

# **B**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
Breakfast roll bacon, chilli jam, fried egg, slaw & mayo <i>add avocado 4.5</i>	14
Avocado hummus on toast grilled haloumi, pomegranate & hazelnut dukkah (n,v) <i>add corn fritters 6</i>	19
Poached eggs herb sourdough toast, tomato, basil (df, v) <i>add bacon 6, add black sausage 6, add avocado 4.5</i>	14

## **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)	21
Smoked ocean trout potato hash, crème fraîche, radish & dill (gf) <i>add fried egg 2.5</i>	22
Teriyaki chicken congee enoki mushroom, scrambled egg, Asian broth, shallots & sesame (gf, df)	19

### **EXTRAS**

Black sausage / bacon / corn fritters	6
Two eggs / avocado / haloumi	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 beef burger pickle, cheddar, iceberg, duck's tomato sauce & crispy potatoes	23
Gnocchi vongole tomato sauce, chorizo & basil (df, v)	29
Crispy barramundi beetroot puree, salsa verde, piccalilli, hazelnuts (gf, df, n)	33
Persimmon & okra salad Thai basil, coriander, chilli, fresh coconut, cashews (gf, df, vg, n) <i>add fish of the day 15</i>	18

### **SIDES**

Charred broccoli, lettuce, olive tapenade & chilli almonds (gf, df, vg, n)	12
Chat potatoes, rosemary, lemon salt (gf, df, vg)	11

### **SWEET TREATS**

Crema Catalana, stewed rhubarb & burnt orange (gf, v)	12
Chocolate mousse, strawberry, hazelnuts, cookies & cream ice cream (v, n)	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 10% surcharge on Sundays & 15% on public holidays

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## 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 - watermelon or ginger	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
Three Blue Ducks 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 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
Riverside 88 Robust Porter (SYD) 6%	12
Batch Brewery 'Rye IPA' 640ml (SYD) 7.2%	25

## GINGER BEER

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

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

## WINES BY THE GLASS

SPARKLING	
NV Cape Jaffa, <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
'18 'Braemore' Thomas, <i>Semillon</i> , Hunter Valley, NSW	14
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 &amp; Mourvedre</i> , McLaren Vale, SA	13
'18 L'altra Cobaw Ridge, <i>Syrah</i> , Macedon Ranges, VIC	16