

B three blue ducks

7am - 11:30am

BREAKFAST

The Bread Social croissant or sourdough toast, house made berry jam & cultured butter	8
Pear & almond fruit toast, house made orange marmalade & cultured butter (n)	10
Coconut bircher, fresh fruit, macadamia crunch, Ballina honey (df, v, n)	19
Local free-range bacon & fried egg roll, cheese, slaw, bacon relish, pickled chilli <i>add avocado hummus 5</i>	19
Avocado hummus, poached eggs, pickled chilli, Farm greens, hemp seed crunch, sourdough (df, v) <i>add mozzarella 7</i>	23
Roasted Farm eggplant, poached eggs, kasundi, dukkah, tahini yoghurt, charred flat bread (v, n) <i>add bacon 6</i>	23
Farmer's bruschetta, summer veg, cashew cream, herbs, toast (vg, n) <i>add mozzarella 7</i>	21
Steak & eggs, crispy potato, greens, chimichurri, aioli, fried egg (gf)	26
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
Poached eggs / Eggplant or avocado hummus	5
Free-range bacon	6
Mozzarella	7

COLD DRINKS & PRESSED JUICES

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, apple, cucumber, lime, ginger	9

SMOOTHIES & MOCKTAIL

Banana, cinnamon, date, coconut (gf, df, vg)	10
Cacao, peanut, banana, honey, coconut (gf, df, n) <i>add 10g Bear 'Repair' Australian hemp seed protein superpowder 2</i>	10
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