

# motherduck

## COFFEE

(SERVED AT 60-62 DEGREES UNLESS OTHERWISE REQUESTED)

ESPRESSO, RISTRETTO	3
MACCHIATO, PICCOLO	3.70
LATTE, CAPPUCCINO, FLAT WHITE, LONG BLACK, MOCHA, SPICED CHAI, TURMERIC LATTE	4

## EXTRAS

MUG	+1
ESPRESSO SHOT	+50c
HONEY	+50c
DECAF	+70c
HAPPY HAPPY SOY BOY, MILK LAB ALMOND, LACTOSE FREE	+70c

## ICED COFFEE

ADD ICED CREAM	+2
----------------	----

## BULLET PROOF COFFEE

LONG BLACK AND MCT OIL AND GHEE OR COCONUT OIL AND BUTTER ADD CREAM	+6 +50c
--	------------

## TEA CATCHER TEAS

SMALL POT - 3.50    LARGE POT - 5.50

CHAI, ENGLISH BREAKFAST, EARL GREY, JASMINE, OOLONG, PEPPERMINT

## GROUNDLED PLEASURES HOT CHOCOLATE

4

CHOCOLATE, MINT CHOCOLATE, ORANGE CHOCOLATE

AVAILABLE AS ICED CHOCOLATE +2

## HEALTHY CHEF NAKED MYLK CHOCOLAT

4

ORGANIC CACAO, CARAMEL AND TAHITIAN VANILLA BEAN  
SUGAR FREE, GLUTEN FREE, DAIRY FREE, SOY FREE, NON GMO

## MILKSHAKES

LARGE - 7.50    KIDS - 4.50

VANILLA, CARAMEL  
FRESH STRAWBERRY, FRESH BANANA  
CHOCOLATE, MINT CHOCOLATE, ORANGE CHOCOLATE

## MOUNTAIN FRESH JUICES

4.50

ORANGE, TROPICAL

## THE FIX COLD PRESSED JUICES

8

### LOOK ON THE BRIGHT SIDE

MANDARIN, APPLE, PINEAPPLE, PASSIONFRUIT, LEMON AND LIME

### PINK DRAGON

APPLE, GINGER, LEMON AND DRAGON FRUIT

### IN FULL SWING

MANDARIN, CARROT, PEACH AND TURMERIC

## SMOOTHIES

9.50

### MAGIC DRAGON

COCONUT MILK, AVOCADO, CHIA SEEDS AND PALEO PRO CHOCOLATE  
PROTEIN POWDER

### CRAZY FROG

ALMOND MILK, COCONUT MILK, BANANA, SPINACH, PINEAPPLE AND  
MANGO

### ENERGY HIT

BERRIES, BANANA, ALMOND MILK AND DATES

### CHOC NUT PROTEIN

PALEO PRO CHOCOLATE PROTEIN, ALMOND MILK, BANANA AND PEANUT  
BUTTER

## REMEDY HEALTH DRINKS

5

GINGER LEMON KOMBUCHA  
RASPBERRY LEMONADE KOMBUCHA  
LEMON, LIME AND MINT KOMBUCHA

PURE COCONUT WATER KEFIR  
PASSIONFRUIT COCONUT WATER KEFIR  
LEMON SQUASH COCONUT WATER KEFIR

## SOFT DRINKS

4.50

COKE  
DIET COKE  
GINGER BEER  
FEVER TREE LEMONADE  
ANTIPODES SPARKLING WATER

**BRUNCH**  
FROM 8:00

<b>TOAST</b>	<b>7</b>	<b>SMASHED AVOCADO</b>	<b>19</b>
TWO SLICES OF SOURDOUGH AND BUTTER WITH YOUR CHOICE OF JAM, HONEY, OR VEGETARIS		AVOCADO, CHERRY TOMATOES, RADISH, CHIVES, FRESH CHILLI AND PERSIAN FETA ON SOURDOUGH TOAST WITH BEETROOT HOMO	
<b>FRUIT AND NUT TOAST</b>	<b>+1.50</b>	V, VGO	
<b>GLUTEN FREE TOAST</b>	<b>+2</b>	<b>GFO</b>	<b>+2</b>
<b>CRUMPETS</b>	<b>16</b>	<b>PUMPKIN PATCH</b>	<b>22</b>
HOUSE MADE CRUMPETS WITH LEMON CURD, STRAWBERRY COULIS, BERRIES, DOUBLE CREAM AND PISTACHIO CRUMBLE		ROASTED PUMPKIN, SUNDRIED TOMATO PESTO, RADISH, CHIVES AND PERSIAN FETA ON SOURDOUGH TOAST WITH POACHED EGGS, CRISPY KALE AND DUKKAH	
V		V, VGO	
