

STARTERS

WARM OLIVES (vg)	15
Warm marinated olives with mini focaccia	
SHOESTRING FRIES (small large)	8 12
POLENTA CHIPS (gf) (vg)	16
Served with roasted capsicum pesto	
FRIED SPAGHETTI SUPPLI	2 for 8
Fried spaghetti balls in Napoli sauce with Mozzarella	4 for 16
FRIED CARBONARA SUPPLI	2 for 8
Fried Carbonara spaghetti balls	4 for 16
FOCACCIA CLASSICA (vg)	10
Rosemary, salt & EVOO	
FOCACCIA AGLIO (v)	12
Garlic, oregano & salt	14
With Mozzarella	
CRUMBED CAULIFLOWER BITES	16
Served with truffle mayo	
BRUSCHETTA CLASSICA (vg)	17
Tomato with red onion, basil & EVOO	
ANTIPASTO PLATTER (small)	30
Selection of cured meats & cheeses with 3 GRAINS focaccia	(large) 50

SALADS

INSALATA MISTA (vg)	13
Mixed leaf salad with balsamic vinaigrette	
RUCOLA	20
Rocket, pear and gorgonzola salad with mustard vinaigrette & walnuts	
CAPRESE	20
Fresh tomato, buffalo mozzarella & basil	
BRESAOLA	22
Rocket, bresaola and shaved parmesan salad with balsamic glaze	

PIZZA

House-Made Gluten-Free Pizza Base +\$4

MARGHERITA (v)	20	BUFALA MARGHERITA	28
Tomato, mozzarella, basil & EVOO		Tomato, mozzarella, buffalo mozzarella, basil & EVOO	
CAPRICCIOSA	27	'THE VIOLATION'	25
Tomato, mozzarella, smoked leg ham, olives & mushrooms		Tomato, mozzarella, smoked leg ham & pineapple	
TRAMONTO (v)	27	ALBA ROSA	27
Tomato, mozzarella, roasted eggplant, cherry tomatoes, red onion, rocket & garlic		Tomato, mozzarella, hot salami, olives & roasted capsicum	
ORTOLANA (v)	27	LOPEZ	30
Tomato, mozzarella, roasted capsicum, zucchini, grilled eggplant & garlic		Tomato, mozzarella, hot salami, roasted capsicum, gorgonzola & parmesan	
CLEOPATRA (v)	30	WEST IS BEST	27
Tomato, mozzarella, zucchini, artichokes, mushroom, garlic, olives, red onion, thyme & parmesan		Tomato, mozzarella, hot salami, rocket, pineapple & balsamic glaze	
FREDDIE	26	SALSICCIA	28
Tomato, mozzarella, smoked leg ham & free range egg		Tomato, mozzarella, porcini mushrooms, pork & fennel sausages & parmesan	
T-REX	29	PROSCIUTTO	30
Tomato, mozzarella, hot salami, pork & fennel sausages, smoked leg ham		Tomato, mozzarella, prosciutto & buffalo mozzarella	
GAMBERI	25	ROYALE	27
Tomato, mozzarella, wild caught prawns, chilli, garlic & rocket		Tomato, mozzarella, red onion, mild salami & mild mini peppers	
JULIETTA	28	HOT CALABRESE	30
Tomato, mozzarella, spicy N'duja pork sausage, ricotta, hazelnuts & honey		Tomato, mozzarella, spicy N'duja pork sausage, roasted capsicum, buffalo mozzarella & basil	
ROMANESCA (v)	23	JALAPEÑO	30
Mozzarella, potatoes, rosemary & EVOO		Tomato, mozzarella, hot salami, jalapeño peppers, olives & buffalo mozzarella	
PESTO (v)	27	BOSCO	28
Mozzarella, pesto, cherry tomatoes, red onions & rocket		Mozzarella, potatoes, porcini mushrooms, smoked leg ham, pine nuts & parsley	
TRUFFLE MUSHROOM (v)	27	POTATO & TRUFFLE (v)	27
Mozzarella, mushrooms, rocket & 3 GRAINS truffle cream		Mozzarella, potatoes, 3 GRAINS truffle cream, parsley & EVOO	
SALMONE	30	GORGONZOLA	29
Mozzarella, smoked salmon, zucchini, dill, capers, mascarpone & EVOO		Mozzarella, zucchini, prosciutto & gorgonzola	

