

B three blue ducks

7am - 11:30am

BREAKFAST

Toasted almond & hemp granola, apple spiced yoghurt, poached fruit (n, v)	18
The Bread Social croissant or sourdough toast, house made berry jam & cultured hand made butter	8
Pear & almond fruit toast, house made orange marmalade & cultured hand made butter (n)	10
Local free-range bacon & fried egg roll, cheese, slaw, bacon relish, pickled chilli <i>add avocado hummus 5</i>	18.5
Avocado hummus, poached eggs, pickled chilli, Farm greens, hemp seed crunch, sourdough toast (df, v) <i>add mozzarella 7</i>	23
Roasted Farm eggplant, poached eggs, kasundi, dukkah, tahini yoghurt, za'atar bread (v, n) <i>add bacon 6</i>	23
Farmer's bruschetta, autumn veggies, sprouts, cashew cream, herbs, sourdough toast (vg, n) <i>add poached eggs 5 or mozzarella 7</i>	21
Herb roasted mushrooms, pumpkin seed pesto, pickled eschallot, poached eggs, sourdough toast, ricotta salata (v) <i>add avocado hummus 5</i>	24
Spanner crab fried rice, chilli, coriander, beanshoots, sesame, pickles, fried egg, sriracha (gf, df, n) <i>add avocado hummus 5</i>	27

EXTRAS

Swap sourdough for sprouted quinoa & millet loaf (gf)	2.5
Poached eggs / eggplant / avocado hummus	5
Free-range bacon / herb roasted mushrooms	6
Mozzarella	7

DRINKS & COLD-PRESSED JUICE

Sparkling water - unlimited	3pp
Hibiscus, elderflower, ginger, turmeric kombucha	9
Davidson plum, strawberry, rose kombucha	9
Pineapple, lemon, Earl Grey iced tea	8
Orange juice	9
Cloudy apple juice	9
Watermelon, apple, strawberry, pomegranate, lime juice	9
Beetroot, apple, cucumber, lime, ginger juice	9

SMOOTHIES & MOCKTAIL

Mango, macadamia, coconut, honey (gf, df, n)	10
Banana, cinnamon, date, coconut (gf, df, vg)	10
Cacao, peanut, banana, honey, coconut (gf, df, n)	10
Add 10g Bear 'Repair' Australian hemp seed protein Superpowder	2
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
Watermelon mimosa - watermelon, strawberry, prosecco	12

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)
A surcharge of 10% on Sundays and 15% on public holidays will be applied
Card payments incur a 0.9% surcharge

COFFEE & TEA

COFFEE - SINGLE O

our coffee is direct traded & forest friendly

WHITE - All classic milk coffees made with 'Killerbee' blend	4
Large	5
Add Happy Happy Soy Boy	0.5
Add Nutmylk almond	1
Add Macamilk Macadamia	1
Add Minor Figures oat milk	1
Iced latte	4.5
Iced coffee - milk, vanilla bean ice cream & two shots of coffee	8
Iced chocolate - milk, vanilla bean ice cream, organic raw cacao & coconut sugar	8
Affogato - two shots of coffee over vanilla bean ice cream	8
BLACK / FILTER - Ask about this week's origin	
Espresso / long black	4
v60 pour over 330ml	8
Aeropress 230ml	6
Batch brew	3.5
Cold brew	5

ORGANIC WET CHAI - BY CHAMELLIA

Wet Chai is black tea and chai spices soaked in honey

Pot of chai (brewed with milk)	5.5
Chai tea (brewed with hot water)	5.5
Chai latte	5.5
Rooibos pot of chai (without honey, brewed with milk)	5.5
Organic dandelion latte	5
Organic matcha latte	5
Golden chai - house made with organic spices, ginger, turmeric, almond milk & honey	6
Life Cykel Medicinal Mushroom extract	1.5
Choose from Lion's Mane, Cordyceps or Reishi	

SOURCE WATER

SOURCE water is made from sunlight & the atmosphere by the 10 hydropanel on our roof.

100% of the cost from purchasing this water goes towards funding 10 hyropanels for Murrurundi primary school in the drought stricken Upper Hunter Valley.

SOURCE water 700ml carafe	3
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TEA BY THREE BLUE DUCKS

Made from certified organic ingredients

All are available for sale in the produce store

ALL
5

English Breakfast - Fine grade black tea from Sri Lanka. Character-rich and full of flavour to cut through milk	
Earl Grey - An Organic Ceylon tea & cornflowers blend infused with twice-refined organic Spanish bergamot oil	
Ginger Zing - Ginger, lemongrass, lemon myrtle, calendula	
Inner Calm - Chamomile, peppermint, lemon balm, passionflower	
Immuno-Boost - Echinacea, spearmint, ginger, lemongrass, lemon myrtle	
Detoxify - Dandelion, liquorice, nettle, verbena, calendula, eucalyptus	
Energy Kick - Ginkgo, gotu kola, oat straw, rose root, peppermint, ginseng	
Misty Farm - Peppermint, elderflower, rosehip, lemon myrtle, hibiscus	
Sencha - Organic pan-fired Chinese green tea	

TEA - BY CHAMELLIA

Rare single origin teas

We offer a second brew for these special teas

ALL
8

Jasmine Dragon Pearl - Known as a customary welcoming beverage in Northern China, this tea has a distinct preparation method that involves fashioning a long leaf and bud together into tightly rolled silvery coloured pearls. Once steeped, the pearls unravel to unleash a sweet, medium-bodied green tea with an alluring velvety texture, with inviting floral tones.

Wild Ancient - This hand-made black tea sourced from wild ancient trees high in the mountains of Lincang. Only the most tender leaves and buds are carefully plucked in early spring, prior to the Qing Ming festival.

Yushan Oolong - Grown at high altitudes near the YuShan National Park in Taiwan. Higher altitude = a greater concentration of amino acids, giving the tea a creamy texture and long finish with flavours of crisp stone fruits.