

AVO-MASH Smashed avocado, 2 poached eggs, crumbled feta, radish, cherry tomato, beetroot hummus, greens & sourdough	\$21.90
BENEDICT 2 poached eggs, grilled bacon, greens, radish, hollandaise sauce, sweet paprika & sourdough	\$21.90
BIG BREAKFAST (vegetarian option available) 2 fried eggs, toasted sourdough, bacon, mushrooms, grilled sausages, homemade hash brown & grilled tomato	\$26.90
CHICKEN TOASTIE Chicken, cheese, tomato, chips	\$14.90
HAM TOASTIE Ham, cheese, tomato, chips	\$14.90
TEMPURA CAULIFLOWER (V/VG) Tossed in soya and sesame seeds, served over bed of lettuce	\$19.90/\$29.90
FISH & CHIPS Beer battered fish, hot fries, garlic aioli	\$18.90/\$29.90
CHICKEN PARMIGIANA Crumbed chicken, tomato sauce, melted mozzarella, salad, fries	\$18.90/\$29.90
GARLIC PRAWNS Cooked in creamy garlic sauce, steamed rice	\$21.90/\$38.90
CHICKEN CAESAR SALAD Salad, grilled chicken breast, bacon, parmesan, herb & garlic bread	\$18.90/\$24.90
ARANCINI SALAD Three cheese Arborio rice balls, crumbed & fried, salad, tangy tomato sauce	\$18.90/\$24.90
SMOKED SALMON & AVOCADO SALAD Smoked salmon, avocado, lettuce mix, tomato, cucumber & lemon dressing	\$19.90/\$29.90
CHILLI PRAWN SALAD (very mild) Grilled prawns, grilled halloumi, avocado, lettuce, tomato, cucumber, homemade chilli sauce	\$26.90
CHICKEN & AVOCADO WRAP Tender chicken breast, avocado, lettuce mix, tomato, garlic aioli, fries	\$21.90
BLT Bacon, lettuce, tomato, tomato relish, garlic aioli, fries	\$21.90
BEEF BURGER Onion, burger bun, cheese, salad, garlic aioli, tomato relish, fries	\$21.90
STEAK SANDWICH Marinated grilled beef with onions, tomatoes, tomato relish, garlic aioli & lettuce in baby Turkish bread, fries	\$26.90
GRILLED FISH Lemon pepper marinated fish fillet, salad, fries, lemon	\$29.90
CHICKEN RED THAI CURRY Chicken, Asian greens enhanced with Thai flavours, steamed rice	\$29.90

PORK FILLET SCALLOPINE Thin slices of pork fillet cooked in creamy mushroom sauce, fries, salad	\$29.90
SPAGHETTI BOLOGNESE Spaghetti, beef Bolognese sauce, cheese, parsley, olive oil	\$29.90
PENNE CARBONARA Penne pasta, chicken, bacon, parmesan cheese, cream sauce	\$29.90
CHICKEN WOK Diced chicken tossed in Asian greens & egg noodles	\$29.90
SCOTCH FILLET Premium scotch Fillet (MSA), garden salad, fries, red wine sauce	\$39.90
MOROCCAN LAMB CHOPS Moroccan spice marinated lamb chops, salad, fries, lamb jus	\$39.90
FISH OF THE DAY Fresh fish, chips, salad, lemon-butter sauce	\$MP
MUSHROOM RISOTTO (V) Arborio rice, mushrooms, parmesan cheese	\$29.90
CURRIED TOFU (V/VG/GF) Organic tofu cooked in curry sauce, basmati rice, pappadams	\$29.90
BUTTER CHICKEN With basmati rice & pappadams	\$29.90
BEEF KORMA With basmati rice & pappadams	\$29.90

Kids Menu

Please check with staff

Desserts

GF cakes are available, please check cake-display fridge

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

Drinks

Cold Pressed Juices (check variety with staff)

Mango Smoothie (homemade)	\$9.90
Lemon Lime & Bitters	\$5.50
Lemonade	\$4.90
Coca Cola/diet/zero	\$4.90
Juices: (orange/apple/mango)	\$4.90
Milkshakes (strawberry/chocolate/spearmint/banana/caramel/vanilla)	\$7.50
Ginger Beer	\$5.50
Spider	\$9.90
Perrier water	\$5.50
Jug of Lemon Lime & Bitters	\$20.00
Jug of soft drink	\$18.00
Coconut water	\$4.90

Coffee/ Tea

Cappuccino/ Flat white/ long black
S \$4.50/ M \$5.00/ Mug \$5.50

Matcha Latte	\$5.50	Iced Late	\$5.90
Turmeric Latte	\$5.50	Iced Coffee	\$6.90
Chai Latte	\$5.00	Iced Chocolate	\$6.90
Latte	\$5.00	Iced Mocha	\$7.50
Hot Chocolate	\$5.00		
Long Macchiato	\$5.00	Iced Matcha	\$5.90
Short Macchiato	\$4.50		
Short espresso	\$4.50	Syrup for coffee: \$0.60	
Mocha	\$5.50	caramel/vanilla/hazelnut/honey	
Affogato	\$6.90	Special milk: S/M \$0.60	
Babyccino	\$2.50	Coconut/ Almond/ Mug \$0.90	
		Oat/ Lactose Free/ Soy	
English Breakfast Tea	\$4.90		
100% organic Tea:	\$4.90		
Peppermint/ Chamomile/ Green			
Lemon Ginger/ Earl Gray			

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.

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



LUNCH menu

