

motherduck

Menu

delight energise love

COFFEE

Espresso	\$3.50
Macchiato	\$3.70
Ristretto	\$3.50
Piccolo	\$3.70
Long Black	\$4.00
Flat White	\$4.00
Latte	\$4.00
Cappuccino	\$4.00
Mocha	\$4.00
Spiced Chai	\$4.00
Vanilla Chai	\$4.00

BULLET PROOF COFFEE

Long black, upgrade MCT oil & grass fed butter	\$6.00
Upgrade your Bullet proof coffee with Brain Octane oil	+ \$2.00

GROUNDLED PLEASURES HOT CHOCOLATE

(available as iced chocolate \$6.00)

Chocolate	\$4.00
Mint Chocolate	\$4.00
Chilli Chocolate	\$4.00
Orange Chocolate	\$4.00

HEALTHY CHEF NAKED CHOCOLAT

Organic cacao + caramel + Tahitian vanilla bean.
Sugar free + gluten free + dairy free + soy free
+ vegan + non GMO

ICED COFFEE

Vanilla Bean Shaken Latte	\$6.00
Iced Coffee	\$6.00
Ice Cream	\$2.00

COLD PRESS JUICES

(sorry, no alterations)

Pink Panther
watermelon + pineapple

Immune Booster
carrot, apple + ginger

MOUNTAIN FRESH JUICES

Orange	\$4.00
Apple	
Tropical	

SMOOTHIES

(sorry, no alterations)

\$9.50

Green Machine

pineapple + spinach + apple

Energy Hit

berries + banana + dates + almond milk

MILKSHAKES

LARGE \$7.50 | KIDS \$4.50

Strawberry

fresh strawberries + milk + ice cream

Banana

fresh banana + milk + ice cream

Chocolate

Grounded Pleasures chocolate powder + milk
+ ice cream

Mint Chocolate

Grounded Pleasures Mint chocolate powder + milk
+ ice cream

Orange Chocolate

Grounded Pleasures Orange chocolate powder + milk
+ ice cream

Chilli Chocolate

Grounded Pleasures Chilli chocolate powder + milk
+ ice cream

KOMBUCHA MAX

\$4.50

Mixed Berry
Pomegranate & Apple
Ginger & Pear

SOFT DRINK

\$4.00

Coke
Diet Coke
Lemonade
Ginger Beer
Soda Water

ANTIPODES

\$4.00

Sparkling Water

BREAKFAST

8am - 3pm

FREE RANGE EGGS YOUR WAY Served on toasted sourdough	\$10.00	PUMPKIN PATCH Roasted pumpkin + sundried tomato pesto + fresh chives + radish + marinated Persian feta on toasted sourdough + housemade dukkah + crispy kale + poached eggs (sorry, no alterations)	\$17.00
EXTRAS:			
Bacon	\$4.00	Mushroom	\$3.50
Pork sausage	\$2.00	Avocado	\$3.00
Smoked salmon	\$4.50	Hash brown	\$3.00
Roasted tomato	\$3.00	Housemade gf bread	\$3.00
Spinach	\$3.00	Extra toast	\$2.00
FULL SPREAD Eggs your way on toasted sourdough w/ bacon + pork sausage + roasted tomato + mushroom + hash brown + tomato relish	\$21.00	HUNGRY CATERPILLAR CRUMPETS w/ Lemon curd + raspberry coulis + mascarpone cream + fresh berries + pistachio crumble	\$13.00
SEASONAL PLATE Toasted sourdough w/ hash brown + roasted tomato + mushroom + poached beetroot + sautéed spinach + roast pumpkin + avocado + pea and mint smash + hummus	\$19.00	BUCKWHEAT PANCAKES w/ Fresh berries + Zebra Dream coconut ice cream + maple syrup + raw paleo granola	\$16.50
SMASHED AVOCADO Avocado + cherry tomatoes + radish + marinated Persian feta + fresh chives on toasted sourdough (sorry, no alterations) Add poached egg	\$16.00 \$2.00	SMOOTHIE BOWL Mixed berries + banana + medjool dates + coconut milk, blended & topped w/ raw paleo granola	\$12.00
		TOAST Two slices of toasted sourdough w/ butter + your choice of honey, fruit jam or vegemite	\$8.00
		FRUIT TOAST Two slices of fruit toast w/ butter + fruit jam	\$9.50

KIDS BREAKFAST

(For guests 12 years and under)

TOAST One slice of toasted sourdough w/ butter + your choice of honey, fruit jam or vegemite	\$5.00	WAFFLES w/ Fresh strawberries + vanilla ice-cream + maple syrup	\$7.00
FRUIT TOAST One slice of fruit toast w/ butter + fruit jam	\$6.50	BUCKWHEAT PANCAKES w/ Fresh strawberries + vanilla ice-cream + maple syrup	\$7.00
BACON + FREE RANGE EGG YOUR WAY Served on toasted sourdough	\$7.00		

Please notify staff of any dietary requirements
*Public Holidays incur a 15% surcharge
No alterations to menu on weekends & Public Holidays

SHARE PLATTERS

11:30am - 3pm

TRIO OF DIPS

Chef's selection of dips w/ grilled flat bread

\$14.00

PLOUGHMANS PLATTER

Chef's selection of cold meats + cheeses + locally sourced kalamata olives + antipasto bowl w/ toasted ciabatta bread

