

# motherduck

## COFFEE

(SERVED AT 60-62 DEGREES UNLESS OTHERWISE REQUESTED)

ESPRESSO, RISTRETTO	3
LONG BLACK	3.50
MACCHIATO, PICCOLO	3.70
LATTE, CAPPUCCINO, FLAT WHITE, MOCHA, SPICED CHAI, TURMERIC LATTE	4

## EXTRAS

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

ICED COFFEE	6
ADD ICED CREAM	+2

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

TEA CATCHER TEAS	3.50
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CHAI, ENGLISH BREAKFAST, EARL GREY, JASMINE, OOLONG, PEPPERMINT

GROUNDLED PLEASURES HOT CHOCOLATE	4
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CHOCOLATE, MINT CHOCOLATE, ORANGE CHOCOLATE

AVAILABLE AS ICED CHOCOLATE	+2
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HEALTHY CHEF NAKED MYLK CHOCOLAT	4.50
SUGAR FREE, GLUTEN FREE, DAIRY FREE, SOY FREE, NON GMO	

MILKSHAKES	LARGE - 7.50	KIDS - 4.50
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VANILLA, CARAMEL  
FRESH STRAWBERRY, FRESH BANANA  
CHOCOLATE

## SIMPLE JUICERY

6.50

AUSTRALIAN ORANGE  
100% SQUEEZED ORANGES

PRESSED APPLE  
100% PRESSED APPLES

DARK HEART  
APPLE, BEETROOT, PURPLE CARROT, GINGER, LEMON

GLOW BRIGHT  
APPLE, CARROT, GINGER, LEMON, TURMERIC

SMOOTHIES	9.50
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ENERGY HIT  
BERRIES, BANANA, ALMOND MILK, DATES

GREEN MACHINE  
SPINACH, PINEAPPLE, APPLE JUICE

MAGICAL MANGO  
MANGO, BANANA, GREEK YOGHURT, ORANGE JUICE

KETO 1.0  
ALMOND MILK, AVOCADO, MCT OIL, CHOCOLATE PROTEIN, ALMOND  
BUTTER, SWEETENER

CHOC NUT PROTEIN  
CHOCOLATE PROTEIN, ALMOND MILK, BANANA, PEANUT BUTTER

REMEDY KOMBUCHA	5
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MIXED BERRY  
GINGER LEMON  
RASPBERRY LEMONADE  
MANGO PASSION

ANTIPODES SPARKLING	500ML - 5	1L - 7
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COKE, COKE ZERO	4.50
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## BRUNCH

ALL

<b>TOAST</b>	<b>7</b>	<b>CORN FRITTERS</b>	<b>20</b>
TWO SLICES OF SOURDOUGH AND BUTTER WITH YOUR CHOICE OF JAM, HONEY, OR VEGEMITE		SWEET CORN FRITTERS, AVOCADO AND LIME PUREE, BLACK BEAN SALSA, CASHEW CREAM CHEESE	
<b>FRUIT AND NUT TOAST</b>	<b>+1.50</b>	V, VG	
<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, DOUBLE CREAM		AVOCADO, CHERRY TOMATOES, RADISH, CHIVES, PERSIAN FETA ON SOURDOUGH TOAST WITH BEETROOT HOMMUS	
V, K, GF		V, VGO, GFO	
<b>EGGS YOUR WAY</b>	<b>10</b>	<b>PUMPKIN PATCH</b>	<b>27</b>
SERVED ON SOURDOUGH TOAST		ROASTED PUMPKIN, SUNDRIED TOMATO PESTO, RADISH, CHIVES AND PERSIAN FETA ON SOURDOUGH TOAST WITH POACHED EGGS, CRISPY KALE, DUKKAH	
GFO		V, VGO, GFO	
<b>SIDES</b>		<b>TURKISH EGGS</b>	<b>20</b>
TOMATO RELISH	<b>+50c</b>	GRILLED FLATBREAD, SUNDRIED TOMATO PESTO, HERBED YOGHURT, CHORIZO, FRIED EGGS, BURNT CHILLI BUTTER, SESAME SEEDS	
EXTRA TOAST, EXTRA EGG	<b>+2 EACH</b>	VO	
ROASTED TOMATO, AVOCADO, BABY SPINACH, MUSHROOM	<b>+4 EACH</b>	<b>LEMON AND POPPY SEED PANCAKES</b>	<b>16</b>
BACON, PORK CHIPOLATAS, CHORIZO, SALMON, HALLOUMI	<b>+5 EACH</b>	WITH COCONUT ICE-CREAM, BERRY COULIS, SEASONAL FRUITS, MAPLE SYRUP	
<b>BACON AND EGG ROLL</b>	<b>17</b>	V, VG, GF	
BACON, EGG, SMOKED CHEDDAR, TOMATO RELISH, GREENS ON A TOASTED MILK BUN		<b>KO (ADD TWEEDVALE DOUBLE CREAM)</b>	<b>+2</b>
VO, GFO			
<b>FULL SPREAD</b>	<b>26</b>		
EGGS YOUR WAY, BACON, PORK CHIPOLATA, CHORIZO, ROASTED TOMATO, MUSHROOM, AVOCADO, TOASTED SOURDOUGH			
GFO			
<b>ABUNDANCE BOWL</b>	<b>26</b>		
SPINACH, PARMESAN AND SUNDRIED TOMATO FRITTERS, BACON, HALLOUMI, HEMP SEEDED AVOCADO, KEHOE'S ORGANIC KIMCHI, POACHED EGGS			
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. KO - KETO OPTION AVAILABLE