KIDS

BOLOGNESE	15
Classic bolognese	
PESTO PASTA (v)	15
Basil Pesto with pine nuts & parmesan	
NONNA'S SAUCE (v)	12
Slow-cooked classic tomato sauce with parmesan	
MARGHERITA (v)	12
Tomato, mozzarella, basil & EVOO	
2 CHEESE PIZZA (v)	12
Mozzarella, parmesan & EVOO	
HAM & PINEAPPLE PIZZA	17
Tomato, mozzarella, ham & pineapple	

DESSERTS

SELECTION OF CANNOLI	5 EA
Whipped ricotta cannoli - Classic Sicilian Orange, Pistachio, Nutella or Tiramisu	
NUTELLA PIZZA	14
With ice cream & strawberries	
KIDS NUTELLA PIZZA	8
With ice cream & strawberries	

(gf) gluten free | (v) vegetarian | (vg) vegan | EVOO extra virgin olive oil

3 GRAINS - PIZZA THAT MAKES YOU FEEL GOOD!



VEGAN STARTERS

- WARM OLIVES** 15
Warm marinated olives with mini focaccia
- SHOESTRING FRIES (gf)** Small 8
Large 12
- FOCACCIA CLASSICA** 10
Rosemary, salt & EVOO
- FOCACCIA AGLIO** 12
Garlic, oregano & salt
With vegan Mozzarella 16
- POLENTA CHIPS (gf)** 16
Served with roasted capsicum pesto
- BRUSCHETTA CLASSICA** 17
Tomato with red onion, basil & EVOO

VEGAN SALADS

- INSALATA MISTA** 13
Mixed leaf salad with balsamic vinaigrette

VEGAN PIZZA

House-Made Gluten-Free Pizza Base +\$4

- CECI** 22
Chickpea & rosemary paste with roasted capsicum & broccoletti
- NOT SO CAPRICCIOSA** 27
Tomato, vegan mozzarella, artichokes, mushrooms & olives
- VEGAN TRUFFLE MUSHROOM** 27
Vegan mozzarella, mushrooms, 3 GRAINS truffle paste & rocket
- VEGAN ORTOLANA** 27
Tomato, vegan mozzarella, zucchini, roasted capsicum, grilled eggplant & garlic
- VEGAN ROMANESCA** 23
Vegan mozzarella, potato, rosemary & EVOO
- VEGAN MARGHERITA** 22
Tomato, vegan mozzarella, basil & EVOO
- WEST IS STILL BEST** 27
Tomato, vegan mozzarella, pineapple, rocket, chilli & balsamic glaze
- VEGAN POTATO & TRUFFLE** 27
Vegan mozzarella, potatoes, 3 GRAINS truffle paste & parsley
- VEGAN TRAMONTO** 28
Tomato, vegan mozzarella, roasted eggplant, cherry tomatoes, red onion, rocket & garlic
- VEGAN PESTO** 29
Vegan mozzarella, cherry tomatoes, pesto, red onions & rocket

VEGAN KIDS

- VEGAN MARGHERITA** 14
Tomato, vegan mozzarella, basil & EVOO
- VEGAN PESTO PASTA** 15
Basil pesto with pine nuts
- VEGAN NONNA'S SAUCE** 12
Slow-cooked classic tomato sauce

VEGAN DESSERTS

- VEGAN NUTELLA PIZZA** 16
With vegan ice cream & strawberries **23**
- KIDS VEGAN NUTELLA PIZZA** 12
With vegan ice cream & strawberries **18**

3 GRAINS IS A FULLY LICENSED RESTAURANT
10% surcharge applies on Sundays
Card payments incur a processing fee

ALLERGEN INFO
A wide range of foods including those containing gluten, nuts, dairy & eggs are prepared in our kitchen. While food is handled with the utmost care, there is always some risk of traces of allergens.

(gf) gluten free | (v) vegetarian |
(vg) vegan | EVOO extra virgin olive oil