

# Three blue ducks

## BREAKFAST

7:30am - 11:30am

Toasted Iggy's sourdough, butter & mixed berry jam or house made vegemite (v)	8
Coconut & rhubarb mixed grain porridge, smoked almonds, fresh apple & burnt honey (gf, df, v, n)	15
Chorizo & white bean cassoulet, soft eggs, black sausage crumb, parsley salad, toasted sourdough	23
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
Curried eggs on toast, bacon, chilli oil, roast tomato, house pickles & herbs (df) <i>add avocado 5</i>	19
Breakfast roll, bacon, chilli jam, fried egg, slaw, mayo <i>add avocado 5</i>	14
Corn fritters, guacamole, fermented cabbage, jalapeño, herb salad, labneh, poached eggs (v)	21

### 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	
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

### COLD PRESSED JUICES

Orange	8
Cloudy apple	8
Watermelon, apple, strawberry, pomegranate, lime	9
Beetroot, carrot, celery, apple, lemon & ginger	9
Green apple, celery, pear, capsicum, kale, spinach, lemon, ginger	9

### SMOOTHIES & MILKSHAKES

Milkshakes: chocolate, strawberry, vanilla	7
Green smoothie - spinach, apple, mango, coconut water, lemon, honey, mint & cashews (df, n)	9
Cherry, cacao & mint smoothie - blueberries, coconut, honey (df)	10
Banana & coconut smoothie	9
Golden smoothie - ginger, turmeric, banana, almond milk, honey, cashews (df, n)	10

### MOCKTAILS & ICED TEA

Blackberry, apple & elderflower spritz	9
Rhubarb & lime soda	9
Pineapple tepache, lime, mint & soda	9
Housemade Iced Tea	9
The Bucha of Byron Kombucha - Ginger / Lemon Myrtle	9
Seedlip Grove 42 citrus, lemon myrtle kombucha, rosemary	10

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) on the weekend

A discretionary service gratuity of 8% is added to all tables of 12 or more

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

## DRINKS

### COFFEE - SINGLE O

our coffee blend is fair trade

Black - rotating single origin	4
White - killer bee blend	4
Happy Happy Soy Boy/decaf/extra shot/large	0.5
Almond milk	1
Light roast cold brew	5
Batch brew filter	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
Energy kick - ginkgo, gotu kola, oat straw, rose root, peppermint, ginseng	5
Ginger zing - ginger, lemon grass, hibiscus, lemon myrtle, calendula	5
Misty farm - peppermint, elderflower, rosehip, lemon myrtle, hibiscus	5
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

### CHAI

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

### COLD PRESSED JUICES

Orange	7
Cloudy apple	7
Watermelon, apple, strawberry, pomegranate, lime	9
Beetroot, carrot, celery, apple, lemon, ginger	9
Green apple, celery, pear, capsicum, kale, spinach, lemon, ginger	9

### SMOOTHIES & MILKSHAKES

Milkshakes - chocolate, strawberry, vanilla	7
Green smoothie - spinach, apple, mango, coconut water, lemon, honey, mint, cashews (df, n)	9
Cherry, cacao & mint smoothie - cherries, blueberries, cacao, coconut cream, coconut water, honey, mint (df)	10
Banana & coconut smoothie - banana, house made coconut jam, milk, dessicated coconut	9
Almond, turmeric, ginger & cashew smoothie - ginger, turmeric, banana, almond milk, honey, cashews (df, n)	10

### MOCKTAILS & ICED TEA

Blackberry, apple & elderflower spritz	9
Rhubarb & lime soda	9
Pineapple tepache, lime, mint & soda	9
Housemade Iced Tea - ask for our current flavour	9
The Bucha of Byron Kombucha - Ginger or Lemon Myrtle	9

### SOFT DRINKS BY CAPI

Cola, lemonade, lemon squash, ginger beer, ginger ale	4.5
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### 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 & burnt orange syrup	11