

JUNE 2025

FLAMES



MENU

BREAKFAST & LUNCH

OPENING HOURS

7.00am/2pm Mon - Fri
7.30am/2pm Sat - Sun

MORNING DELIGHTS

- V CONTINENTAL** 22.00
A choice of either toast / bagel / croissant with a variety of spread, cereal, fruit salad, yoghurt and juice
- GF GRANOLA BOWL** 21.00
Our own home made granola with nuts, toasted super seeds, served with coconut yoghurt and seasonal fruits
- BLUEBERRY PANCAKES** 23.00
Delicious, fluffy pancakes served with maple syrup and whipped cream.

V - Vegetarian
GF - Gluten Free
DF - Dairy Free



LOCAL FAVOURITE

- THE BIG BREAKFAST** 29.00
2 free range eggs, bacon, sausage, tomato, mushrooms, spinach, hash brown and ciabatta toast. Veggie option includes plant based sausages and halloumi.

COOKED BREAKFASTS

- EGGS YOUR WAY** 17.50 V
2 free range eggs cooked the way you like them (poached, fried or scrambled) served with toast. GF toast available
- EGGS BENEDICT** 23.50 V
Served on an english muffin with spinach, soft poached eggs topped with hollandaise sauce. Add Salmon, Bacon or Halloumi for 4.50 -GF available
- MUSHROOMS ON TOAST** 21.00 V
Delicious mushrooms cooked in a creamy sauce and served on ciabatta. GF available
- OMELETTE** 22.50 GF
A fluffy 3-egg omelette, cooked with savoury ham and melted cheese for a classic, satisfying meal

SALADS



- FLAMES ROASTED BROCCOLI CEASAR SALAD** 21.00
Served with a poached egg. Add chicken - \$8 Add bacon - \$8
- GREEN PEA FALAFEL** 23.50
Served with smoked hummus, herb salad & vinaigrette



LUNCH

- SOUP OF THE DAY** 16.00
Ask your friendly waiter about our soup of the day. Served with bread
- SEAFOOD CHOWDER** 22.50
Savour our rich and creamy chowder. A comforting classic. Served with bread.
- BRIE FOCACCIA MELT** 23.50
Served with red cabbage bolognaise
- BACON AND BRIE FOCACCIA MELT** 23.50
Warm foccacia filled with melted brie and bacon
- BLT SANDWICH** 19.50
Our BLT sandwich combines crispy bacon, fresh lettuce and ripe tomatoes, served on ciabatta and served with fries. GF available
- OPEN BRISKET SANDWICH** 23.50
Our slow cooked beef brisket served on ciabatta with lettuce, chef's slaw, fries and a touch of whiskey gravy
- **We strive to accommodate food sensitivities; however, if you have severe allergies, please inform our staff.**

STAFF FAVOURITES



- BURGER** 32.50
CHICKEN / BEEF / VEGGIE
Indulge in our hand-crafted Burger, and topped with bacon, cheese, egg, fresh lettuce, tomato, beetroot, onion and aioli. Served on a toasted bun with fries for a satisfying bite.
- Bin the Bun** - All the above ingredients (bar the bun) and served with fries
- FISH AND CHIPS** 29.00
Dive into our fish and chips, featuring flaky, battered fish of the day and paired with tartare sauce and chips

SIDES

- FRIES** \$12
WEDGES \$12