartog's Plate SSB (WA)	9	14	36
Fifth Leg Sauvignon Blanc (WA)	13	19	55
821 South Sauvignon Blanc (NZ)	10	15	40
Fifth Leg Chardonnay (WA)	12	18	48

ROSE/MOSCATO

Cape Schanck Rose (VIC)	13	19	55
Madfish Moscato (WA)	13	19	52

RED

Hartog's Plate Cabernet Merlot (WA)	10	15	40
Fifth Leg Shiraz (WA)	12	18	50
The Gables Cab Sauv (SA)	13	19	52
Cape Schanck Pinot Noir	13	19	55

Spirits

Mix with tonic water/ soda water/ dry ginger ale/ coca cola varieties / lemonade

Smirnoff Vodka

12

Jim Beam Bourbon

12

Jack Daniels Tennessee Whiskey

13

Johnnie Walker Red Scotch

12

Gordons Gin

12

Hippocampus Gin

14

Bundaberg Rum

12

Assorted Ready to Drink Spirits

13

Next Wave

Beach Break Fish & Chips	32
Beer battered fish fillets, chips, salad leaves, and traditional tartar sauce <i>Grilled + \$2</i>	
Big Swell Angus Burger	28
With chilli jam, cheddar, salad leaves, chips, aioli Add bacon + \$2.5 Add another beef pattie + \$4 Add egg +3	
Southwest Chicken Burger	28
Southern fried breast fillet, with slaw, pickles, kewpie mayo and chips	
Fish Burger	29
Beer battered fish fillet on a brioche bun with salad, mayo and a side of chips <i>Grilled + \$2</i>	
Chicken Parm	29
Crumbed breast fillet smothered in Napolitano sauce and topped with ham, mozzarella and served with chips & salad	
Salt & Pepper Calamari	32
Lightly fried calamari, served with Sriracha mayo chips and salad	
Steak Sandwich	29
Harvey Beef steak, caramelized onion jam, salad leaves, mustard, cheddar and served with chips	

Next Wave

Pizza

Traditional Margherita

Fresh basil and mozzarella on a traditional tomato sauce base (V) 22

The Pepperoni

Spicy Pepperoni and mozzarella 25

Lighter Bites/Snacks

Sweet Potato Fries	14
Basket of Fries	12
Potato Wedges	14
Onion Rings	12
Tempura Prawns	19
Spicy Chicken wings	19
Mac n Cheese croquettes	19

Kids Menu (ages 12 and under)

Eggs on Toast	9
Margherita Pizza	10
Fish and Chips	10