

motherduck

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

BATCH BREW FILTER COFFEE

(See staff for daily blend)

\$4.50

BULLET PROOF COFFEE

Long black, upgrade MCT oil & grass fed butter
Upgrade your Bullet proof coffee with Brain Octane oil

\$6.00
+ \$2

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

\$4.00

GOLDEN GRIND TURMERIC LATTE

\$4.00

COCONUT & CACAO LATTE

\$4.00

ICED COFFEE

Iced Coffee	\$6.00
Ice Cream	\$2.00

COLD PRESS JUICES

(Sorry, no alterations)

\$8.50

Red Juice

Beetroot + apple + orange

Orange Juice

Orange + carrot + apple + ginger

FIRE TONIC SHOT

\$2.00

MOUNTAIN FRESH JUICES

\$4.00

Orange
Apple
Tropical

SMOOTHIES

(Sorry, no alterations)

\$9.50

Acai Smoothie

Acai powder + banana + raspberries
+ medjool dates + almond milk

Choc Nut Smoothie

Cacao + banana + peanut butter
+ medjool dates + almond milk

PROTEIN SHAKE

Chocolate whey protein + immune booster
powder blended w/ almond milk + banana + medjool dates

\$9.50

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

REMEDY KOMBUCHA

Ginger Lemon
Raspberry Lemonade
Hibiscus Kiss

\$4.50

SOFT DRINK

Coke
Diet Coke
Lemonade
Ginger Beer
Soda Water

\$4.00

ANTIPODES

Sparkling Water

\$4.00

BREAKFAST

8am - 2.30pm

BREAKFAST BURGER Bacon + egg + avocado + hash brown + tomato relish on toasted focaccia roll	\$12.00	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) GFO	\$18.00 + \$3
FREE RANGE EGGS YOUR WAY Served on toasted sourdough GFO	\$10.00 + \$3	BACON, SPINACH + HALLOUMI SAVOURY WAFFLES W/ avocado + crème fraîche + poached eggs	\$21.00
EXTRAS:		HUNGRY CATERPILLAR CRUMPETS W/ lemon curd + berry coulis + marscapone cream + fresh berries + pistachio crumble	\$14.00
Bacon	\$4.00	Smashed avocado	\$3.00
Pork sausage	\$2.00	Halloumi	\$2.00
Smoked salmon	\$4.50	Poached beetroot	\$2.00
Roasted tomato	\$3.00	Hash brown	\$3.00
Spinach	\$3.00	Housemade gf bread	\$3.00
Mushroom	\$3.50	Extra toast	\$2.00
FULL SPREAD Eggs your way on toasted sourdough w/ bacon + pork sausage + chorizo + smashed avocado + roasted tomato + mushroom + tomato relish GFO	\$22.00 + \$3	CORN CAKES W/ avocado salsa + bacon + poached eggs	\$17.00
SEASONAL PLATE (V) Toasted sourdough w/ hash brown + roasted tomato + mushroom + poached beetroot + sautéed spinach + roast pumpkin + avocado + pea and mint smash + hummus GFO	\$22.00 + \$3	HEART AND SOUL Pumpkin puree on toasted sourdough topped w/ fresh rocket + halloumi + poached eggs + pine nuts + beetroot puree + balsamic glaze GFO	\$17.00 + \$3
SMASHED AVOCADO Avocado + cherry tomatoes + radish + marinated Persian feta + fresh chives on toasted sourdough (sorry, no alterations) Add poached egg GFO	\$17.00 + \$2 + \$3	BUCKWHEAT PANCAKES (GF, V) W/ fresh berries + Zebra Dream coconut ice cream + maple syrup + raw paleo granola	\$16.50
		TOAST Two slices of toasted sourdough w/ butter + your choice of honey, fruit jam or vegemite GFO	\$8.00 + \$3
		FRUIT TOAST Two slices of fruit toast w/ butter + fruit jam	\$9.50

KIDS BREAKFAST

(For guests 12 years and under)

TOAST Two slices of toasted sourdough w/ butter + your choice of honey, fruit jam or vegemite GFO	\$5.00 + \$3	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 (GF) W/ fresh strawberries + vanilla ice-cream + maple syrup	\$7.00
BACON + FREE RANGE EGG YOUR WAY Served on toasted sourdough GFO	\$7.00 + \$3	CRUMPETS W/ your choice of honey, fruit jam or vegemite	\$7.00

GFO - Gluten Free Option

Please notify staff of any dietary requirements

*Public Holidays incur a 15% surcharge

We reserve the right to decline changes to the menu during busy periods.