<b>BACON AND EGG ROLL</b>	<b>15</b>	<b>GFO</b>	<b>+2</b>
BACON, EGG, SMOKED CHEDDAR, TOMATO RELISH AND GREENS ON A TOASTED CIABATTA ROLL		<b>FIELD MUSHROOMS</b>	<b>21</b>
VO		ROASTED MUSHROOMS, CAULIFLOWER AND TURMERIC PUREE, PERSIAN FETA, PROSCIUTTO, POACHED EGGS, CRISPY KALE AND BRIOCHE CRUMB	
<b>GFO</b>	<b>+2</b>	VO, GFO	
<b>EGGS YOUR WAY</b>	<b>10</b>	<b>BAKED EGGS</b>	<b>19</b>
SERVED ON SOURDOUGH TOAST		SPANISH BEANS, CHORIZO, EGG AND PERSIAN FETA SERVED WITH SOURDOUGH TOAST	
<b>GFO</b>	<b>+1</b>	VO	
<b>SIDES</b>		<b>GFO</b>	<b>+1</b>
TOMATO RELISH	<b>+50c</b>	<b>MEXICAN BOWL</b>	<b>19</b>
EXTRA TOAST, EXTRA EGG	<b>+2 EACH</b>	BLACK BEAN AND ZUCCHINI BALLS WITH AVOCADO, CORN SALSA, CHIPOTLE CASHEW CHEESE AND TORTILLA CHIPS	
ROASTED TOMATO, AVOCADO, BABY SPINACH, MUSHROOM, POACHED BEETROOT, SPANISH BEANS	<b>+4 EACH</b>	V, VG, GF	
BACON, PORK CHIPOLATA, CHORIZO	<b>+5 EACH</b>	<b>BANANA &amp; COCONUT PORRIDGE</b>	<b>17</b>
HALLOUMI		COCONUT PORRIDGE TOPPED WITH CARAMELISED BANANA, TOASTED COCONUT CHIPS, CHIA SEEDS AND TWEEDVALE DOUBLE CREAM	
<b>FULL SPREAD</b>	<b>24</b>	V, VGO, GF	
EGGS YOUR WAY ON SOURDOUGH TOAST WITH BACON, PORK CHIPOLATA, CHORIZO, ROASTED TOMATO, MUSHROOM AND AVOCADO		<b>BUCKWHEAT PANCAKES</b>	<b>18</b>
<b>GFO</b>	<b>+1</b>	SERVED WITH BERRIES, CHOCOLATE COCONUT ICE-CREAM, GRANOLA, TOASTED COCONUT CHIPS, CHIA SEEDS AND MAPLE SYRUP	
<b>ABUNDANCE BOWL</b>	<b>25</b>	V, VG, GF	
SPINACH AND CHEESE FRITTERS, POACHED EGGS, PORK CHIPOLATAS, CASHEW CHEESE, GRILLED ASPARAGUS, AVOCADO, KIMCHI AND HEMP SEEDS			
VO, K, GF			

A SELECTION OF SWEETS AVAILABLE IN OUR CAKE FRIDGE BELOW THE BAR

PUBLIC HOLIDAYS INCUR A 15% SURCHARGE

PLEASE NOTIFY STAFF OF ANY DIETARY REQUIREMENTS

WE RESERVE THE RIGHT TO DECLINE MENU ALTERATIONS DURING BUSY PERIODS, DIRECT SWAP OF A MENU ITEM - ADD \$1.00

V - VEGETARIAN VO - VEGETARIAN OPTION AVAILABLE VG - VEGAN VGO - VEGAN OPTION AVAILABLE K - KETO GF - GLUTEN FREE GFO - GLUTEN FREE OPTION AVAILABLE

## SHARE PLATTERS

FROM 11:30

### PLOUGHMANS PLATTER

A SELECTION OF COLD MEATS AND CHEESES, MIXED ANTIPASTO, OLIVES AND SOURDOUGH TOAST

36

GFO

+2

### TRIO OF DIPS

A SELECTION OF DIPS WITH GRILLED PITA

GFO

15

+2

## LUNCH

FROM 11:30

### SOUP OF THE WEEK

SEE SPECIALS BOARD FOR DETAILS

11

### CURRY OF THE WEEK

SEE SPECIALS BOARD FOR DETAILS

25

### CHEESE BURGER

GROUND BEEF PATTY, AMERICAN CHEESE, CARAMELISED ONIONS, BURGER SAUCE, LETTUCE, TOMATO AND PICKLES ON A MILK BUN WITH A SIDE OF NACHOS

22

GFO

+2

GO BUNLESS, ADD AVOCADO – NO EXTRA CHARGE

### VEGGIE BURGER

BEETROOT AND BLACK BEAN PATTY, KIMCHI, HALLOUMI, KEWPIE MAYO, ALFALFA SPROUTS AND GREENS ON A CHARCOAL BUN WITH A SIDE OF NACHOS

