



VEGETARIAN CURRIES

CURRIED TOFU (V/VG/GF)* **\$24.90**
organic tofu cooked in curry sauce

MEAT CURRIES

BUTTER CHICKEN (GF) **\$24.90**

traditional Indian butter chicken

CHICKEN MASALA (GF) **\$24.90**

BEEF ROGAN JOSH (GF) **\$24.90**

BEEF VINDALOO **\$24.90**

SEAFOOD CURRIES

PRAWN VINDALOO **\$28.90**

PRAWN CURRY **\$28.90**

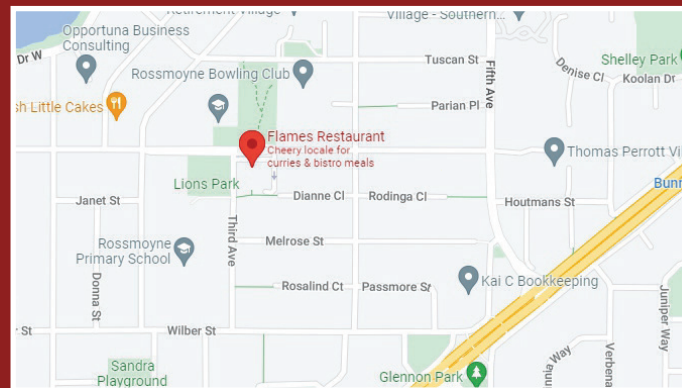
RICE

BASMATI RICE **\$5.90**

PAPADAMS (1pc) **\$0.50**

EGG FRIED RICE **\$16.90**

rice, egg, vegetable, soy sauce



SEE OUR WEBSITE FOR MENUS
www.flamesrestaurant.com.au

Make Your Booking for

PRIVATE FUNCTIONS, WEDDINGS,
BIRTHDAYS, SPECIAL OCCASIONS



Please note that while we will endeavour to accommodate special requests due to food allergies, we cannot guarantee, completely allergy free meals. This is due to the potential of trace allergens in the working environment and supplied ingredients.



08 9259 5555
OPENING HOURS:

Tuesday

7:00am-2:00pm

Wednesday - Saturday

7:00am-2pm & 5pm-8pm

Sunday 7:00am-2pm

MONDAY CLOSED

7/55 Central Rd, Rossmoyne
WA 6148, Australia

Specials are available every day
please check with staff when ordering

Our food contains nuts or traces of nuts,
so please let us know if you have any food allergies.

BREAKFAST

EGGS ON TOAST \$15.90

2 poached/scrambled or fried
free-range eggs, toasted sourdough

CHILLI SCRAMBLED \$23.90

Scrambled eggs, chilli spices,
cherry tomato, spinach, chilli mayo, fried
shallot, paprika, toasted sourdough

AVO-MASH \$26.90

Smashed avocado, 2 poached free-range
eggs, feta, nut dukkah, radish, beetroot hummus,
greens, cherry tomato & sourdough

BENEDICT \$24.90

2 poached free-range eggs, grilled
bacon, cherry tomato, greens, hollandaise
sauce, sweet paprika & sourdough

HAM & CHEESE OMELETTE \$23.90

with sourdough toast

SMOKED SALMON DELIGHT \$29.90

2 poached eggs, smoked salmon,
avocado, cherry tomato, hollandaise sauce,
sweet paprika, toasted sourdough

BIG BREAKFAST \$29.90

(vegetarian option available)

2 fried free-range eggs, toasted
sourdough, bacon, mushrooms, grilled
sausages, homemade hash brown &
grilled tomato

COCONUT TURMERIC TOFU (Vegan) \$19.90

Turmeric, ginger, onion, tofu, mushrooms,
tomato, greens & sourdough

PORRIDGE POT \$19.90

Rolled wholemeal oats cooked in milk,
seasonal fruit, honey

GRANOLA BOWL \$19.90

Oven roasted nuts, seeds, coconut,
dry fruit, fresh seasonal fruit, yoghurt,
drizzled with honey

