

WELCOME TO 'THE DUCKS'

OUR STORY

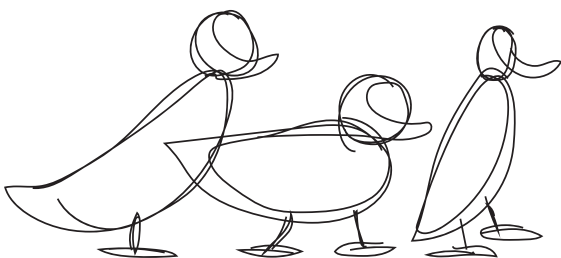
The Ducks is a great story of food, born in the surf! It all started with some good mates travelling the world, cultivating ideas around a better, more sustainable approach to living. With a shared belief in good, ethical food – Three Blue Ducks was hatched.

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



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)	
Mango bircher	18
lychees, passionfruit, puffed wild rice & macadamia (v, n)	
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 (v, n) <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)	
Mixed grain dahl	28
cauliflower, peas, curry leaves, coconut sambal & roti (vg, df)	
Crispy skin Barramundi	34
beetroot puree, 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

B three blue ducks

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
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CIDER

4.5	Willy Smith Organic Farm House Pear Cider (TAS) 4.7%	14
8	Young Henrys Cloudy Cider (SYD) 4.6%	8

WINES BY THE GLASS

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

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