

# Three blue ducks

## BREAKFAST

7:30am - 11:30am

Toasted Iggy's sourdough, butter & mixed berry jam or house made vegemite (v)	8
Spiced pumpkin & quinoa porridge, poached pears, yoghurt, burnt honey & macadamia crunch (gf, v, n)	16
Brown rice & miso congee, kimchi, charred greens, corn, ginger & soft egg (gf, df, v) <i>add salmon pastrami 6</i>	14
Avocado toast goat's cheese, oven roasted tomato, toasted buckwheat, parsley, mint, basil, eschallots & poached eggs (v) <i>add corn fritters 6</i>	19
Salmon pastrami, pickled beets, poached eggs, dill, horseradish, toasted sourdough (df) <i>add avocado 5</i>	22
BBQ chorizo, burnt corn salsa, romesco, poached eggs, toasted sourdough (df, n) <i>add avocado 5</i>	22
Curried eggs on toast, bacon, chilli oil, roast tomato, house pickles & herbs (df, v) <i>add avocado 5</i>	19
Corn fritters, guacamole, fermented cabbage, jalapeño, herb salad, labneh, poached eggs (v) <i>add bacon/salmon pastrami 6</i>	21
Breakfast roll, bacon, chilli jam, fried egg, slaw, mayo <i>add avocado 5</i>	14

### EXTRAS

Bacon/Salmon pastrami/Chorizo	6
Two eggs/avocado	5
Corn fritters	6
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/ Soy / Decaf	0.5
Almond	1
Light roast cold brew / batch brew	5

### 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	6
Rooibos chai - House blend chai by Three Blue Ducks (cf)	5

### FRESH JUICES

Orange	8
Cloudy apple	8
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