

# 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
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## BULLET PROOF COFFEE

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

## TEA CATCHER TEAS

SMALL POT - 3.50    LARGE POT - 5.50

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

## GROUND PLEASURES HOT CHOCOLATE

CHOCOLATE, MINT CHOCOLATE, ORANGE CHOCOLATE	4
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AVAILABLE AS ICED CHOCOLATE	+2
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## HEALTHY CHEF NAKED MYLK CHOCOLAT

ORGANIC CACAO, CARAMEL AND TAHITIAN VANILLA BEAN SUGAR FREE, GLUTEN FREE, DAIRY FREE, SOY FREE, NON GMO	4
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## 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, APPLE AND GUAVA

## SMOOTHIES

9.50

## ENERGY HIT

BERRIES, BANANA, ALMOND MILK AND DATES

## BANGIN BANANA

BANANA, CINNAMON, YOGHURT, MILK AND HONEY

## KETO 1.0

ALMOND MILK, AVOCADO, MCT OIL, CHOCOLATE PROTEIN, ALMOND BUTTER  
AND SWEETENER

## CHOC NUT PROTEIN

CHOCOLATE PROTEIN, ALMOND MILK, BANANA AND PEANUT BUTTER

## REMEDY KOMBUCHA

5

GINGER LEMON  
RASPBERRY LEMONADE  
LEMON, LIME AND MINT

## SOFT DRINKS

4.50

COKE, COKE ZERO  
SPRITE  
BUNDA BERG LEMON LIME AND BITTERS  
ANTIPODES SPARKLING WATER



**BRUNCH**  
ALL

<b>TOAST</b>	<b>7</b>	<b>ABUNDACE BOWL</b>	<b>24</b>
TWO SLICES OF SOURDOUGH AND BUTTER WITH YOUR CHOICE OF JAM, HONEY, OR VEGEMITE		SPINACH, PARMESAN AND SUNDRIED TOMATO FRITTERS WITH BACON, GRILLED HALLOUMI, HEMP SEEDED AVOCADO, KEHOE'S ORGANIC KIMCHI AND POACHED EGGS	
<b>FRUIT AND NUT TOAST</b>	<b>+1.50</b>	K, GF	
<b>GLUTEN FREE TOAST</b>	<b>+2</b>		
<b>BERRY PARFAIT</b>	<b>16</b>	<b>SMASHED AVOCADO</b>	<b>22</b>
GREEK YOGHURT, BERRY COMPOTE, HOUSE GRANOLA, FRESH RASPBERRIES AND DOUBLE CREAM		AVOCADO, CHERRY TOMATOES, RADISH, CHIVES AND PERSIAN FETA ON SOURDOUGH TOAST WITH BEETROOT HOMOUMUS	
V, K, GF		V, VGO	
<b>PORRIDGE</b>	<b>17</b>	<b>GFO</b>	<b>+2</b>
BROOKVALE FARM OATS SERVED WITH APPLE AND RHUBARB COMPOTE, TWEED VALE DOUBLE CREAM AND TOASTED NUTS		<b>PUMPKIN PATCH</b>	<b>24</b>
V, VGO, GF		ROASTED PUMPKIN, SUN-DRIED TOMATO PESTO, RADISH, CHIVES AND PERSIAN FETA ON SOURDOUGH TOAST WITH POACHED EGGS, CRISPY KALE AND DUKKAH	
<b>EGGS YOUR WAY</b>	<b>10</b>	V, VGO	
SERVED ON SOURDOUGH TOAST		<b>GFO</b>	<b>+2</b>
<b>GFO</b>	<b>+1</b>	<b>SHAKSHUKA EGGS</b>	<b>22</b>
<b>SIDES</b>		EGGS BAKED IN A TOMATO AND RED PEPPER SAUCE WITH CANNELLINI BEANS, CHORIZO, PERSIAN FETA AND TOASTED PITA	
TOMATO RELISH	<b>+50c</b>	GFO	
EXTRA TOAST, EXTRA EGG	<b>+2 EACH</b>	<b>FIELD MUSHROOMS</b>	<b>23</b>
ROASTED TOMATO, AVOCADO, BABY SPINACH, MUSHROOM	<b>+4 EACH</b>	ROASTED MUSHROOMS, CAULIFLOWER AND TURMERIC PUREE, PERSIAN FETA, PROSCIUTTO, POACHED EGGS, CRISPY KALE AND BRIOCHE CRUMB	
BACON, PORK CHIPOLATAS, CHORIZO, SALMON, HALLOUMI	<b>+5 EACH</b>	VO, GFO	
<b>BACON AND EGG ROLL</b>	<b>16</b>	<b>BIG VEGAN BOWL</b>	<b>22</b>
BACON, EGG, SMOKED CHEDDAR, TOMATO RELISH AND GREENS ON A TOASTED MILK BUN		QUINOA, SAUTEED KALE, BEETROOT HOMOUMUS, ROAST PUMPKIN, TOFU, AVOCADO AND KEHOE'S ORGANIC KIMCHI	
VO		V VG GF	
<b>GFO</b>	<b>+2</b>	<b>HOTCAKES</b>	<b>18</b>
<b>FULL SPREAD</b>	<b>26</b>	SERVED WITH VANILLA ICE-CREAM, STRAWBERRY COULIS, SEASONAL FRUIT AND MAPLE SYRUP	
EGGS YOUR WAY ON SOURDOUGH TOAST WITH BACON, PORK CHIPOLATA, CHORIZO, ROASTED TOMATO, MUSHROOM AND AVOCADO		V	
<b>GFO</b>	<b>+1</b>	<b>GFO (BUCKWHEAT PANCAKES)</b>	<b>+1</b>
<b>BREAKFAST HASH</b>	<b>24</b>	<b>VGO (BUCKWHEAT PANCAKES + COCONUT ICE-CREAM)</b>	<b>+2</b>
BACON, KALE, CARAMELISED ONION AND BRUSSEL SPROUT HASH WITH FRIED EGGS, SUN-DRIED TOMATO PESTO, AND BACON GRANOLA			
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, OLIVES, CHEESES, AND BREAD

