

Three blue ducks

BREAKFAST

7am - 11:45am

Steel cut buckwheat & oat bircher apple, watermelon, almonds, mint & garden honey (v, n)	18
House made vegemite sourdough toast (v, n) <i>add avocado 4.5</i>	9
Bacon & egg roll pimento salsa & hollandaise sauce	14
Duck's avocado toast herb sourdough toast, tomato & basil salad (df, vg) <i>add corn fritters 6</i>	18

ALL DAY

from 7am

Black sausage scrambled eggs, dill, cucumber yoghurt, redcurrant jam & sourdough toast <i>add avocado 4.5</i>	25
Corn fritters guacamole, fermented cabbage, jalapeño, herb salad, labneh & poached eggs (v) <i>add bacon 6</i>	24
Harissa pumpkin turmeric cashew cream, kale, radish, sauerkraut & bird seed mix (gf, df, v, vg, n)	19
Smoked ocean trout potato hash, crème fraîche, radish, dill & lemon (gf) <i>add fried egg 2.5</i>	22
Poached eggs herb sourdough toast, tomato & basil (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	5
Duck's crispy chicken burger guacamole, pickled onions, lettuce, mayo & buttermilk bun <i>add sweet potato 5</i>	19
Soba noodle salad cucumber, edamame, coriander & pickled chilli (df, vg) <i>add fish of the day 15</i>	20
Pork belly tortillas pineapple pico de gallo, jalapeño salsa & pork crackle (gf, df)	26
Crispy barramundi beetroot puree, salsa verde, piccalilli & hazelnuts (gf, df, n)	33
Mango & okra salad Thai basil, coriander, chilli, fresh coconut & cashews (gf, df, vg, n) <i>add fish of the day 15</i>	18

SIDES

Heirloom tomato, caperberries, preserved lemon & basil oil (gf, df, vg)	11
Crispy sweet potatoes, garlic honey & chive salt (gf, df, v)	11

SWEET TREATS

Mini pavlova, summer fruits & mascarpone (gf, v)	14
Date pudding, burnt orange, peaches, rum & raisin ice cream (v)	14
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
The Grifter Brewing Co Serpents Kiss Watermelon Pilsner (SYD) 4.9%	13
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

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, Prosecco, Murray Darling, NSW	11
WHITE	
'17 Rocky Gully, Riesling, Frankland River, WA	10
'17 Hermit Ram, Sauvignon Blanc, Wairarapa, NZ	12
'18 Arfion, Pinot Gris, Yarra Valley, VIC	12
'17 Becker, Chardonnay, Polbokin, NSW	11
ROSÉ	
'18 Bondar, Grenache, McLaren Vale, SA	10
RED	
'17 "Skin & Bones" BK Wines, Pinot Noir, Adelaide Hills, SA	15
'17 Kennedy, Shiraz, Heathcote, VIC	12
'17 "Truffle Hound" Unico Zelo, Barbera, Nebbiolo, Clare Valley, SA	11
'17 "Junto" Bondar, Grenache, Shiraz & Mourvedre, McLaren Vale, SA	13