

## WELCOME TO 'THE DUCKS'

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### OUR STORY

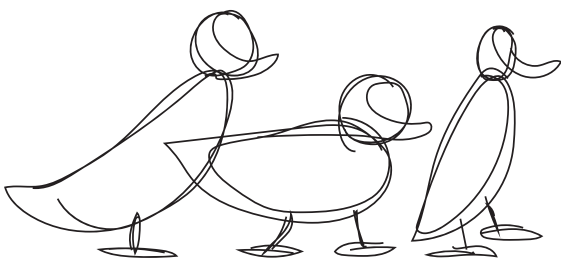
The Ducks is a great story of food, born in the surf! It all started with some good mates travelling the world, cultivating ideas around a better, more sustainable approach to living. With a shared belief in good, ethical food – Three Blue Ducks was hatched.

At Three Blue Ducks, we're passionate about what we do and we hope it shows in our product.

We try our hardest to gather our produce from ethical and sustainable sources, whether it be organic eggs, grass-fed beef or the beautiful sourdough from Iggy's Bread, a few doors down. We choose to work with independent Sydney craft brewers and coffee roasters like our friends over at Single O. We have a garden out the back that is home to our two beautiful girls (hens) and our hard working bees that we harvest from four times a year. We encourage you to grow what you can, buy food mindfully, buy it locally, cook it thoughtfully and waste nothing where you can.

Bronte is where the vision of The Ducks was created and came alive back in 2010. It gives you a sense of home with food cooked and prepared with a whole lot of love. Our aim is to serve real food from good, ethical sources, cooked well and served without pretension.

This is what we call 'real food' and we think you'll taste the difference!



**@THREEBLUEDUCKS**

# B three blue ducks

## BREAKFAST

7am - 11:45am

Iggy's sourdough bread, cultured butter & house made vegemite (v, n)	8
Duck's granola	16
Housemade coconut yoghurt & seasonal fruits (v)	
Blueberry bircher	18
raspberry & lime oat cream, coconut crumb, berries, apple & mint (df, vg)	
Breakfast roll	15
bacon, chilli jam, fried egg, slaw & mayo <i>add avocado 4.5</i>	
Avocado hummus on toast	19
grilled haloumi, pomegranate & hazelnut dukkah (n, v) <i>add corn fritters 6</i>	

## ALL DAY

from 7am

Black sausage	23
scrambled eggs, dill, cucumber yoghurt, redcurrant jam & sourdough toast <i>add avocado 4.5</i>	
Corn fritters	22
guacamole, fermented cabbage, jalapeño, herb salad, labneh & poached eggs (v) <i>add bacon 6</i>	
Harrissa pumpkin	22
turmeric cashew cream, kale, radish, sauerkraut, bird seed mix (gf, df, vg, n)	
Hay smoked Ora King Salmon	23
kale, labneh, poached eggs, chilli toast & dukkah	

### 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 (v)	6
Cobia ceviche	22
sweet potato, charred corn, habanero, coriander, buttermilk, corn chips	
Duck's beef burger	23
pickle, cheddar, iceberg lettuce, duck's tomato sauce & salt baked sweet potatoes	
Bibimbap	24
Korean rice bowl, chilli pork belly, bean sprouts, kimchi & fried egg (df)	
Gnocchi	29
Swiss brown, field & chestnut mushrooms, leeks, sage & pangrattato (df, v)	
Crispy skin Barramundi	34
charred broccoli, cos lettuce, olive tapenade & chilli almonds (gf, df, n)	
Roasted beetroots & green beans salad	21
pickled grapes, radicchio, green leaves, tarragon goat cheese & walnuts (gf, v, n)	

### SIDES

Baby cos, cavolo nero puree, anchovy mayonnaise & pangrattato (gf, df)	11
Salt baked sweet potatoes, chimichurri (gf, df, vg)	12

### SWEET TREATS

Crema Catalana, stewed rhubarb & burnt orange (gf, v)	13
Chocolate flourless cake, miso caramel, toasted coconut ice cream (gf, v, n)	14

Please advise staff of any allergies (gf: gluten free df: dairy free v: vegetarian vg: vegan n: contains nuts)

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

- Banana, date & cinnamon smoothie (df)
- Add shot of espresso
- Dark chocolate, coconut & berry shake (df)
- Orange & mango crush (df)
- Homemade lemonade citrus soda (df)
- If you are looking for a certain combo ask our helpful staff!*