GFO

36

+2

### TRIO OF DIPS

A SELECTION OF DIPS WITH GRILLED PITA

GFO

15

+2

## LUNCH

FROM 11:30

### CHEESE BURGER

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

GFO

BUNLESS (WITH AVOCADO)

23

+2

NO EXTRA CHARGE

### VEGGIE BURGER

CHICKPEA AND CARROT PATTY, GUACAMOLE, ROAST MUSHROOM, SPINACH AND KEHOE'S ORGANIC KIMCHI ON A TOASTED CIABATTA ROLL WITH A SIDE OF NACHOS

V, VGO

GFO

BUNLESS (WITH AVOCADO)

23

+2

NO EXTRA CHARGE

### BRAINPOWER SALAD

RAW KALE, GRILLED CHICKEN, ROASTED TURMERIC CAULIFLOWER, RED ONION AND CASHEW WITH PARMESAN TAHINI DRESSING

VO, K, GF

24

### RANCH BOWL

GRILLED CHICKEN, BACON, HALLOUMI, TOMATO, CUCUMBER, HEMP SEEDED AVOCADO, MIXED SALAD LEAF, HOUSE MADE RANCH DRESSING AND A POACHED EGG

K, GF

24

### STEAMED BUNS

HOISIN AND GINGER PORK BELLY, PICKLED CARROT AND RED ONION, CUCUMBER AND SRIRACHA MAYO ON STEAMED BAO BUNS

16

### PRAWN LAKSA

HOUSE MADE MALAYSIAN LAKSA SERVED WITH RICE NOODLES, PRAWNS, TOFU PUFFS, BEAN SHOOTS, FRESH LIME AND CHILLI

26

### RUEBEN SANDWICH

PULLED PORK, SWISS CHEESE, PURPLE SAUERKRAUT, PICKLES AND RUSSIAN DRESSING ON A TOASTED CIABATTA ROLL

GFO

15

+2

### THE BIG BIRD

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

GFO

14

+2

### THE ROAMING CHOOK

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

GFO

13

+2

### THE VEGGIE PATCH

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

13

SEE STAFF FOR SOUP, CURRY, AND PIE OF THE WEEK

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

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## ALCOHOLIC

### CIDER

**SIDEWOOD APPLE OR PEAR 5% - 330ML** 8.50  
ADELAIDE HILLS, SA

### BEER

**COOPERS PREMIUM LIGHT 2.9% - 375ML** 7.50  
ADELAIDE, SA  
AN ALL MALT BREW WITH NO ADDED SUGAR, OUR GOLDEN HUED LIGHT HAS A FRESH AROMA, WITH CLEAN FLORAL HOP NOTES AND AN EXCELLENT HEAD.

**MATSO'S GINGER BEER - 3.5% - 330ML** 8.50  
BROOME, WA  
BORN OUT OF WA'S KIMBERLEY AND NOW SHARED ACROSS THE COUNTRY, MATSO'S ALCOHOLIC GINGER BEER IS THE PERFECT WAY TO ESCAPE THE ORDINARY.

**SWELL GOLDEN ALE 4.5% - 330ML** 9.00  
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** 8.00  
ADELAIDE, SA  
THIS BEER IS A DEEP GOLDEN COLOUR AND POURS WITH A GENEROUS LEVEL OF FOAM. TO UNLOCK ITS FULL FLAVOUR POTENTIAL, MAKE SURE TO ROLL BEFORE POURING. NO ADDITIVES. NO PRESERVATIVES.

**PIRATE LIFE PALE ALE 5.4% - 355ML** 9.00  
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.

### SPARKLING WINE

	GLASS	BOTTLE
<b>TEMPUS 2</b> BLANC DE BLANC ADELAIDE HILLS, SA	8	28

### WHITE WINE

	GLASS	BOTTLE
<b>SIDEWOOD</b> SAUVIGNON BLANC ADELAIDE HILLS, SA	8.50	32

<b>TIM GRAMP</b> RIESLING CLARE VALLEY, SA		32
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<b>HUGO</b> CHARDONNAY MCLAREN VALE, SA	9	34
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### RED WINE

	GLASS	BOTTLE
<b>CHARLES MELTON</b> FATHER IN LAW SHIRAZ BAROSSA VALLEY, SA	10	38

<b>HITHER &amp; YON</b> TEMPRANILLO MCLAREN VALE, SA		34
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<b>BLEASDALE</b> MULBERRY TREE CABERNET SAUVIGNON LANGHORNE CREEK, SA		35
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