

## ALL DAY MENU

from 7am

Toasted Iggy's sourdough bread, cultured butter, house made vegemite (v)	8
Black rice & coconut porridge, poached rhubarb, fig jam, nuts, seeds (gf, df, v, n)	15
Bacon & egg roll, chilli jam, slaw, citrus mayo <i>add avocado 6</i>	15
Black sausage, scrambled eggs, dill, cucumber yoghurt, redcurrant jam, sourdough toast <i>add corn fritters 6</i>	21
Harissa glazed pumpkin, turmeric cashew cream, red cabbage kraut, mixed leaves, bird seed mix (gf, df, vg, n) <i>add corn fritters 6</i>	20
Corn fritters, guacamole, fermented cabbage, jalapeño, herb salad, labneh, poached eggs (v) <i>add bacon 6</i>	20
Avocado, tomato, basil herb salad, Iggy's sourdough toast (df, vg) <i>add bacon or corn fritters 6 add two eggs 4.5</i>	16

### EXTRAS

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

### WHY NOT?

Bry's badass bloody mary - Wyborowa vodka, tomato, house-made hot sauce, Worcestershire sauce	15
--	----

## LUNCH

from 12pm

Soup of the day, crusty garlic herb bread	16
Pan-fried potato gnocchi, spiced pumpkin, rainbow chard, confit garlic & chilli, pepitas, parmesan (v)	24
Spiced beef larb, charred bok choy, daikon, green beans, fresh chilli, kaffir lime, rice (gf, df, n)	26
Provineer beef rump steak sandwich, caramelised onion, tomato relish, rocket, pimento aioli, duck fat roast potatoes, rosemary salt (df)	24
Crispy skin barramundi, carrot purée, bitter leaves, pickled turnips, grapefruit, birdseed, beetroot vinaigrette (gf)	32
Duck fat roast potatoes, rosemary salt (df)	10

### FEEL LIKE SOMETHING SWEET?

Ask our friendly staff what's available today.

*All menu items are available takeaway at \$1 less.*

gf: gluten free df: dairy free v: vegetarian vg: vegan n: contains nuts  
Alterations to the menu are respectfully declined (dietary requirements excepted)  
Card payments incur a 0.9% surcharge. There is a 10% surcharge on Sundays & 15% on public holidays.

Follow us on Instagram to find out about changes to our offering, events & regular food specials.

# Three blue ducks

## COLD PRESSED JUICES

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

## COLD DRINKS

Sparkling water - unlimited	3pp
Capi cola, ginger beer, lemonade or dry tonic	6
Repair - mango, tumeric, ginger, orange, macadamia	10
Nourish - banana, date, cashew, cinnamon, oat mylk	10
Antioxi - blueberry, cacao, almond, date	10
'Bucha of Byron lemon myrtle kombucha	9

## 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 mylk / Minor Figures oat mylk	1
Batch brew filter	5
Cold brew	7

## CHAI & CHOCOLATE

Sticky chai pot	5
Red bush chai tea	5
Three Blue Ducks organic 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*

Batch Brewing Co. 'Pash the Magic Dragon' Sour 4.5%	15
Yulli's 'Seabass' Mediterranean Lager 4.2%	12
Sauce Brewing Co. American Pale Ale 4.5%	11
Young Henrys 'Newtownner' Pale Ale 4.8%	11
Stone & Wood Garden Ale 3.5%	9
Philter Red Ale 4.8%	11
Akasha Brewing Co. 'Hopsmith' IPA 7.2%	15
The Grifter Brewing Co. 'Omen' Oatmeal Stout 5.5%	14

## CIDER & FRIENDS

Willie Smith's Organic Apple 5.4%	13
Young Henrys Cloudy Apple Cider 4.6%	9
Welder's Dog Farmhouse Ginger Beer 4.1%	10
Welder's Dog Pea Blossom Lemonade 4.2%	12

## WINES BY THE GLASS

### SPARKLING

NV Cape Jaffa, Pinot Noir, Chardonnay, <i>Limestone Coast, SA</i>	11
---	----

### WHITE

'19 Simao & Co, Sauvignon Blanc, <i>King Valley, VIC</i>	13
'17 Corduroy 'Bonnie's Blend' Semillon, Chardonnay, Riesling, <i>Clare Valley, SA</i>	12
'19 M&J Becker, Chardonnay, <i>Hunter Valley, NSW</i>	12

### ORANGE

'20 Blind Corner, Blend, <i>Margaret River, WA</i>	11
--	----

### ROSÉ

'19 M&J Becker, Syrah Blend, <i>Hunter Valley, NSW</i>	15
--	----

### RED

'18 Yarra Peaks, Pinot Noir, <i>Yarra Valley, VIC</i>	14
'18 M&J Becker, Shiraz, <i>Hunter Valley, NSW</i>	12
'16 Green Road 'Happy Days', Shiraz, Cabernet Sauvignon, <i>McLaren Vale, SA</i>	15

## COCKTAILS

Sweet Little Drop - vodka, citrus, sugar	16
Classic Negroni - gin, vermouth, orange	18
Spicy Margarita - tequila, chilli, sugar	17
Goodnight Sweetheart - vodka, macadamia, cacao	19
Single-O ld Fashioned - bourbon, coffee, bitters	19

Card payments incur a 0.9% surcharge. There is a 10% surcharge on Sundays & 15% on public holidays.

Follow us on Instagram to find out about changes to our offering, events & regular food specials.

 [threeblueducks](#)

 [threeblueducks](#)

[www.threeblueducks.com](http://www.threeblueducks.com)