

# three blue ducks

## BREAKFAST

Sourdough toast, whipped butter & mixed berry jam or Oomite (v)	8
Toasted banana bread, whipped butter, flaked salt (v, n)	9
Wild rice & quinoa porridge, coconut cream, tapioca, poached pears, stewed rhubarb, toasted almond (gf, vg, n)	16
Ducks breaky roll, crispy bacon, fried organic egg, pimento salsa, hollandaise <i>add avocado 5</i>	16
Roasted field mushrooms, halloumi, scrambled eggs, herb salad, pomegranate molasses, toasted sourdough (v) <i>add bacon 6 add avocado 5</i>	22
Rainbow bowl - maple baked pumpkin, red cabbage kraut, avocado, charred broccolini, almond cream, charred baby carrots, dukkah, quinoa, radish & mint salad (gf, vg, n, df) <i>add eggs 4.5</i>	22
Spicy salami brioche toastie, pickled jalapeños, cheddar cheese, smoked scamorza, kraut, pickles	13
Ham & cheese croissant / cheese & tomato croissant (v)	9

### EXTRAS

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

### WHY NOT...

Pitted Paloma - El Jimador blanco tequila, ruby grapefruit, lime, mint, 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	4.2
White - killer bee blend, our coffee blend is fair trade	4.2
Iced latte	6
Iced coffee	8
Affogato	8
Large	1
Extra shot / decaf / Happy Happy Soy Boy	0.5
Almond / Minor Figures Oat	1
Light roast cold brew / batch brew	5.5
Hot chocolate	4.2

### TEA BY THREE BLUE DUCKS

Inner calm - chamomile, peppermint, lemon balm, passionflower	5.5
Immuno-boost - echinacea, spearmint, ginger, lemongrass, lemon myrtle	5.5
Detoxify - dandelion, liquorice, nettle, verbena, calendula, eucalyptus	5.5
Ginger zing - ginger, lemongrass, hibiscus, lemon myrtle, calendula	5.5
Energy kick - ginkgo, gotu kola, oat straw, rose root, peppermint, ginseng	5.5
Misty farm - peppermint, elderflower, rosehip, lemon myrtle, hibiscus	5.5
Plus all the usual suspects	5.5
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)	6

### COLD PRESSED JUICES

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

### 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
Banana, coconut, wattleseed, macadamia	12
NON 5 - lemon marmalade & hibiscus soda	8
Heaps Normal non-alcoholic beer	12
Cranberry Hampton - Cranberry, apple, orange, cinnamon, clove, star anise	12
Noperol Spritz - Lyre's Italian spritz, orange, lemon, soda	16
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.



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## LUNCH

### FEED ME MENU

Let us decide for you!  
Try our selection from the  
menu for \$45pp.  
Minimum 2 people

## STARTERS

Sourdough, cultured butter (v)	7
Sweet potato hummus, smoked paprika, charred onions, sesame, flatbread (df, n, vg)	16
Spicy salami brioche toastie, pickled jalapeños, cheddar cheese, smoked scamorza, kraut, pickles	13
Soup of the day, toasted sourdough	15
Buttermilk fried chicken, hot sauce, lemon	17
BBQ octopus, pearl barley tabouleh, smoked potato aioli (df)	23
Roast beetroot & witlof salad, sherry vinegar, beetroot sumac puree, walnuts (gf, df, vg, n)	21

## PIZZAS

gf base available +\$5

Spicy salami, pickled chilli, basil, smoked mozzarella	27
Margherita, fior di latte, basil, confit eschallot (v)	24
Zucchini, charred eggplant, confit cherry tomatoes, pumpkin cream, fresh chilli & fried sage (vg, df)	25
Mixed roasted mushrooms, garlic, caramelised onions, pecorino (v, n)	26

## MAINS

Coffee rubbed slow cooked Provenir beef brisket burger, slaw, pickled jalapeños, burger sauce, chicken fat potatoes	26
Kingfish, XO, beans, greens, onion & leek soubise (gf)	36
Tomato chilli mussels, parsley, basil, garlic sourdough	30
Rotisserie organic chicken, fermented capsicum glaze, honey roasted carrots, maple-glazed pumpkin, pickled radicchio, jus (gf)	35
Roasted pumpkin & chickpea curry, garlic flatbread, coconut sambal, wild rice (df, vg)	29
300g Provenir scotch fillet, bone marrow, fried kale, horseradish, jus, charred onion (gf, df)	49

### SIDES

Mixed bitter leaves, citrus, eschallot (gf, df, vg)	12
Rosemary salted chicken fat potatoes (gf, df, can be v)	12
Charred broccoli, pickled chilli, almond cream (vg, n)	13

### SWEET TREATS

Apple & rhubarb crumble, milk & honey ice cream	16
Dark chocolate mousse, Davidson plum, strawberries, hazelnut crumb (v, n)	16
Vanilla crème brûlée, stewed fruits (gf, v)	16

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# B three blue ducks DINNER

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## STARTERS

Freshly shucked Sydney rock oysters, red wine mignonette (gf, df)	5ea / 28 / 54
Sourdough, cultured butter (v)	7
Baked Hervey Bay scallops, charred kelp butter, sea succulents, finger lime, charred spring onion (gf)	24
Sweet potato hummus, smoked paprika, charred onions, sesame, flatbread (df, n, vg)	16
BBQ octopus, pearl barley tabouleh, smoked potato aioli (df)	23
Roast beetroot & witlof salad, sherry vinegar, beetroot sumac puree, walnuts (df, gf, vg, n)	21
Chicken liver parfait, charred sourdough, sour berries, nuts, seeds (n)	22

## PIZZAS

gf base available +\$5

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Margherita, fior di latte, basil, confit eschallot (v)	24
Zucchini, charred eggplant, confit cherry tomatoes, pumpkin cream, fresh chilli & fried sage (df, vg)	25
Mixed roasted mushrooms, garlic, caramelised onions, pecorino (v, n)	26

## MAINS

Lamb cutlets, roasted Jerusalem artichoke, jus, parsnip puree, rosemary, fried mint (gf)	47
Kingfish, XO, beans, greens, onion & leek soubise (gf)	36
Tomato chilli mussels, parsley, basil, garlic sourdough	30
Rotisserie organic chicken, fermented capsicum glaze, honey roasted carrots, maple-glazed pumpkin, pickled radicchio, jus (gf)	35
Roast pumpkin & chickpea curry, garlic flatbread, coconut sambal, wild rice (df, vg)	29
300g Provenir scotch fillet, bone marrow, fried kale, horseradish, jus, charred onion (gf, df)	49

## SIDES

## SWEET TREATS

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