



BREAKFAST

7am - 11:15am

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 marmalade, cultured hand made butter (v, n)	9
Bircher muesli, pineapple, mango, coconut, macadamia, charred lime (df, n, vg)	16
Local free-range bacon & fried egg roll, cheese, slaw, bacon relish, pickled chilli <i>add avocado hummus 4</i>	18
Avocado hummus, charred corn, sunflower, sprouts, pickled chilli, poached eggs, toasted sourdough bagel (df, n, v) <i>add bacon or xo mushrooms 6</i>	22
Farmer's bruschetta, roasted & pickled summer veg, cashew cream, herb toast, dukkah (vg) <i>add bacon 6</i>	22
Filipino sausage, fried brown rice, sambal, fried egg, banana relish (gf, df)	26
Spanner crab scramble, chilli, coriander, lime, bean sprouts, Farm beans, peanuts, shallots, sriracha, sourdough (df, n)	27

EXTRAS

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

BREAKFAST COCKTAILS after 10am

Badass Bloody Mary - Wyborowa vodka, tomato juice, house made hot sauce, lemon, pickle	15
Ducks Spritz - Aperol, Beefeater gin, smoked sage, thyme, burnt orange, lemon	16
Mimosa - Sparkling wine, orange juice	12

SUNDAY ROAST

Every Sunday from 4:30pm.
\$45 per person for two courses
and a drink on arrival.

Ask our friendly staff for more information.

JUICES, COLD DRINKS & SMOOTHIES

Gingered apple juice, orange juice, green juice or watermelon & strawberry juice	9
Forest hibiscus, elderflower & turmeric kombucha	9
Chocolate milk	7
Mango smoothie - banana, turmeric, ginger, orange, macadamia, Bear repair prebiotic superpowder	10
Banana smoothie - date, cashew, cinnamon, coconut milk	10
Mockito - Seasonal fruits, mint, lime	10
Cranberry Hampton - cranberry, apple, orange, cinnamon, clove, star anise	12
Virgin Mary - Tomato juice, homemade chilli sauce, balsamic vinegar, worcestershire, lemon juice	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)

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

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



threeblueducks



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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	4.5
v60 pour over 330ml	8
Aeropress 230ml	6
Batch brew	4
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 latte	5.5
Organic matcha latte	5

TEA BY THREE BLUE DUCKS

Made from certified organic ingredients

All are available for sale in the produce store

Rooibos pot of chai (without honey, brewed with milk)	5.5
Organic dandelion 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
Chai tea (brewed with hot water)	5.5

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 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 - unlimited 3pp

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