\$26.00

MOTHERDUCK DUKKAH

Dukkah + locally sourced kalamata olives + olive oil & balsamic w/ toasted ciabatta bread

\$12.00

LUNCH

11:30am - 3pm

SEARED BARRAMUNDI

w/ Tomato & caper salsa + crispy potatoes + lemon infused olive oil dressed greens

\$22.00

TOASTED CIABATTAS

(Available on housemade gluten-free bread for an extra \$3.00)

DUCK CEASAR SALAD

w/ Mixed salad leaf + confit duck breast + crispy prosciutto + shaved parmesan + housemade ceasar dressing + poached egg + garlic crouton

\$25.00

THIS LITTLE PIGGY

Double smoked ham + Mersey Valley vintage cheddar + tomato + mixed salad leaf

\$12.00

GARDEN SALAD

w/ Mixed salad leaf + Barossa Valley halloumi + cherry tomatoes + avocado + pickled onion + fresh herbs

\$16.00

THE VEGGIE PATCH

Roast pumpkin + sundried tomatoes + red capsicum + chargrilled eggplant + kale pesto + avocado + alfalfa

\$13.00

Add chicken

\$3.00

Add double smoked ham

\$3.00

Add smoked turkey breast

\$3.00

THE BIG BIRD

Smoked turkey breast + caramelized onion + Barossa Valley halloumi + sautéed zucchini + red capsicum + avocado + baby spinach

\$13.00

WAGYU BEEF BURGER

w/ Wagyu beef patty + crispy bacon + smokey BBQ bourbon sauce + Mersey Valley vintage cheddar + rocket + gherkins on toasted brioche bun + a handful of sweet potato fries

\$22.00

THE ROAMING CHOOK

Chicken + Adelaide Hills brie + pear & ginger chutney + rocket

\$13.00

KIDS LUNCH

(For guests 12 years and under)

TOASTED SANDWICH

Double smoked ham + tasty cheese on toasted ciabatta bread

\$6.50

PIZZA

w/ Double smoked ham + tasty cheese + pineapple

\$7.00

CHEESEBURGER

Beef patty + tasty cheese + tomato on toasted brioche bun + a handful of sweet potato fries

\$7.00

SPAGHETTI CARBONARA

w/ Creamy bacon & cheese sauce + garlic bread

\$7.00

CHICKEN SCHNITZEL

w/ Garden salad + a handful of sweet potato fries + tomato sauce

\$10.00

ALCOHOLIC

BEER

COOPERS PREMIUM LIGHT 2.9% 375ml \$6.50
Coopers Brewery (Adelaide SA)

THROWBACK SESSION (IPA) 3.5% 355ml \$8.00
Pirate Life Brewing (Hindmarsh SA)
Designed for intelligent and sexy humans who like to be able to throw back a few cans of a zealously hopped ale, endowed with an ample malt chassis, and still get on with their day.

SWELL GOLDEN ALE 4.5% 330ml \$8.00
Swell Brewing Co (McLaren Vale SA)
This light style ale is golden in colour and mildly bitter with mild to moderate maltiness. It has a great floral and passionfruit aroma. A great summer session beer.

PALE ALE (HOPCO) 4.8% 355ml \$8.00
Pirate Life Brewing (Hindmarsh SA)
The beer is an American style pale ale brewed with Pale and Munich malts to provide a smooth malty backbone to balance out the ample hops we threw at it. NZ Cascade, Motueka and Pacifica combine to give the beer a rich key lime pie / lemon curd cheesecake aroma and a light resinous character on the palate all backed up by a satisfying whack of bitterness.

SWELL AMBER ALE 4.7% 330ml \$8.00
Swell Brewing Co (McLaren Vale SA)
This Amber Ale has toasty, malt biscuit flavours on the palate, coupled with hoppy freshness and unique yeast flavours creating a complex but very balanced easy drinking beer.

CIDER

APPLE CIDER \$8.50
5% 330ml
The Hills Cider Company. (Adelaide Hills SA)
A clean & bright cider with vanilla, lime & sherbet characters made from 100% Adelaide Hills apples.

PEAR CIDER \$8.50
5% 330ml
The Hills Cider Company. (Adelaide Hills SA)
A fruity, crisp & perfectly balanced cider made from 100% Adelaide Hills pears.

COCKTAILS

\$14.00

BLOODY MARY
Vodka + Worcestershire sauce + tomato juice + Tabasco sauce served on crushed ice

ESPRESSO MARTINI
Espresso shot + vodka + kahlua + crème de cacao

SPARKLING WINE

glass bottle

TEMPUS 2 \$7.00 \$32.00
Blanc de Blanc
Adelaide Hills, SA

BLACK CHOOK \$8.50 \$38.00
Sparkling Shiraz
McLaren Vale, SA

WHITE WINE

glass bottle

LOBETHAL ROAD \$7.50 \$34.00
Sauvignon Blanc
Adelaide Hills, SA

TIM GRAMP RIESLING \$7.00 \$32.00
Watervale
Clare Valley, SA

Bremerton \$8.00 \$36.00
Verdelho
Langhorne Creek, SA

ROSE

glass bottle

RED BRIX ALICANTE \$8.50 \$38.00
Bouschet
Barossa Valley, SA

RED WINE

glass bottle

BREMERTON 'TAMBLYN' \$8.00 \$37.00
Cabernet Shiraz Malbec Merlot
Langhorne Creek, SA

HUGO \$9.50 \$40.00
Shiraz
McLaren Vale, SA