

BREAKFAST

7am – 11:30am

The Bread Social croissant or sourdough toast, cultured hand made butter, house made berry jam or Oomite (v)	8
Pear & almond fruit toast, house made berry jam, cultured hand made butter (v, n)	9
Coconut porridge, banana compote, Byron glow granola, grilled banana (df, vg, n)	15
Local free-range bacon & fried egg roll, cheese, slaw, bacon relish, pickled chilli <i>add avocado hummus 4</i>	18.5
Avocado hummus, poached egg, pickled chilli, Farm greens, hemp seed crunch, sourdough toast (df, v) <i>add bacon or xo mushrooms 6</i>	22
XO mushrooms, scrambled eggs, shallots, toasted sourdough (v, n) <i>add bacon 6</i>	22
Spanner crab, sourdough crumpet, poached egg, corn, macadamia, yuzu, herbs (n)	24

EXTRAS

Fried or poached egg	3
Free range bacon or XO mushrooms	6
Avocado hummus	4
Swap sourdough for GF bread	2.5

DRINKS

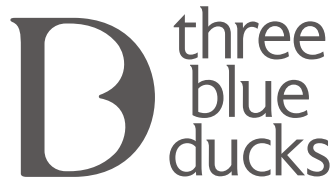
Cold pressed juice	9
Chocolate milkshake	7
Repair – mango, tumeric, ginger, BEAR repair, orange, macadamia	10
Nourish – banana, date, cashew, BEAR nourish, cinnamon, oat mylk	10
Antioxi – blueberry, cacao, almond, date, BEAR nourish	10
Seasonal Mockito – berries, mint, lemonade, lime	10
Cranberry Hampton – cranberry, apple, orange, cinnamon, clove, star anise	12
Virgin Mary	12

SUNDAY ROAST IS BACK!

This winter, every Sunday from 4:30pm.
\$45 per person for two courses and a drink
on arrival.
Ask our friendly staff for more information.

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)
Card payments incur a 0.9% surcharge

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



LUNCH

Available from 12pm

SMALLS

The Bread Social sourdough, cultured handmade butter (v)	7
Salumi Australia honey macadamia mortadella, nduja, Farm pickles, beer mustard (df, n)	19
Whole prawns, Farm cos, cocktail sauce, lemon (gf, df)	27
Burrata, beetroot, watermelon radish, herb oil, pangrattato (gf, v)	21
Harissa pumpkin, pepita cream, citrus (gf, df, vg)	19
Octopus, pickled choko, broccolini & almond tapenade (gf, df)	22

BIGS

Market fish of the day, XO greens, charred onion soubise (gf, df)	36
Confit chicken, corn, macadamia miso, barley, salsa verde (df)	37
Slow cooked lamb shoulder, chimichurri, eggplant hummus, pickled currants (gf, df)	34
Farm green vegetable curry, ginger, coconut, tatsoi, curry leaves, brown rice (gf, df, vg)	29
Cauliflower, smoked blueberries, pecans, shallot, herbs (gf, df, vg)	28

SIDES

Roasted potatoes, spent citrus, anchovies, capers, rosemary (gf, df)	13
Mixed leaves, hemp seed, lemon dressing (gf, df, vg)	9

DESSERTS

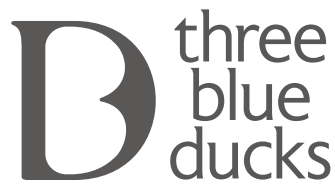
Chocolate cake, ganache, coconut, poached fruits (df, vg)	14
Davidson plum & macadamia bread & butter pudding, vanilla ice cream (n)	14

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www.threeblueducks.com



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 mylk	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 Choose from Lion's Mane, Cordyceps or Reishi	1.5

TEA BY THREE BLUE DUCKS

Made from certified organic ingredients

ALL 5

All are available for sale in the produce store

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

ALL 8

We offer a second brew for these special teas

Jasmine Dragon Pearl - sweet, medium-bodied green tea with an alluring velvety texture, with inviting floral tones.
Wild Ancient - hand-made black tea

Yushan Oolong - creamy texture and long finish with flavours of crisp stone fruits.

SOURCE WATER

SOURCE water is made from sunlight & the atmosphere by the 10 hydropanels on our roof.	
100% of the cost from purchasing this water goes towards funding 10 hydropanels for Murrurundi primary school in the drought stricken Upper Hunter Valley.	
SOURCE water - unlimited	3pp

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