

## VEGETARIAN CURRIES

**CURRIED TOFU (V/VG/GF)\*** **\$22.90**  
organic tofu cooked in curry sauce

## MEAT CURRIES

**BUTTER CHICKEN (GF)** **\$22.90**

traditional Indian butter chicken

**CHICKEN MASALA (GF)** **\$22.90**

**BEEF ROGAN JOSH (GF)** **\$22.90**

**BEEF VINDALOO** **\$22.90**

## SEAFOOD CURRIES

**PRAWN VINDALOO** **\$26.90**

**PRAWN CURRY** **\$26.90**

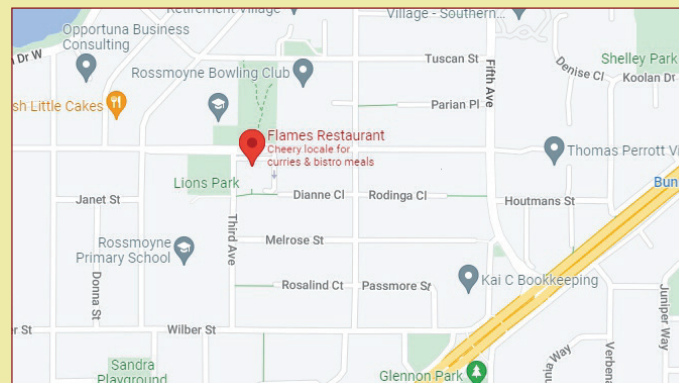
## RICE

**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](http://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.



# MENU

SET MENUS AVAILABLE ALL YOUR CATERING NEEDS

**9259 5555**

## OPENING HOURS:

Tuesday & Wednesday

7:00am-2:00pm

Thursday & Friday

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

Saturday

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

Sunday 7:00am-2pm

**MONDAY CLOSED**

7/55 Central Rd, Rossmyrne  
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 \$14.90

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

### CHILLI SCRAMBLED \$21.90

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

### AVO-MASH \$23.90

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

### BENEDICT \$23.90

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

### HAM & CHEESE OMELETTE \$22.90

with semi sourdough toast

### SMOKED SALMON DELIGHT \$28.90

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

### BIG BREAKFAST \$28.90

(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

### BUTTERMILK PANCAKES \$19.90

Maple syrup, seasonal fruit, ice-cream,  
cream, Biscoff crumb

## ENTRÉE

### GARLIC BREAD (1slice) \$2.50

### TURKISH BREAD (with homemade dip) \$14.90

### ARANCINI BALLS (8PC) \$14.90

### 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 \$21.90

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 \$23.90

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

### STEAK SANDWICH \$28.90

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

## LUNCH OR DINNER

### GLUTEN FREE PASTA available at dinner only:

Spinach & ricotta ravioli cooked  
in cherry tomato sauce \$26.90

Gnocchi tossed in creamy pesto sauce,  
spinach, mushroom, broccoli, cherry tomato \$26.90

### FISH & CHIPS \$22.90

Beer battered fish, chips, garlic aioli

### PENNE CARBONARA \$22.90

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

### PENNE BROCCOLETTI (V) \$22.90

Penne pasta, broccoli, creamy pesto  
sauce, parmesan cheese, virgin olive oil base

### SPAGHETTI NAPOLETANA (V) \$22.90

Homemade tomato sauce, parmesan  
cheese, extra virgin olive oil

### SPAGHETTI BOLOGNESE \$22.90

### MUSHROOM RISOTTO (V) \$24.90

### CHICKEN WOK \$22.90

### PRAWN WOK \$26.90

### CHICKEN RED THAI CURRY \$22.90

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

### CHICKEN PARMIGIANA \$24.90

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

### PORK FILLET SCALLOPINI \$24.90

creamy mushroom sauce, mash  
potatoes, steamed vegetable

### SCOTCH FILLET \$42.90

(subject to market availability)

Mash potatoes, steamed veg, red wine jus

### SURF & TURF \$46.90

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

### FISH OF THE DAY \$39.90

topped with homemade tomato &  
pepper salsa, mash potatoes, steamed veg

### GRILLED FISH \$32.90

lemon pepper marinated fillet, tomato  
& pepper salsa, mash potatoes, steamed vegetables

### MOROCCAN LAMB CHOPS \$41.90

mash potatoes, steamed veg, jus