

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 (gfo)** 10
Rosemary, salt & EVOO
- FOCACCIA AGLIO (gfo)** 12
Garlic, oregano & salt
With vegan Mozzarella
- 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, pesto, cherry tomatoes, red onions & rocket

EVENTS & CATERING
Whatever your celebration, we've got you covered! Chat to our friendly staff about your event catering needs.

SPECIALS
Please refer to the blackboard for our current Specials!

VEGAN PASTA

Choose from Penne or Spaghetti
Gluten-free pasta +\$3

- 3 GRAINS PESTO** 27
Basil Pesto with pine nuts
- ARRABBIATA** 27
Slow-cooked classic tomato sauce, capers, olives & chilli
- NONNA'S TOMATO SUGO** 23
Slow-cooked classic tomato sauce

VEGAN KIDS

House-Made Kids Gluten-Free Pizza Base +\$3
Choose from Penne or Spaghetti
Gluten-free pasta +\$3

- 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

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 | (gfo) gluten-free option | (v) vegetarian | (vg) vegan | EVOO extra virgin olive oil