

## WELCOME TO 'THE DUCKS'

---

### OUR STORY

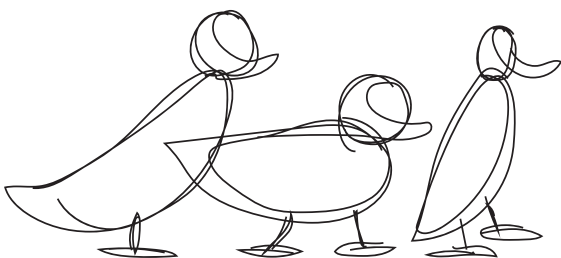
The Ducks is a great story of food, born in the surf! It all started with some good mates travelling the world, cultivating ideas around a better, more sustainable approach to living. With a shared belief in good, ethical food – Three Blue Ducks was hatched.

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**

# Three blue ducks

## BREAKFAST

7am - 11:45am

Iggy's sourdough bread, cultured butter, house made vegemite (v, n)	8
Duck's granola house made coconut yoghurt, seasonal fruits (v)	15
Mango bircher lychees, passionfruit, puffed wild rice, macadamia (v, n)	17
Breakfast roll bacon, chilli jam, fried egg, slaw, mayo <i>add roasted tomato 4.5</i>	15
Heirloom tomato & goat cheese cucumber, preserved lemon, watercress, poppy seed, chilli toast (v)	19

## ALL DAY

from 7am

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

### EXTRAS

Black sausage / bacon / corn fritters	6
Two eggs / roasted tomato / haloumi	4.5
Spring wellness gluten-free bread	2.5

### SOMETHING FUN

Lychee Mimosa	12
Bloody Mary	15
Seasonal Spritz - choice of gin or vodka	18

## LUNCH

from 12pm

Iggy's sourdough bread & cultured butter (v)	6
Kingfish ceviche sweet potato, charred corn, habanero, coriander, buttermilk, corn chips	22
Duck's cheeseburger pickle, cheddar, iceberg lettuce, Duck's tomato sauce, salt baked sweet potatoes	23
Bibimbap Korean rice bowl, chilli pork belly, bean sprouts, kimchi, fried egg (df)	24
Mixed grain dahl cauliflower, peas, curry leaves, coconut sambal, roti (df, vg)	28
Crispy skin Barramundi beetroot puree, charred broccoli, cos lettuce, olive tapenade, chilli almonds (gf, df, n)	34
Pencil leek & bean salad crispy duck egg, peas, soy, sesame, cashew nuts (v, n)	24

### SIDES

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

### SWEET TREATS

Crema Catalana, stewed rhubarb, burnt orange (gf, v)	14
Chocolate flourless cake, miso caramel, toasted coconut ice cream (gf, v, n)	15

gf: gluten free df: dairy free v: vegetarian vg: vegan n: contains nuts  
Please note all card payments will incur a 0.9% surcharge  
Please note there is a 10% surcharge on Sundays & 15% on public holidays

# B three blue ducks

## COLD PRESSED JUICES

Orange	9
Green apple, lemon, ginger	9
Watermelon, apple, strawberry, pomegranate, lime	9
Celery, green apple, spinach, lemon, ginger, botanicals	9

## COLD DRINKS

Sparkling water - unlimited	3pp
House-made ginger hibiscus iced tea	8
House-made lemonade, ginger beer or lemon, lime & bitters	7
Capi cola, ginger beer, lemonade or dry tonic	6
'Bucha of Byron lemon myrtle kombucha	9
Banana, date & cinnamon smoothie (df)	10
Add shot of espresso	2
Orange & mango crush (df)	10

## COFFEE

*Our coffee blend is fair trade and forest friendly*

Black - rotating single origin	4
White - Single O Killer Bee Blend	4
Large / extra shot / Happy Happy Soy Boy	0.5
Macca milk / Minor Figures oat milk	1
Batch brew filter	5
Ducks chilled filter	5

## CHAI & CHOCOLATE

Sticky chai pot	5
Red bush chai tea	5
Three Blue Ducks organic hot chocolate	5
Ceremony organic chilli hot chocolate	5
Ducks turmeric latte	5

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

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 - green tea, floral jasmine flavours	5
Inner Calm - chamomile, peppermint, lemon balm, passionflower	5
Immuno-Boost - echinacea, spearmint, ginger, lemongrass, lemon myrtle	5
Detoxify - dandelion, liquorice, nettle, verbena, calendula, eucalyptus	5
Ginger Zing - ginger, lemon grass, 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

## BEER

*Alcoholic beverages available after 10am*

Young Henrys Natural Lager (Newtown) 4.2%	8
Sauce Brewing Co. 'Hop Sauce' American Pale Ale (Marrickville) 4.5%	11
Stone & Wood Garden Ale (Byron Bay) 3.5%	9
Batch Brewing Co. 'Pash the Magic Dragon' Sour (440ml) (Marrickville) 4.5%	15
Philter Red Ale (Marrickville) 4.8%	11
Akasha Brewing Co. Hopsmith IPA (Five Dock) 7.2%	15
The Grifter Brewing Co. Oatmeal Stout (Marrickville) 5.5%	14
Welder's Dog Farmhouse Ginger Beer (Armidale) 4.1%	10

## CIDER & LEMONADE

Willie Smith's Organic Pear Cider (Huon Valley) 4.7%	13
Young Henrys Cloudy Apple Cider (Newtown) 4.6%	9
Welder's Dog 'Pea Blossom' Lemonade (Armidale) 4.2%	12

## WINES BY THE GLASS

### SPARKLING

NV Cape Jaffa, <i>Pinot Noir, Chardonnay</i> , Limestone Coast, SA	12
--	----

### WHITE

'18 Simao & Co, <i>Sauvignon Blanc</i> , King Valley, VIC	13
'19 Mada, <i>Pinot Gris</i> , Canberra Region, NSW	15
'17 Corduroy 'Bonnie's Blend', <i>Chardonnay</i> , Adelaide Hills, NSW	12

### ROSÉ

'18 Becker, <i>Shiraz Rosé</i> , Hunter Valley, NSW	12
---	----

### ORANGE

'19 Somos 'Naranjito' <i>Verdelho</i> , McLaren Flat, SA	13
--	----

### RED

'18 Yarra Peaks, <i>Pinot Noir</i> , Yarra Valley, VIC	14
'17 Sud de Frank "Lo Borret", <i>Merlot, Carignan, Semillon</i> Multi Regional, AU	14
'17 Kennedy, <i>Shiraz</i> , Heathcote, VIC	12
'18 Heretic, <i>Cabernet Sauvignon, Grenache</i> , Margaret River WA	13