## COLD PRESSED JUICES

- Orange
- Apple - green apple, lemon & ginger
- 378 - watermelon, apple, strawberry, pomegranate & lime
- Pix perk up - beetroot, carrot, apple, celery, lemon & ginger
- Green ninja - celery, kale, apple, lemon & spinach

## COLD DRINKS

- Ducks chilled filter
- Housemade iced ginger refresher tea
- Sparkling water
- Capi spiced cola, ginger beer or tonic water
- Kombucha - the Bucha of Byron lemon myrtle

## COFFEE - SINGLE O

*Our coffee blend is fair trade and forest friendly*

- Black - rotating single origin
- White - killer bee blend
- Soy / extra shot / large
- Almond / oat milk
- Batch brew filter

## CHAI & CHOCOLATE

- Sticky chai pot
- Red bush chai tea
- Three Blue Ducks organic hot chocolate
- Ceremony - organic chili hot chocolate
- Ducks tumeric latte

## TEA - THREE BLUE DUCKS TEA CO. - ORGANIC

- English breakfast - Sri Lankan black tea, medium bodied
- Earl grey - China black tea, rose petals, hibiscus, bergamot
- Sencha - single origin green tea; light, grassy, smooth
- Jasmine tea - green tea, floral jasmine flavours
- Inner calm - chamomile, peppermint, lemon balm, passionflower
- Immuno-Boost - echinacea, spearmint, ginger, lemongrass, lemon myrtle
- Detoxify - dandelion, liquorice, nettle, verbena, calendula, eucalyptus
- Ginger zing - ginger, lemon grass, hibiscus, lemon myrtle, calendula
- Energy kick - ginkgo, gotu kola, oat straw, rose root, peppermint, ginseng
- Misty farm - peppermint, elderflower, rosehip, lemon myrtle, hibiscus

## BEERS

*Alcoholic beverages available after 10am*

- 8
- 2
- 9 Young Henrys Natural Lager (Newtown) 4.2% 8
- 9 Sauce co. 'Hop Sauce' American Pale Ale (Marrickville) 4.5% 11
- 5 The Grifter Brewing Co Serpents Kiss Watermelon Pilsner (Marrickville) 4.9% 13
- Stone & Wood Garden Ale (Byron Bay) 3.5% 9
- 8 Yullis Dolly Aldrin Beetroot & Apple Weisse (Alexandria) 3.3% 13
- 8 Akasha Brewing Co Hopsmith IPA (Five Dock) 7.2% 15
- 9 Riverside 88 Robust Porter (Paramatta) 6% 12
- 9 The Grifter Brewing Co Oatmeal Stout (Marrickville) 5.5% 14
- 9

## GINGER BEER

- Brookvale Union Ginger Beer (SYD) 4.1% 11
- 5
- 5
- 6
- 4.5 Willy Smith Organic Farm House Pear Cider (TAS) 4.7% 14
- 8 Young Henrys Cloudy Cider (SYD) 4.6% 8

## CIDER

## WINES BY THE GLASS

- 4 SPARKLING
- 4 NV Cape Jaffa, *Pinot Noir, Chardonnay*, Limestone Coast, SA 12
- 0.5
- 1 WHITE
- 5 '18 Thomas 'Braemore', *Semillon*, Hunter Valley, NSW 16
- '18 Simao & Co, *Sauvignon Blanc*, King Valley, VIC 13
- '17 Larry Cherubino, 'Pedestal' *Pinot Gris*, Margaret River, WA 11
- 5 '17 Becker, *Chardonnay*, Hunter Valley, NSW 12
- 5
- 5 ROSÉ
- 5 '18 Becker, *Shiraz Rosé*, Hunter Valley, NSW 12
- 5 '17 Dubstyle\* "Tangerine", *Viognier*, McLaren Vale, SA 14
- 5
- 5 RED
- 5 '18 Yarra Peaks, *Pinot Noir*, Yarra Valley, VIC 14
- 5 '18 Unico Zelo 'Truffle Hound', *Nebbiolo, Barbera*, Clare Valley, SA 11
- 5 '17 Kennedy, *Shiraz*, Heathcote, VIC 12
- 5 '18 Heretic, *Cabernet Sauvignon, Grenache* Margaret River WA 13

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