22

V, VGO

GFO

+2

GO BUNLESS, ADD AVOCADO – NO EXTRA CHARGE

### AVOCADO BURGER

GRILLED CHICKEN, BACON, EGG, HALLOUMI, SRIRACHA MAYO, TOMATO AND GREENS ON A AVOCADO "BUN" WITH HEMP SEEDS

25

K, GF

### SALMON RAMEN

RAMEN BROTH WITH KONJAC NOODLES, SALMON, BOK CHOY, SPRING ONION, SHIITAKE MUSHROOMS, SRIRACHA AND A POACHED EGG

30

### THE BIG BIRD

TURKEY, CARAMELISED ONION, HALLOUMI, ROASTED CAPSICUM, ZUCCHINI, AVOCADO AND BABY SPINACH ON A TOASTED CIABATTA ROLL

13

GFO

+2

### THE ROAMING CHOOK

CHICKEN, BRIE, MANGO AND PEACH CHUTNEY AND GREENS ON A TOASTED CIABATTA ROLL

13

GFO

+2

### THE VEGGIE PATCH

ROASTED PUMPKIN, CAPSICUM, EGGPLANT, SUNDRIED TOMATO, KALE PESTO, AVOCADO AND ALFALFA ON A TOASTED CIABATTA ROLL

13

V, VG

GFO

+2

A SELECTION OF SWEETS AVAILABLE IN OUR CAKE FRIDGE BELOW THE BAR

PUBLIC HOLIDAYS INCUR A 15% SURCHARGE

PLEASE NOTIFY STAFF OF ANY DIETARY REQUIREMENTS

WE RESERVE THE RIGHT TO DECLINE MENU ALTERATIONS DURING BUSY PERIODS, DIRECT SWAP OF A MENU ITEM – ADD \$1.00

V – VEGETARIAN VO – VEGETARIAN OPTION AVAILABLE VG – VEGAN VGO – VEGAN OPTION AVAILABLE K – KETO GF – GLUTEN FREE GFO – GLUTEN FREE OPTION AVAILABLE

## ALCOHOLIC

### LIGHT BEER

7.50

**COOPERS PREMIUM LIGHT** 2.9% - 375ML  
ADELAIDE, SA

### BEER

9

**PIRATE LIFE THROWBACK SESSION IPA** 3.5% - 355ML  
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  
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.

**COOPERS PALE ALE** 4.5% - 375ML  
ADELAIDE, SA

**PIRATE LIFE PALE ALE** 5.4% - 355ML  
HINDMARSH, SA  
WHILE HOPS ARE CENTRAL AGAIN HERE... THEY'RE DEEPER AND DARKER THAN THOSE FOUND IN THE THROWBACK OR IPA, WITH SOME OF THAT PINE FOREST FLOOR CHARACTER YOU EXPECT FROM OLD SCHOOL WEST COAST HOPS ALONGSIDE THE CITRUS ELEMENTS, AND ARE JOINED BY PROMINENT SHARP CARAMEL MALTS TO CREATE A CREAMY LUSHNESS ON THE PALATE. THERE'S SOMETHING HERBAL THERE TOO AND A HEARTY BITTERNESS TO WRAP THINGS UP.

### STOUT

11

**PIRATE LIFE STOUT** 7.2% - 500ML  
HINDMARSH, SA  
BREWED WITH OATS, BLACK AND CHOCOLATE MALTS, EKG, FUGGLES AND COLUMBUS HOPS, PIRATE LIFE STOUT IS PERFECT FOR THE COOLER MONTHS. THE MALTS TAKE CENTRE STAGE WITH A CACOPHONY OF COFFEE, CHOCOLATE AND STICKY DATE PUDDING AND A RICH CREAMY MOUTHFEEL THANKS TO THE OATS. COLUMBUS SMACKS THE PALATE WITH A HEALTHY DOSE OF BITTERNESS WHILE LATE ADDITIONS OF EKG AND FUGGLES LEND A GENTLE, EARTHY SPICINESS TO THE BEER.

### CIDER

8.50

**SIDEWOOD APPLE OR PEAR** 5% - 330ML  
ADELAIDE HILLS, SA

### SPARKLING WINE

GLASS

BOTTLE

**TEMPUS 2**  
BLANC DE BLANC  
ADELAIDE HILLS, SA

8

28

**BLACK CHOOK**  
SPARKLING SHIRAZ  
MCLAREN VALE, SA

8.50

32

### WHITE WINE

GLASS

BOTTLE

**SIDEWOOD**  
SAUVIGNON BLANC  
ADELAIDE HILLS, SA

8.50

32

**TIM GRAMP**  
RIESLING  
CLARE VALLEY, SA

32

### RED WINE

GLASS

BOTTLE

**CHARLES MELTON**  
FATHER IN LAW SHIRAZ  
BAROSSA VALLEY, SA

9

40

**HITHER & YON**  
TEMPRANILLO  
MCLAREN VALE, SA

34

**BLEASDALE**  
MULBERRY TREE CABERNET SAUVIGNON  
LANGHORNE CREEK, SA

35