GF - GLUTEN FREE GFO - GLUTEN FREE OPTION AVAILABLE



## SHARE PLATTERS

FROM 11:30

### DUKKAH AND OLIVES

PENINSULA PROVIDORE OLIVE OIL, DUKKAH, OLIVES, TOASTED SOURDOUGH  
GFO

14

+2

### TRIO OF DIPS

A SELECTION OF DIPS WITH GRILLED PITA  
GFO

15

+2

## LUNCH

FROM 11:30

### HAWAIIAN TUNA POKE BOWL

SASHIMI TUNA, QUINOA, AVOCADO, EDAMAME, CUCUMBER, MANGO, SPRING ONION, PICKLED GINGER, WAKAME, SESAME SEEDS, LIME AND SOY DRESSING  
GF

25

### DUCK CAESAR SALAD

SMOKED DUCK BREAST, BABY COS, PARMESAN CRISPS, BACON, WHITE ANCHOVIES, POACHED EGG, CAESAR DRESSING  
K, GF

26

### MOROCCAN SALAD

MIXED GREENS, FRESH MINT, CORIANDER, GRILLED CHICKEN, PEARL COUS-COUS, ROASTED VEGETABLES, FETA, TOASTED PINE NUTS, LEMON, HONEY AND SMOKED PAPRIKA DRESSING  
VO

22

### CHEESE BURGER

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

23

GFO

+2

BUNLESS (WITH AVOCADO)

NO EXTRA CHARGE

### VEGGIE BURGER

CHICKPEA AND SWEETCORN PATTY, APRICOT AND MANGO CHUTNEY, TOMATO, RED ONION, AVOCADO, SALAD LEAF ON A TOASTED BUN WITH A SIDE OF NACHOS  
V, VG

23

GFO

+2

BUNLESS (WITH AVOCADO)

NO EXTRA CHARGE

### THE BIG BIRD

TURKEY, CARAMELISED ONION, HALLOUMI, ROASTED CAPSICUM, ZUCCHINI, AVOCADO, BABY SPINACH ON A TOASTED PANINI  
GFO

14

+2

### THE ROAMING CHOOK

CHICKEN, BRIE, MANGO AND PEACH CHUTNEY, GREENS ON A TOASTED PANINI

13

GFO

+2

### THE VEGGIE PATCH

ROASTED PUMPKIN, CAPSICUM, EGGPLANT, SUNDRIED TOMATO, TAPENADE, AVOCADO, ALFALFA ON A TOASTED PANINI

13

V, VG

GFO

+2

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GF - GLUTEN FREE GFO - GLUTEN FREE OPTION AVAILABLE

## ALCOHOLIC

### CIDER

**SIDEWOOD APPLE OR STRAWBERRY 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.

**PIRATE LIFE SOUR - 3.5% - 375ML** 9  
HINDMARSH, SA  
THIS MID-STRENGTH ACAI AND PASSIONFRUIT SOUR IS BRIGHT, TART AND REFRESHING.

**SWELL GOLDEN ALE 4.5% - 330ML** 9  
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  
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 EASY ALE 4.5% - 375ML** 9  
HINDMARSH, SA  
A LIGHT AND REFRESHING ALE - IDEAL FOR THE LAGER DRINKER LOOKING TO TRY SOMETHING NEW.

### GIN

**APPLEWOOD - ADELAIDE HILLS** 11  
STRANGE LOVE TONIC WATER, JUNIPER BERRIES

**ROKU - JAPAN** 11  
STRANGE LOVE TONIC WATER, CUCUMBER

**78 DEGREES SUNSET - ADELAIDE HILLS** 11  
STRANGE LOVE TONIC WATER, STRAWBERRIES, THYME

### SPARKLING WINE

	GLASS	BOTTLE
<b>SIDEWOOD</b>	9	38
SPARKLING PINOT NOIR ADELAIDE HILLS, SA		

### WHITE WINE

	GLASS	BOTTLE
<b>GOLDEN CHILD</b>	9	40
ROSE KUITPO, SA		

<b>HEATH &amp; CO</b>	8.50	36
TEMPRANILLO ROSE FINNISS, SA		

<b>LOBETHAL ROAD</b>	8.50	36
SAUVIGNON BLANC ADELAIDE HILLS, SA		

<b>WILLOWS</b>		29
RIESLING BAROSSA VALLEY, SA		

<b>FIRST DROP</b>	9	38
MERE ET FILS CHARDONNAY ADELAIDE HILLS, SA		

### RED WINE

	GLASS	BOTTLE
<b>HEATH &amp; CO</b>	9	38
SHIRAZ FINNISS, SA		

<b>HEATH &amp; CO</b>	9	38
TEMPRANILLO FINNISS, SA		