WAFFLES \$19.90

Seasonal fruit, maple syrup, cream, ice-cream
choice of sauce (chocolate or Biscoff)

ENTRÉE

GARLIC BREAD (1slice) \$2.90

TURKISH BREAD (with homemade dip) \$16.90

ARANCINI BALLS (8PC) \$16.90

GARLIC PRAWNS with Rice \$24.90/\$38.90

Prawns cooked in creamy garlic sauce

TEMPURA CAULIFLOWER(V/VG) \$19.90/\$29.90

Tossed in soya & sesame seeds

CHICKEN CAESAR SALAD \$24.90

Chicken, bacon, cheese, lettuce, Caesar dressing,
parmesan cheese.

LUNCH

CHICKEN & AVOCADO WRAP \$23.90

tender chicken breast, avocado, salad,
garlic aioli, fries

BLT \$23.90

bacon, lettuce, tomato, tomato relish,
garlic aioli, fries

BEEF BURGER \$24.90

Onion, tomato, cheese, lettuce, garlic aioli,
tomato relish, fries

STEAK SANDWICH \$29.90

marinated grilled beef with onions,
tomatoes, tomato relish, garlic aioli &
lettuce in baby Turkish bread, fries

LUNCH or DINNER

FISH & CHIPS \$24.90

Beer battered fish, chips, garlic aioli

MUSHROOM RISOTTO (V) \$24.90

CHICKEN WOK \$24.90

PRAWN WOK \$29.90

CHICKEN RED THAI CURRY \$24.90

PENNE CARBONARA \$24.90

Penne pasta, chicken, bacon, parmesan
cheese, cream sauce

PENNE E CHORIZO \$24.90

Penne pasta, chorizo sausages, creamy tomato sauce,
parmesan cheese, olive oil

SPAGHETTI NAPOLETANA (V) \$22.90

Homemade tomato sauce, parmesan
cheese, extra virgin olive oil

SPAGHETTI BOLOGNESE \$24.90

SPAGHETTI AI FUNGI \$24.90

Creamy mushroom sauce, parmesan cheese, olive oil

PASTA DISHES

Available at dinner time only

SPINACH & RICOTTA RAVIOLI (GF) \$26.90

cooked in homemade cherry tomato sauce,
parmesan olive oil

POTATO GNOCCHI \$24.90

tossed in creamy pesto sauce, spinach, mushroom,
parmesan cheese, olive oil

GIRASOLI PASTA \$26.90

filled with mascarpone cheese, spinach,
cooked in creamy mushroom sauce

*During lunch time the Following dishes are served with
chips and salad instead of mash and veg.*

CHICKEN PARMIGIANA \$26.90

mash potatoes, steamed vegetable

CHICKEN PRAWN PARMIGIANA \$29.90

creamy sauce, grilled prawn, cheese,
mash potatoes, steamed vegetables

CHICKEN SCHNITZEL \$24.90

mash potatoes, creamy mushroom
sauce, steamed vegetable

GRILLED CHICKEN BREAST \$24.90

mash potatoes, steamed vegetable, chicken jus

STUFFED CHICKEN BREAST \$36.90

stuffed with avocado and three cheese mix,
herb risotto, steamed veg, jus

PORK FILLET SCALLOPINI \$26.90

creamy mushroom sauce, mash
potatoes, steamed vegetable

SCOTCH FILLET \$42.90

(subject to market availability)

Mash potatoes, steamed veg, red wine jus

SURF & TURF \$49.90

creamy garlic prawns, mash potatoes,
steamed veg, red wine jus

FISH OF THE DAY \$39.90

fresh fish lemon butter sauce over royal blue mash,
saute vegetable

GRILLED FISH \$34.90

lemon pepper marinated fillet, lemon butter sauce
mash potatoes, steamed vegetables

MOROCCAN LAMB CHOPS \$42.90

mash potatoes, steamed veg, jus