

## 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 - 15**  
Wyborowa vodka, tomato juice, house made hot sauce, Worcestershire sauce, lemon, pickle

**Seasonal Spritz - 16**  
Wyborowa vodka, Cinzano 1757 sweet vermouth, spiced citrus, basil

## 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, peanuts, 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

## JUICES, COLD DRINKS & SMOOTHIES

Sparkling water - unlimited	3pp
'Bucha of Byron lemon myrtle kombucha	9
Capi cola, dry tonic, ginger ale	6
Watermelon, apple, strawberry, pomegranate, lime juice	9
Celery, green apple, spinach, lemon, ginger, botanicals juice	9
Green apple, ginger, lemon juice	9
Valencia orange juice	9
Mango smoothie - banana, turmeric, ginger, orange, macadamia mylk, Bear repair prebiotic superpowder	10
Banana smoothie - date, cashew, cinnamon, coconut mylk	10
Berry smoothie - raw cacao, date, honey, macadamia mylk, Bear nourish prebiotic superpowder	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 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 'Pash the Magic Dragon' Sour 4.5%	15
Yulli's 'Seabass' Mediterranean Lager 4.2%	12
Young Henrys 'Newtown' Pale Ale 4.8%	9
Sauce 'Hop Sauce' American Pale Ale 4.5%	11
Stone & Wood 'Garden' Session Ale 3.5%	9
Philter Red Ale 4.8%	11
Akasha 'Hopsmith' IPA 7.2%	14
The Grifter 'Omen' Oatmeal Stout 5.5%	14

## CIDER & FRIENDS

Willie Smith's Organic Apple Cider 5.4%	13
Young Henrys 'Cloudy 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>	10
---	----

### WHITE

'19 Thousand Candles 'Gathering Fields', Sauvignon Blanc, <i>Yarra Valley, VIC</i>	14
'18 Quealy, Pinot Grigio, <i>Mornington Peninsula, VIC</i>	12
'19 Inkwell, 'Blonde on Blonde', Viognier, <i>McLaren Vale, SA</i>	13
'19 M&J Becker, Chardonnay, <i>Hunter Valley, NSW</i>	15

### ORANGE

'16 Quealy 'Lina Lool', Field Blend, <i>Mornington Peninsula, VIC</i>	11
---	----

### ROSÉ

'19 M&J Becker, Syrah, Brachetto, Schonberger, Gewurztraminer, <i>Hunter Valley, NSW</i>	14
--	----

### RED

'18 Thousand Candles 'Gathering Fields', Pinot Noir, Merlot, Syrah, <i>Yarra Valley, VIC</i>	14
'18 M&J Becker, Syrah, <i>Hunter Valley, NSW</i>	13
'19 Blind Corner 'Rouge' Cabernet, Merlot+, <i>Margaret River, WA</i>	12

## COCKTAILS

Ducks Daiquiri - rum, lime, lemon, sugar	16
Seasonal Spritz - vodka, vermouth, citrus, basil	16
Native Negroni - gin, vermouth, orange	18
Spicy Margarita - tequila, chilli, orange	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)