

# Appetizers

## TASTING PLATE

Check with staff

**GARLIC BREAD** (1slice) **\$1.90**

**BRUSCHETTA** **\$14.90**

Toasted garlic bread, tomato, garlic, onion, basil, feta, olive oil

**TURKISH BREAD with homemade dip** **\$14.90**

**ARANCINI** **\$14.90**

Three cheese Arborio rice balls crumbed & fried, salad, tangy tomato sauce

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

Tossed in soya and sesame seeds served over bed of lettuce

**CHILLI PRAWNS** **\$21.90**

Grilled prawns, halloumi, avocado, salad, homemade sweet mild chilli sauce

# Main

**SCOTCH FILLET** **\$39.90**

Premium scotch Fillet (MSA), garden salad, fries, pepper or mushroom sauce (Add creamy garlic prawns \$5.90)

**FISH OF THE DAY** **\$MP**

Fresh fish over royal blue mash, sauté vegetable, lemon-butter sauce

**GRILLED FISH** **\$32.90**

Lemon pepper marinated fish fillet, royal blue mash, vegetable

**FISH & CHIPS** **\$29.90**

Beer battered fish served with chips, salad, garlic aioli, lemon

**MOROCCAN LAMB CHOPS** **\$39.90**

Moroccan spice marinated lamb chops served over mash potato and vegetable, finished with lamb jus

**PORK FILLET SCALLOPINE** **\$29.90**

Thin slices of pork fillet cooked in creamy mushroom sauce, fries, salad

**STUFFED CHICKEN BREAST** **\$34.90**

Herbs & garlic marinated free range chicken breast stuffed with avocado and halloumi cheese, herb risotto, vegetable & chicken jus

**CHICKEN SURF & TURF** **\$36.90**

Grilled free range chicken breast over homemade potato rosti, vegetable, topped with creamy garlic prawns

**GRILLED CHICKEN BREAST** **\$29.90**

Herbs & garlic marinated free range chicken breast, served with chips, salad & chicken jus

**CHICKE SCHNITZEL** **\$29.90**

Crumbed chicken, creamy mushroom sauce, fries & salad

**CHICKEN PARMIGIANA** **\$29.90**

Crumbed chicken, homemade tomato basil sauce, cheese, fries & salad

**CHICKEN PRAWN PARMIGIANA** **\$36.90**

Crumbed chicken breast, creamy sauce, grilled prawn, cheese, fries & salad

**CHICKEN RED THAI CURRY** **\$29.90**

Chicken, Asian greens enhanced with Thai flavours, steamed rice

**CHICKEN WOK** **\$29.90**

Diced chicken tossed in Asian greens, egg noodles

**GARLIC PRAWNS** **\$38.90**

Cooked in creamy garlic sauce, steamed rice

**POTATO GNOCCHI (GF)\*** **\$32.90**

Handmade gnocchi tossed in creamy pesto sauce, spinach, mushrooms, broccoli and cherry tomato

**SPINACH AND RICOTTA RAVIOLI (GF)\*** **\$32.90**

Handmade ravioli, spinach, homemade cherry tomato sauce, parmesan, olive oil

**PENNE CARBONARA** **\$29.90**

Penne pasta, chicken, bacon, cream, parmesan cheese

**PENNE BROCCOLETTI (V)** **\$29.90**

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

**SPAGHETTI BOLOGNESE** **\$29.90**

Spaghetti, beef Bolognese sauce, cheese, parsley olive oil

**SPAGHETTI NAPOLETANA (V)** **\$26.90**

Homemade tomato sauce, parmesan cheese, extra virgin olive oil

**MUSHROOM RISOTTO (V)** **\$29.90**

Arborio rice, mushrooms, parmesan cheese

**CURRIED TOFU (V/VG/GF)\*** **\$29.90**

Organic tofu cooked in curry sauce, basmati rice, pappadams

**BUTTER CHICKEN (GF)\*** **\$29.90**

Traditional Indian butter chicken, basmati rice, pappadams

**BEEF KORMA (GF)\*** **\$29.90**

Traditional Indian beef korma, basmati rice, pappadams

## Kids Menu (Kids only, under 12y.o.)

**CHICKEN NUGGETS & CHIPS** **\$14.90**

**FISH & CHIPS** **\$14.90**

**SPAGHETTI BOLOGNESE** **\$14.90**

**BUTTER CHICKEN with rice** **\$14.90**

All kids meals are served with vanilla ice-cream

## SIDE ORDERS

**Steamed vegetable** **\$9.90**

**Mash potato** **\$9.90**

**Garden salad** **\$9.90**

**Fries** **\$9.90**

\*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. We offer Gluten Free meals, however our premises are not Gluten Free.

