

from 7am

non / an	
Toasted sourdough bread, cultured butter, house made vegemite (v) Only available until 12pm	8
Black rice & coconut porridge, poached rhubarb, fig jam, nuts, seeds (gf, df, v, n) Only available until 12pm	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, goats cheese, cherry tomato, poached eggs, pepita dukkah, sourdough toast (v) <i>add bacon, corn fritters or grilled halloumi 6</i>	20

EXTRAS		W	WHY NOT?
Black sausage, bacon, corn fritters or grilled halloumi	6		Bry's Badass Bloody Mary – 15 Wyborowa vodka, tomato juice, house made hot
Two eggs	4.5		sauce, Worcestershire sauce, lemon, pickle
Hash brown	5		Seasonal Spritz – 16 Wyborowa vodka, Cinzano 1757 sweet vermouth,
Spring wellness gluten-free bread	2.5		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
Barramundi & mussels, berlotti bean broth, basil, gremolata (gf, df)	36
Duck fat roast potatoes, rosemary salt (df)	10
Mixed green leaves, radish, pickled eshallot, lemon vinaigrette	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.

www.threeblueducks.com

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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
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
Earl Grey – China black tea, rose petals, hibiscus, bergamot
Sencha – single origin green tea; light, grassy, smooth
Jasmine – green tea, floral jasmine flavours
Inner Calm - chamomile, peppermint, lemon balm, passionflower
Immuno-Boost - echinacea, spearmint, ginger, Iemongrass, Iemon myrtle
Detoxify – dandelion, liquorice, nettle, verbena, calendula, eucalyptus
Ginger Zing - ginger, lemon grass, hibiscus, lemon myrtle, calendula
Energy Kick – ginkgo, gotu kola, oat straw, rose root, peppermint, ginseng
Misty Farm – peppermint, elderflower, rosehip, lemon myrtle, hibiscus

BEER

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эр	Alcoholic beverages available after 10am	
9	Batch 'Pash the Magic Dragon' Sour 4.5%	15
6	Yulli's 'Seabass' Mediterranean Lager 4.2%	12
9	Young Henrys 'Newtowner' Pale Ale 4.8%	9
9	Sauce 'Hop Sauce' American Pale Ale 4.5%	11
-	Stone & Wood 'Garden' Session Ale 3.5%	9
9	Philter Red Ale 4.8%	11
9 10	Akasha 'Hopsmith' IPA 7.2%	14
10	The Grifter 'Omen' Oatmeal Stout 5.5%	14
10	Sobah 'finger lime cerveza' non-alcoholic beer CIDER & FRIENDS	10
	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
4	Welder's Dog Pea Blossom Lemonade 4.2%	12
4		
).5	WINES BY THE GLASS	
1	SPARKLING	
5 7	NV Cape Jaffa, Pinot Noir, Chardonnay, <i>Limestone Coast, SA</i> WHITE	10
	'19 Thousand Candles 'Gathering Fields', Sauvignon Blanc, <i>Yarra Valley, VIC</i>	14
5	'18 Quealy, Pinot Grigio, <i>Mornington Peninsula, VIC</i>	12
5	'19 Inkwell, 'Blonde on Blonde', Viognier, <i>McLaren Vale, SA</i>	13
5	'19 M&J Becker, Chardonnay, <i>Hunter Valley, NSW</i>	15
5	ORANGE	
	'16 Quealy 'Lina Lool', Field Blend, Mornington Peninsula, VIC	11
	ROSÉ	
5	'19 M&J Becker, Syrah, Brachetto, Schonberger, Gewurztraminer, <i>Hunter Valley, NSW</i>	14
5	RED	
5	'18 Thousand Candles 'Gathering Fields', Pinot Noir, Merlot, Syrah, <i>Yarra Valley, VIC</i>	14
5	'18 M&J Becker, Syrah, <i>Hunter Valley, NSW</i>	13
5	'19 Blind Corner 'Rouge' Cabernet, Merlot+, <i>Margaret River, WA</i>	12
5	COCKTAILS	
5	Ducks Daiquiri - rum, lime, lemon, sugar	16
5	Seasonal Spritz - vodka, vermouth, citrus, basil	16
5	Native Negroni – gin, vermouth, orange	18
5	Spicy Margarita - tequila, chilli, orange	17
-	Goodnight Sweetheart - vodka, macadamia, cacao	19
	Single-O ld Fashioned - bourbon, coffee, bitters	19

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