

## BREAKFAST

8am - 11:30am

Sourdough toast, whipped butter & mixed berry jam or Oomite (v)	8
Toasted muesli or bircher muesli, poached fruit, yoghurt (v, n)	16
Orange & yoghurt pancakes, passionfruit, mint, honey (v)	18
Breaky roll, bacon, chilli jam, fried egg, slaw & mayo <i>add avocado hummus 5</i>	16
Avocado hummus, grilled haloumi, pomegranate, hazelnut dukkah, sourdough toast (v, n) <i>add poached eggs 4.5</i>	19
Black sausage, scrambled eggs, dill, cucumber yoghurt, redcurrant jam, sourdough toast <i>add avocado hummus 5</i>	23
Rainbow bowl - miso glazed eggplant, pickled ginger, toasted nori, quinoa, pickled daikon & red cabbage, sesame (gf, df, v, vg) <i>add eggs 4.5 or haloumi 6</i>	25
Spanner crab scramble, papaya, bean shoot salad, housemade sriracha, cashews, sourdough toast (df, n) <i>add avocado hummus 5</i>	25

### EXTRAS

MessySpoon Wholefoods gluten-free bread	3.5
Additional poached eggs	4.5
Avocado hummus	5
Free-range bacon, haloumi or blood sausage	6

### WHY NOT...

Aperol Spritz - Aperol, prosecco, soda	16
Badass Bloody Mary - Wyborowa vodka, tomato juice, house made hot sauce, lemon, pickle	15
Mimosa - prosecco, orange juice	12

## DRINKS

### COFFEE - SINGLE O

Black - rotating single origin	4
White - killer bee blend, our coffee blend is fair trade	4
Iced latte	5
Iced coffee	8
Affogato	7
Extra shot / large / decaf / Happy Happy Soy Boy	0.5
Almond / Organic Oat	1
Cold brew, Lyres Italian spritz, orange, bitters	10
Light roast cold brew / batch brew	5

### TEA BY THREE BLUE DUCKS

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, lemongrass, 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
Plus all the usual suspects	5
English breakfast, earl grey, sencha, jasmine	

### CHAI

Sticky Chai Pot - wet chai by Chamellia	6
Rooibos chai - House blend chai by Three Blue Ducks (cf)	5

### COLD PRESSED JUICES

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

### SMOOTHIES

Mango, banana, maca butter, turmeric, ginger, orange	10
Banana, coconut, wattleseed, macadamia	12

### COLD DRINKS

Sparkling water - unlimited	3pp
Capi native tonic or flamin' ginger beer	6
Two Boys 'Silk Road' ginger & lemon myrtle kombucha	9
House-made lemonade or ginger beer	7
Chocolate milk	7
NON 5 - lemon marmalade & hibiscus soda	8
Heaps Normal non-alcoholic beer	12
Gone Tropo - Passion fruit, watermelon, lime, soda	10
Noperol Spritz - Lyre's Italian spritz, orange, lemon, soda	16
Peas & Love - ALTD 'Green Grocer', tonic	10
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)

A surcharge of 10% on Sundays & 15% on public holidays will be applied. Please note all card payments will incur a 0.9% surcharge.

# B three blue ducks

## ALL DAY

12pm - Late

### FEED ME MENU

Let us decide for you!  
Try our selection from the menu for \$45pp.

## STARTERS

Freshly shucked Sydney rock oysters, red wine mignonette (gf, df)	4.5ea/25/48
Sourdough, cultured butter (v)	6
Kingfish ceviche, sweet potato, charred corn, jalapeño, coriander, buttermilk, corn chips (gf)	24
Sweet potato hummus, smoked paprika, charred onions, sesame, bread (df, v, n, vg)	14
Organic buttermilk fried chicken wings, house made hot sauce	17
BBQ octopus, pearl barley tabouleh, smoked potato aioli (df)	23
Burrata, heirloom tomatoes, chilli, fresh garlic, basil oil, pangrattato (v)	23
Beef satay skewers, green mango, bean shoot salad, green tomato, chilli (df, n)	22
<i>add additional skewer 10</i>	

## MAINS

### PIZZAS

(gf base available)

Margherita, fior di latte, basil, confit eschallot (v)	24
Midnight pearl & Dutch cream potato, lemon thyme, capers, cauliflower & leek cream (df, vg, n)	22
Mixed roasted mushrooms, garlic, caramelised onions, pecorino (v, n)	24
Spicy salami, pickled chilli, basil, smoked mozzarella	26

### MORE

Daz's lamb ribs, spent cumquats, bitter leaf salad, watermelon, chilli (gf, df)	38
Market fish of the day, XO, beans, greens, onion & leek soubise (gf)	36
300g Provenir scotch fillet, bagna cauda, horseradish, jus, rosemary salted chicken fat potatoes (gf, df)	45
Rotisserie organic chook, fermented capsicum glaze, jus, cos wedge, green goddess, pangrattato, red onions (df)	33
Tomato chilli mussels, parsley, basil, garlic sourdough	30
Coffee rubbed slow cooked Provenir beef brisket burger, slaw, pickles, pickled jalapeño, burger sauce, chicken fat potatoes	26
Mixed grain dahl, cauliflower, peas, curry leaves, coconut sambal, roti (df, vg)	26

## SIDES

Cos wedge, green goddess, pangrattato, red onions (v)	10
Rosemary salted chicken fat potatoes (gf, df, can be v)	12
Charred broccoli, pickled chilli, almond cream (v, n)	13

## SWEET TREATS

Sea salt meringue, lemon curd, basil, strawberries, macadamia crunch, ice cream (gf, n)	16
Salted choc parfait, chocolate streusel, pickled blueberries, Davidson plum, red vein sorrel (n)	16
Vanilla crème brûlée, stewed fruits (gf, v)	16

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