# Desserts

**GLUTEN FREE CAKES** available, please check our cake-display fridge

<b>STICKY DATE PUDDING</b> Warm pudding creamy butterscotch sauce, vanilla ice-cream	<b>\$14.90</b>
<b>CHOCOLATE CAKE (GF)</b> Warm double chocolate cake, chocolate sauce, vanilla ice-cream	<b>\$12.90</b>
<b>CRÈME BRULEE</b> Homemade, gluten free	<b>\$9.90</b>
<b>ICE-CREAM SUNDAY</b> Vanilla ice cream, chocolate or strawberry sauce, cream, roasted nuts	<b>\$9.90</b>
<b>BANANA SPLIT</b> Banana, vanilla ice-cream, chocolate & strawberry sauce, roasted nuts, cream	<b>\$12.90</b>

# Drinks

<b>Lemon Lime &amp; Bitters</b>	<b>\$5.50</b>
<b>Lemonade</b>	<b>\$4.90</b>
<b>Coca Cola/diet/zero</b>	<b>\$4.90</b>
<b>Juices: (orange/apple/mango)</b>	<b>\$4.90</b>
<b>Milkshakes: (str/choc/spearmint/banana/vanilla/caramel)</b>	<b>\$7.50</b>
<b>Ginger Beer</b>	<b>\$5.50</b>
<b>Spider</b>	<b>\$9.90</b>
<b>Perrier water</b>	<b>\$5.50</b>
<b>Jug of Lemon Lime &amp; Bitters</b>	<b>\$20.00</b>
<b>Jug of soft drink</b>	<b>\$18.00</b>
<b>Mango Smoothie (homemade)</b>	<b>\$9.90</b>
<b>Cold Pressed Juices</b> (check variety with staff)	<b>\$MP</b>
<b>Coconut Water</b>	<b>\$4.90</b>

# Coffee/ Tea

<b>Babyccino</b>	<b>\$2.50</b>	<b>Hot Chocolate</b>	<b>\$5.00</b>
<b>Cappuccino/ Flat White/ Long Black</b>		<b>Affogato</b>	<b>\$6.90</b>
S \$4.50/ M \$5.00/ Mug \$5.50		<b>Syrup for coffee</b>	<b>\$0.60</b>
<b>Turmeric Latte</b>	<b>\$5.50</b>	Caramel/vanilla/hazelnut/honey	
<b>Matcha Latte</b>	<b>\$5.50</b>	<b>Special milk:</b>	<b>S/M: \$0.60</b>
<b>Latte</b>	<b>\$5.00</b>	Almond/ Oat /Soy/	<b>MUG: \$0.90</b>
<b>Chai Latte</b>	<b>\$5.00</b>	Lactose Free/Coconut	
<b>Short Espresso</b>	<b>\$4.50</b>	<b>Iced Latte</b>	<b>\$5.90</b>
<b>Short Macchiato</b>	<b>\$4.50</b>	<b>Iced Coffee</b>	<b>\$6.90</b>
<b>Long Macchiato</b>	<b>\$5.00</b>	<b>Iced Chocolate</b>	<b>\$6.90</b>
<b>Mocha</b>	<b>\$5.50</b>	<b>Iced Mocha</b>	<b>\$7.50</b>
<b>English Breakfast Tea</b>	<b>\$4.90</b>		
<b>100% Organic Tea:</b>	<b>\$4.90</b>		
Peppermint/ Chamomile/			
Lemon Ginger/Earl Grey/Green			

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



BYO alcohol only, Corkage charges apply \$1.50p.p.  
(NO SOFT DRINKS BYO)

We allow your own cake on your special occasion where \$1.50p.p. charges will apply



# Flames Menu



## RESTAURANT



# Dinner menu

