

Three blue ducks

BREAKFAST

7am - 11:45am

Steel cut buckwheat & oat bircher apple, watermelon, almonds, mint & garden honey (v, n)	16
House made vegemite sourdough toast (v, n) <i>add avocado 4.5</i>	8
Bacon & egg roll pimento salsa & hollandaise sauce	14
Ducks avocado toast herb sourdough toast, tomato & basil salad (df, vg) <i>add corn fritters 6</i>	16

ALL DAY

from 7am

Black sausage scrambled eggs, dill, cucumber yoghurt, redcurrant jam & sourdough toast <i>add avocado 4.5</i>	23
Corn fritters guacamole, fermented cabbage, jalapeño, herb salad, labneh & poached eggs (v) <i>add bacon 6</i>	22
Harissa pumpkin turmeric cashew cream, kale, radish, sauerkraut & bird seed mix (gf, df, v, vg, n)	18
Smoked rainbow trout potato hash, crème fraîche, radish, dill & lemon (gf) <i>add fried egg 2.5</i>	22
Poached eggs herb sourdough toast, tomato & basil salad (df, v) <i>add bacon 6</i>	14

EXTRAS

Black sausage / bacon / corn fritters	6
Two eggs / avocado	4.5
Spring wellness gluten-free bread	2.5

SOMETHING FUN

Lychee Mimosa	10
Bloody Mary - vodka, tomato juice, housemade hot sauce, coriander & pickles	15

LUNCH

from 12pm

Iggy's sourdough bread & cultured butter	6
Ducks crispy chicken burger guacamole, pickled onions, lettuce, mayo & buttermilk bun <i>add sweet potato 5</i>	17
Soba noodle salad cucumber, edamame, coriander & pickled chilli (df, vg) <i>add fish of the day 15</i>	18
Pork belly tortillas pineapple pico de gallo, jalapeño salsa & pork crackle (gf, df)	24
Crispy barramundi beetroot puree, salsa verde, piccalilli & hazelnuts (gf, df, n)	32
Mango & okra salad Thai basil, coriander, chilli, fresh coconut & cashews (gf, df, vg, n) <i>add fish of the day 15</i>	16

SIDES

Heirloom tomato, caperberries, preserved lemon & basil oil (gf, df, vg)	10
Crispy sweet potatoes, garlic honey & chive salt (gf, df, v)	10

SWEET TREATS

Mini pavlova, summer fruits & mascarpone (gf, v)	12
Date pudding, burnt orange, peaches, rum & raisin ice cream (v)	12
Baked treats - see the cabinet for today's selection	

gf: gluten free df: dairy free v: vegetarian vg: vegan n: contains nuts cf: caffeine free

Alterations to the menu are respectfully declined (dietary requirements excepted)

Please note all payments made via AMEX will incur a 2% surcharge

Please note there is a 15% surcharge on public holidays

B three blue ducks

SMOOTHIES & FRAPPES

Spicy pineapple & lime frappe (df)	8
Banana, date & cinnamon smoothie (df)	8
Dark chocolate, coconut & berry shake (df)	9
Orange & mango crush (df)	9
Homemade Lemonade citrus soda (df)	5

If you are looking for a certain combo ask our helpful staff!

COLD PRESSED JUICES

Orange	8
Apple - green apple, lemon & ginger	8
378 - watermelon, apple, strawberry, pomegranate & lime	9
Pix perk up - beetroot, carrot, apple, celery, lemon & ginger	9
Green ninja - celery, kale, apple, lemon & spinach	9

COLD DRINKS

Single O cold brew	5
Housemade iced ginger refresher tea	5
Sparkling water	6
Capi spiced cola, ginger beer or tonic water	4.5
Kombucha	8

COFFEE - SINGLE O

Our coffee blend is fair trade and forest friendly

Black - rotating single origin	4
White - killer bee blend	4
Bonsoy / extra shot / large	0.5
Batch brew filter	5

CHAI & CHOCOLATE

Sticky chai pot	5
Red bush chai tea	5
Ceremony - organic hot chocolate	5
Ceremony - organic chili hot chocolate	5

TEA - THREE BLUE DUCKS TEA CO. - ORGANIC

English breakfast - Sri Lankan black tea, medium bodied	5
Earl grey - China black tea, rose petals, hibiscus, bergamot	5
Sencha - single origin green tea; light, grassy, smooth	5
Jasmine tea - green tea, floral jasmine flavours	5
Inner calm - chamomile, peppermint, lemon balm, passionflower	5
Immuno-Boost - echinacea, spearmint, ginger, lemongrass, lemon myrtle	5
Detoxify - dandelion, liquorice, nettle, verbena, calendula, eucalyptus	5
Ginger zing - ginger, lemon grass, hibiscus, lemon myrtle, calendula	5
Energy kick - ginkgo, gotu kola, oat straw, rose root, peppermint, ginseng	5
Misty farm - peppermint, elderflower, rosehip, lemon myrtle, hibiscus	5

BEERS

Alcoholic beverages available after 10am

Young Henrys Natural Lager (SYD) 4.2%	8
Yulli's Red Ale (SYD) 6.2% 375ml	15
Sauce co. 'Hop Sauce' American Pale Ale (SYD) 4.5%	11
Philter Extra Pale Ale (SYD) 4.2%	10
Lord Nelson 'Three Sheets' (SYD) 4.9%	10
Stone & Wood Garden Ale (SYD) 3.5%	9
Wayward Camperdown Pale Ale (SYD) 4.6%	10
Batch Brewery 'West Coast IPA' 440ml (SYD) 5.8% 440mL	16
Stone & Wood Woodfire Porter (NSW) 7.5%	15

GINGER BEER

Brookvale Union Ginger Beer (SYD) 4.1%	11
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CIDER

Hillbilly Crushed Pear Cider (NSW) 4.5%	9
Willy Smith Organic Apple Cider (TAS) 5.4%	14

WINES BY THE GLASS

SPARKLING	
'18 Palloncino Prosecco, <i>Glera</i> , Murray Darling, NSW	11
WHITE	
'17 Rock Gully, <i>Riesling</i> , Frankland River, WA	10
'17 Hermit Ram, <i>Sauvignon Blanc</i> , Wairarapa, NZ	12
'18 Arfion, <i>Pinot Gris</i> , Yarra Valley, VIC	12
'16 Oakvale, <i>Chardonnay</i> , Hunter Valley, NSW	10
ROSÉ	
'18 Bondar, <i>Grenache</i> , McLaren Vale, SA	10
RED	
'17 "Skin & Bones" BK Wines, <i>Pinot Noir</i> , Adelaide Hills, SA	15
'17 Kennedy, <i>Shiraz</i> , Heathcote, VIC	12
'14 Cooke Brother's 'Basket Ranges' <i>Cabernet Sauvignon</i> , Adelaide Hills, SA	15