

B three blue ducks

BREAKFAST

7am - 11:45am

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| 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 |
| Duck's avocado toast herb sourdough toast, tomato & basil (df, vg) <i>add corn fritters 6</i> | 16 |

ALL DAY

from 7am

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| 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 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

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

SOMETHING FUN

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| Bridge Road Brewers x Three Blue Ducks Session IPA 5% | 10 |
| Bloody Mary - vodka, tomato juice, housemade hot sauce, coriander & pickles | 15 |

LUNCH

from 12pm

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| Iggy's sourdough bread & cultured butter | 5 |
| Duck's beef burger pickle, cheddar, iceberg, duck's tomato sauce & crispy potatoes | 23 |
| Maple glazed brisket burnt onion, horseradish cream, slaw (gf) | 32 |
| Spiced lamb shoulder pita, hot pesto, pickled onions, mint labneh (n) | 29 |
| 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

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| Roast carrots, ricotta salata, citrus butter, honey (gf, v) | 12 |
| Chat potatoes, rosemary, lemon salt (gf, df, vg) | 11 |

SWEET TREATS

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| Ducks mango & coconut Weiss bar, white chocolate, macadamia (v, n) | 14 |
| Chocolate mousse, strawberry, hazelnuts, cookies & cream ice cream (v, n) | 14 |
| Baked treats - see the cabinet for todays 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 10% surcharge on Sundays & 15% on public holidays

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SMOOTHIES & FRAPPES

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| 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

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| 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

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| 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

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

CHAI & CHOCOLATE

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| 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

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|--|---|
| 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

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| Young Henrys Natural Lager (SYD) 4.2% | 8 |
| Yulli's Amanda Mandarin IPA (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% | 10 |
| Stone & Wood Garden Ale (SYD) 3.5% | 9 |
| Wayward Camperdown Pale Ale (SYD) 4.6% | 10 |
| Batch Brewery 'Rye IPA' 640ml (SYD) 5.8% 440mL | 16 |

GINGER BEER

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| Brookvale Union Ginger Beer (SYD) 4.1% | 11 |
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CIDER

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| Willy Smith Organic Farm House Pear Cider (TAS) 4.7% | 14 |
| Willy Smith Organic Apple Cider (TAS) 5.4% | 14 |

WINES BY THE GLASS

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| SPARKLING | |
| NV Mountadam, <i>Pinot Noir, Chardonnay</i> , High Eden, SA | 13 |
| WHITE | |
| '17 Rocky 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 |
| '17 Becker, <i>Chardonnay</i> , Polbokin, NSW | 11 |
| ROSÉ | |
| '18 Bondar, <i>Grenache</i> , McLaren Vale, SA | 10 |
| RED | |
| '17 Vino Atletico, <i>Pinot Noir</i> , Macedon Ranges, VIC | 15 |
| '17 Kennedy, <i>Shiraz</i> , Heathcote, VIC | 12 |
| '17 "Truffle Hound" Unico Zelo, <i>Barbera, Nebbiolo</i> , Clare Valley, SA | 11 |
| '17 "Junto" Bondar, <i>Grenache, Shiraz & Mourvedre</i> , McLaren Vale, SA | 13 |