

# B three blue ducks

## BREAKFAST

7:30am - 11:30am

Toasted Iggy's sourdough, butter & mixed berry jam or house made vegemite (v)	8
Bircher, raspberry jam, yoghurt, apple, berries & passion fruit (gf, v, n)	15
Brown rice & miso congee, kimchi, charred greens, corn, ginger & soft egg (gf, df, v)	14
<i>add salmon pastrami</i>	6
Avocado toast goat's cheese, oven roasted tomato, toasted buckwheat, parsley, mint, basil, eschallots & poached eggs (v)	19
<i>add corn fritters</i>	6
Salmon pastrami, pickled beets, poached eggs, dill, horseradish, toasted sourdough (df)	22
<i>add avocado</i>	5
BBQ chorizo, burnt corn salsa, romesco, poached eggs & toasted sourdough (df, n)	22
<i>add avocado</i>	5
Poached eggs on toast, roasted tomato & salad (df, v)	14
Corn fritters, guacamole, fermented cabbage, jalapeño, herb salad, labneh & poached eggs (v)	21
<i>add bacon</i>	6
Breakfast roll, bacon, chilli jam, fried egg, slaw & mayo	14
<i>add avocado</i>	5

### EXTRAS

Bacon / Salmon pastrami	6
Two eggs / avocado	5
Roasted tomato / Spring Wellness gluten-free bread	2.5
Baked treats - see the cabinet for today's selection	

### BREAKFAST COCKTAILS

alcoholic beverages available after 10am

Hail Mary - Ketel one vodka, tomato juice, house made hot sauce, worcestershire sauce, lemon & pickle	14
Ducks Mimosa - Sparkling Marechal orange juice & burnt orange syrup	11

## DRINKS

### COFFEE - SINGLE O

our coffee blend is fair trade

Black - rotating single origin	4
White - killer bee blend	4
Extra shot / large / Bonsoy / Almond milk / Decaf	1
Light roast cold brew	5
Batch brew filter	4

### TEA BY THREE BLUE DUCKS

Inner calm - chamomile, peppermint, lemon balm, passionflower	5
Immuno-Boost - echinacea, spearmint, ginger, lemon grass, lemon myrtle	5
Detoxify - dandelion, liquorice, nettle, verbena, calendula, eucalyptus	5
Ginger zing - ginger, lemongrass, 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
Plus all the usual suspects	5
English breakfast, earl grey, sencha, jasmine	

### CHAI

Sticky Chai Pot - wet chai by Chamellia	5
Rooibos chai - House blend chai by Three Blue Ducks (cf)	5

### FRESH JUICES

Orange	7
Cloudy apple	7
Watermelon, apple, strawberry, pomegranate & lime	9
Beetroot, carrot, celery, apple, lemon & ginger	9
Kale, capsium, cucumber, apple, spinach, lemon & organic chlorella	9

### SMOOTHIES & MILKSHAKES

Milkshakes: chocolate, strawberry or vanilla	7
Green smoothie - spinach, apple, mango, coconut water, lemon, honey, mint & cashews (df, n)	9
Rise & shine - dates, oats, banana, almond milk, honey & coconut cream (df, n)	9
Mango, coconut & lime (df)	9
Blueberry, banana, coconut water & lime (df)	9

### MOCKTAILS & ICED TEA

Watermelon & lychee mojito	9
Cranberry, blood orange & mint spritz	9
Housemade Iced Tea - ask for our current flavour	9
Kombucha - ginger, pineapple, or watermelon & mint	9

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) at the weekend.

Groups of 10 or more are subject to a discretionary service gratuity of 8%

Please note there is a 10% surcharge on Sundays and 15% on public holidays