

# 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
ALL TEAS:	\$ 5.0		
HERBAL TEAS			
EARL GREY TEA			
ENGLISH BREAKFAST			

# 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

# FLAMES

## BREAKFAST

7:30-11:30 AM

### SMASHED AVOCADO V / GFA \$27.00

With poached egg, baked feta, sprinkled with dukkah and a drizzle of chili oil on house-made artisan bread.

*Add Smoked Salmon + \$8*

*Add bacon + \$4.50*

### EGGS YOUR WAY V / GFA \$16.00

2 free-range eggs poached, fried or scrambled, served with two slices of artisanal ciabatta bread.

### TURKISH EGGS V / GFA \$23.00

Free-range poached eggs on a bed of creamy dill and lemon Greek yoghurt, drizzled with chili oil and served with toasted artisanal ciabatta bread.

### FRENCH TOAST V \$25.00

Thick slices of brioche bread, lemon mascarpone cream, rhubarb compote, crumble and crème Anglaise.

### FLAMES BIG BREAKFAST \$30.00

Sausage, grilled mushroom, wilted spinach, two free-range eggs - cooked your way, bacon, house-made tomato chutney, hash-browns and artisanal ciabatta bread.

### VEGETARIAN BIG BREAKFAST V \$30.00

Served with vegetarian italian herb sausages, grilled mushrooms, wilted spinach two eggs - cooked your way, house made tomatoe relish, baked feta, hash brown and toasted ciabatta bread.

### GRANOLA GF \$22.50

Granola, coconut yoghurt, poached fruit, toasted nuts & seeds.

#### 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
+ Hollandaise	\$3.00		

## LUNCH MENU

11:30 AM - 2PM

### MEDETERIANIAN FOCACCIA VA \$ 26.00

House-made focaccia topped with balsamic glaze, wild rocket, creamy brie cheese, tomatoes and prosciutto, served with a side of fries.

### BLT SANDWICH GFA \$ 21.00

Bacon, lettuce, tomato, ciabatta bread, fries.

### FISH & CHIPS \$ 29.50

Battered dory, chips, salad & housemade tartare sauce.

### SEAFOOD CHOWDER \$ 23.00

Prawns, dory fish, mussels and squid, in a seafood velouté sauce. Served with warm, ciabatta bread.

### CRISPY SQUID SALAD \$ 25:00

With chiffonade-cut salad leaves, seasonal vegetables topped with a fresh dill and lemon yoghurt dressing.

### FISH BURGER \$ 29.50

Tempura-fried dory fish with house made tartar sauce, brioche bun, salad, tomato, onion and cheese, served with fries.

### CHICKEN BURGER \$ 32.50

Chicken, Bacon, beetroot, salad, cheese and fried egg, served on a brioche bun with fries.

### OPEN PHILLY STEAK SANDWITCH GFA \$ 25.50

Ciabatta pocket stuffed with tender beef rump, cheese, jalapeños and onion gravy.

### ROASTED CHICKPEA SALAD V/GFA \$ 24.00

Chiffonade-cut salad leaves, seasoned vegetables, roasted chickpeas, baked feta, dukkah, chilli oil, sliced beetroot and lemon vinaigrette.

V/VA = veggie / veggie option available

GF/GFA = gluten free / gluten free available