

HOT DRINKS

	MEDIUM	LARGE	MUG
AMERICANO	\$ 5.0	-	-
SHORT BLACK	\$ 5.0	-	-
LONG BLACK	\$ 5.0	-	-
LATTE	\$ 5.5	\$ 6.0	\$ 6.5
FLAT WHITE	\$ 5.5	\$ 6.0	\$ 6.5
CAPPUCCINO	\$ 5.5	\$ 6.0	\$ 6.5
MOCHACCINO	\$ 6.0	\$ 6.5	\$ 7.0
CHAI LATTE	\$ 6.0	\$ 6.5	\$ 7.0
DIRTY CHAI	\$ 6.0	\$ 6.5	\$ 7.0
HOT CHOCOLATE	\$ 6.0	\$ 6.5	\$ 7.0

BREAKFAST TEA	\$ 5.0
EARL GREY TEA	\$ 5.0
HERBAL TEAS	\$ 5.0

COLD DRINKS

COKE / SPRITE / L&P	\$ 4.5
SODA / TONIC WATER	\$ 4.5
LEMON LIME BITTERS	\$ 5.0
PEACH ICED TEA	\$ 4.5
GINGER BEER	\$ 5.5
JUICES	\$ 6.0
ICED COFFEE	\$ 8.0
MILKSHAKE	\$ 9.5
SMOOTHIE	\$ 12.0

ALL DAY BREAKFASTS

THE BIG BREAKFAST GFA \$ 29.00

2 eggs, bacon, sausage, mushrooms, tomato, spinach, hash brown, ciabatta.

EGGS YOUR WAY V / GFA \$ 15.00

2 eggs poached, fried or scrambled.

EGGS BENEDICT V / GFA \$ 23.50

2 poached eggs, hollandaise, spinach.

OMELETTE GF \$ 22.50

3 eggs, ham, cheese.

MUSHROOMS ON TOAST V / GFA \$ 21.00

Creamy mushrooms, artisan bread.

EXTRAS:

+ egg	\$2.50	+ salmon	\$8.00
+ bacon	\$4.50	+ tomato	\$4.00
+ sausage	\$6.00	+ rosti	\$2.00
+ mushroom	\$6.00	+ hash browns	\$5.00

BLUEBERRY PANCAKES V \$ 23.00

Pancakes, maple syrup, cream.

CONTINENTAL V \$ 22.00

Toast, bagel or croissant, spreads, cereal, fruit salad, yoghurt, juice.

GRANOLA V / GFA \$ 21.00

Homemade granola, coconut yoghurt, fruit, toasted nuts & seeds.

V/VA = *veggie / veggie option available*

GF/GFA = *gluten free / gluten free available*

FLAMES

Mon to Fri: 7am - 2pm Sat to Sun: 7.30am - 2pm

SEAFOOD CHOWDER \$ 22.50

Served with toasted bread.

HULI HULI CHICKEN SALAD \$ 26.50

Pineapple, crackling, lemon & vinaigrette

CRISPY SQUID SALAD \$ 24.50

Cucumber, carrot, bok choy, spinach & tandoori dressing

CUBAN REUBEN SANDWICH \$ 24.50

Smoked pork, swiss cheese, home baked bread & mustard mayo

BACON & BRIE MELT VA \$ 23.50

Melted brie, bacon, focaccia bread, fries.

BLT SANDWICH GFA \$ 19.50

Bacon, lettuce, tomato, ciabatta bread, fries.

FISH & CHIPS \$ 29.50

Battered dory, chips, salad & tartare sauce.

BURGER & FRIES GFA \$ 32.50

Beef or chicken burger with bacon, beetroot, cheese & fried egg