

B three blue ducks

BREAKFAST

7am - 11:30am

The Bread Social croissant or sourdough toast, house made berry jam & cultured hand made butter	8
Pear & almond fruit toast, house made orange marmalade & cultured hand made butter (n)	10
Apple crumble porridge, almond cinnamon crunch, preserved peach (v, vg, df, n)	19
Local free-range bacon roll, cheese, slaw, fried egg, bacon relish, pickled chilli, milk bun <i>add avocado hummus 5</i>	18.5
Avocado hummus, poached eggs, pickled chilli, Farm greens, hemp seed crunch, sourdough (v, df) <i>add halloumi 7</i>	23
Roasted Farm eggplant, poached eggs, kasundi, dukkah, tahini yoghurt, charred flat bread (v, n) <i>add bacon 6</i>	23
Harissa roasted pumpkin, turmeric cashew cream, sauerkraut, sprouts, Farm greens (gf, df, v, vg, n) <i>add bacon 6</i>	22
Blood sausage, spiced pear & beetroot chutney, Farm greens, herb salad, shallots, fried egg, sourdough toast (df) <i>add bacon 6, add avocado hummus 5</i>	24
Spanner crab scramble, chilli, coriander, lime, bean sprouts, Farm beans, peanuts, shallots, sriracha, sourdough (df, n) <i>add avocado hummus 5</i>	27

EXTRAS

Swap sourdough for sprouted quinoa & millet loaf (gf)	2.5
Additional poached eggs	5
Eggplant or avocado hummus	5
Free-range bacon	6.5
Halloumi or blood sausage	7

DRINKS & COLD PRESSED JUICE

Mr Fulcher's original recipe iced tea - pineapple, lemon, Earl Grey	8
Organic kombucha - hibiscus, elderflower, ginger, turmeric	9
Organic orange juice	9
Gingered apple juice - organic apple, ginger, lemon	9
Watermelon juice - organic watermelon, apple, strawberry, pomegranate, lime	9
Beetroot juice - organic beetroot, organic apple, cucumber, lime, ginger	9

SMOOTHIES & MOCKTAIL

Banana, cinnamon, date, coconut (gf, df, vg)	9
Cacao, peanut, banana, honey, coconut (gf, df, n)	9
Add 10g Bear 'Repair' Australian hemp Seed Protein Superpowder	2
Seasonal Faux-Jito - seasonal berries, mint, lemonade, lime	10

COCKTAILS

From 10am

Virgin Mary/Hail Mary - tomato juice kombucha, Worcestershire, chilli & lemon/with vodka	12/18
Steady Eddie breakfast martini - Brookie's Slow Gin, cinnamon myrtle, lemon, Campari & Brookie's spent gin jam	18

COFFEE & TEA

COFFEE - SINGLE O

our coffee is direct traded & forest friendly

WHITE - All classic milk coffees made with 'Killerbee' blend	4
Large	5
Add Happy Happy Soy Boy	0.5
Add organic coconut milk	1
Add organic almond milk	1
Iced latte	4.5
Iced coffee - milk, vanilla bean ice cream & two shots of coffee	8
Iced chocolate - milk, vanilla bean ice cream, organic raw cacao & coconut sugar	8
Affogato - two shots of coffee over vanilla bean ice cream	8
BLACK / FILTER - Ask about this week's origin	
Espresso / long black	4
v60 pour over 330ml	8
Aeropress 230ml	6
Batch brew	3.5
Cold brew	5

ORGANIC WET CHAI - BY CHAMELLIA

Wet Chai is black tea and chai spices soaked in honey

Pot of chai (brewed with milk)	5.5
Chai tea (brewed with hot water)	5.5
Chai latte	5.5
Rooibos pot of chai (without honey, brewed with milk)	5.5
Organic dandelion latte	5
Organic matcha latte	5
Golden chai - house made with organic spices, ginger, turmeric, almond milk & honey	6

SOURCE WATER

SOURCE water is made from sunlight & the atmosphere by the 10 hydropanel on our roof.

100% of the cost from purchasing this water goes towards funding 10 hydropanel for Murrurundi primary school in the drought stricken Upper Hunter Valley.

SOURCE water 700ml carafe	3
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TEA BY THREE BLUE DUCKS

our teas are certified organic

All are available for sale in the produce store

ALL
5

English breakfast - Fine grade black tea from Sri Lanka. Character-rich and full of flavour to cut through milk.
Earl grey - An Organic Ceylon tea & cornflowers blend infused with twice-refined organic Spanish bergamot oil.
Ginger Zing - Ginger, lemongrass, lemon myrtle, calendula
Inner calm - Chamomile, peppermint, lemon balm, passionflower
Immuno-Boost - Echinacea, spearmint, ginger, lemongrass, lemon myrtle
Detoxify - Dandelion, liquorice, nettle, verbena, calendula, eucalyptus
Energy kick - Ginkgo, gotu kola, oat straw, rose root, peppermint, ginseng
Misty farm - Peppermint, elderflower, rosehip, lemon myrtle, hibiscus
Sencha green tea - Organic pan-fired Chinese green tea

TEA - BY CHAMELLIA

Rare single origin teas

We offer a second brew for these special teas

ALL
8

Jasmine Dragon Pearl - Known as a customary welcoming beverage in Northern China, this tea has a distinct preparation method that involves fashioning a long leaf and bud together into tightly rolled silvery coloured pearls. Once steeped, the pearls unravel to unleash a sweet, medium-bodied green tea with an alluring velvety texture, with inviting floral tones.

Wild Ancient - This hand-made black tea sourced from wild ancient trees high in the mountains of Lincang. Only the most tender leaves and buds are carefully plucked in early spring, prior to the Qing Ming festival.

Yushan Oolong - Grown at high altitudes near the YuShan National Park in Taiwan. Higher altitude = a greater concentration of amino acids, giving the tea a creamy texture and long finish with flavours of crisp stone fruits.