Direct swap of an item - \$1.00

SHARE PLATTERS

11:30am - 2.30pm

TRIO OF DIPS

Chef's selection of dips w/ grilled flat bread
GFO

\$15.00

+ \$3

MOTHERDUCK DUKKAH

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

\$13.00

+ \$3

PLOUGHMANS PLATTER

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

\$28.00

GFO

+ \$3

LUNCH

11:30am - 2.30pm

SEARED BARRAMUNDI (GF)

Served on a pumpkin + mushroom + goats cheese risotto

\$22.00

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
GFO

\$22.00

+ \$3

CURRY OF THE WEEK

See specials board (until sold out)

\$21.00

RISOTTO OF THE WEEK

See specials board (until sold out)

\$21.00

SOUP OF THE WEEK

See specials board (until sold out)

\$10.00

BBQ BEEF BRISKET TOASTIE

W/ cheese fondant + dill pickles + grain mustard + fried egg + onion rings
GFO

\$12.00

+ \$3

THIS LITTLE PIGGY

Double smoked ham + Mersey Valley vintage cheddar + tomato + mixed salad leaf on a toasted focaccia

\$13.00

GFO

+ \$3

THE VEGGIE PATCH

Roast pumpkin + sundried tomatoes + red capsicum + chargrilled eggplant + kale pesto + avocado + alfalfa on a toasted focaccia

\$13.00

GFO

+ \$3

THE BIG BIRD

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

\$13.00

GFO

+ \$3

THE ROAMING CHOOK

Chicken + Adelaide Hills brie + pear & ginger chutney + rocket on a toasted focaccia

\$13.00

GFO

+ \$3

KIDS LUNCH

(For guests 12 years and under)

TOASTED SANDWICH

Double smoked ham + tasty cheese on toasted ciabatta bread

\$6.50

GFO

+ \$3

CHEESEBURGER

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

\$7.00

GFO

+ \$3

CHICKEN SCHNITZEL

W/ garden salad + a handful of sweet potato fries + tomato sauce

\$10.00

PIZZA

W/ double smoked ham + tasty cheese + pineapple

\$7.00

SPAGHETTI CARBONARA

W/ creamy bacon & cheese sauce + garlic bread

\$7.00

ALCOHOLIC

BEER		SPARKLING WINE		glass	bottle
COOPERS PREMIUM LIGHT 2.9% 375ml Coopers Brewery (Adelaide SA)	\$9.00	TEMPUS 2 Blanc de Blanc Adelaide Hills, SA	\$7.00	\$32.00	
THROWBACK SESSION (IPA) 3.5% 355ml 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.	\$9.00	BLACK CHOOK Sparkling Shiraz McLaren Vale, SA	\$8.50	\$38.00	
SWELL GOLDEN ALE 4.5% 330ml 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.	\$9.00	WHITE WINE	glass	bottle	
PALE ALE (HOPCO) 4.8% 355ml 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.	\$9.00	LOBETHAL ROAD Sauvignon Blanc Adelaide Hills, SA	\$7.50	\$34.00	
SWELL AMBER ALE 4.7% 330ml 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.	\$9.00	TIM GRAMP RIESLING Watervale Clare Valley, SA	\$7.00	\$32.00	
CHOCOLATE COFFEE STOUT 7% 330ml Barossa Valley Brewing (Tanunda, SA) This seductive stout will make event the most hardy of warrior weak at the knees. Flavoured with Peruvian cocoa nibs and Barossa roasted coffee, this heavyweight will beat you into a smooth, sexy, submission... no matter how frigid your tastebuds.	\$9.00	BREMERTON Verdelho Langhorne Creek, SA	\$8.00	\$36.00	
I CAN'T BELIEVE IT'S NOT BACON 5.5% 330ml Barossa Valley Brewing (Tanunda, SA) Lamponing your lips from the very first swig, this porker has more mystique than any flying swine. Stuffed with malt that's smoked locally with the same wood as prize-winning bacon, this finely crafted local collaboration is a truly unique full-flavoured brew of peety, bacon proporktions. Go on, let this ale expand your beer horizons.	\$9.00	RED WINE	glass	bottle	
APPLE CIDER 5% 330ml The Hills Cider Company. (Adelaide Hills SA) A clean & bright cider with vanilla, lime & sherbet characters made from 100% Adelaide Hills apples.	\$8.50	BREMERTON 'TAMBLYN' Cabernet Shiraz Malbec Merlot Langhorne Creek, SA	\$8.00	\$37.00	
PEAR CIDER 5% 330ml The Hills Cider Company. (Adelaide Hills SA) A fruity, crisp & perfectly balanced cider made from 100% Adelaide Hills pears.	\$8.50	HUGO Shiraz McLaren Vale, SA	\$9.50	\$40.00	
		MOTHERS RUIN Cabernet Sauvignon McLaren Vale, SA	\$8.50	\$38.00	
		CIRILLO Grenache Barossa Valley, SA	\$8.50	\$38.00	