

AVO-MASH

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

\$23.90

BENEDICT

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

\$23.90

BIG BREAKFAST (vegetarian option available)

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

\$28.90

CHICKEN TOASTIE

Chicken, cheese, tomato, chips (add avocado \$3.90)

\$16.90

HAM TOASTIE

Ham, cheese, tomato, chips

\$16.90

FISH & CHIPS

Beer battered fish, chips, garlic aioli

\$19.90/\$29.90

CHICKEN PARMIGIANA

Crumbed chicken, tomato sauce, melted mozzarella, salad, fries

\$19.90/\$29.90

GARLIC PRAWNS

Cooked in creamy garlic sauce, steamed rice

\$24.90/\$38.90

CHICKEN CAESAR SALAD

Salad, grilled chicken breast, bacon, parmesan, herb & garlic bread

\$19.90/\$26.90

ARANCINI SALAD

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

\$19.90/\$26.90

SMOKED SALMON & AVOCADO SALAD

Smoked salmon, avocado, lettuce mix, tomato, cucumber & lemon dressing

\$21.90/\$29.90

CHICKEN & AVOCADO WRAP

Tender chicken breast, avocado, lettuce mix, tomato, garlic aioli, fries

\$23.90

BLT

Bacon, lettuce, tomato, tomato relish, garlic aioli, fries

\$23.90

BEEF BURGER

Onion, burger bun, cheese, salad, garlic aioli, tomato relish, fries

\$23.90

STEAK SANDWICH

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

\$28.90

GRILLED FISH

lemon pepper marinated fish fillet, topped with homemade tomato & pepper salsa, salad, fries

\$32.90

CHICKEN RED THAI CURRY

Chicken, Asian greens enhanced with Thai flavours, steamed rice

\$29.90

PORK FILLET SCALLOPINI

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 (subject to market availability)

Black Angus scotch Fillet, garden salad, fries, red wine sauce

\$42.90

MOROCCAN LAMB CHOPS

Moroccan spice marinated lamb chops, salad, fries, lamb jus

\$41.90

FISH OF THE DAY

Fresh fish topped with homemade tomato & pepper salsa, chips, salad

\$39.90

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

\$31.90

BEEF ROGAN JOSH

With basmati rice & pappadams

\$31.90

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

\$14.90

CRÈME BRULEE

Homemade, gluten free

\$9.90

ICE-CREAM SUNDAE

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

Freshly squeezed fruit and veg juices (check variety with staff)

Mango Smoothie (homemade)	\$9.90
Lemon Lime & Bitters	\$6.90
Lemonade	\$5.90
Coca Cola/zero	\$5.90
Juices: (orange/apple/mango)	\$5.90
Milkshakes: (str/choc/spearmint/banana/vanilla/caramel)	\$8.90
Ginger Beer	\$6.90
Spider	\$9.90
Perrier water	\$6.90
Sparkling water (750 ml)	\$9.90
Jug of Lemon Lime & Bitters	\$21.90
Jug of soft drink	\$18.00
Coconut Water	\$6.90

Coffee/ Tea

Babyccino	\$2.50	Affogato	\$7.90
Cappuccino/ Flat white	\$5.00	Iced Long Black	\$5.90
long black	\$5.00	Iced Latte	\$5.90
Latte	\$5.50	Iced Coffee (w ice-cr)	\$7.90
Chai Latte	\$5.50	Iced Chocolate	\$7.90
Turmeric Latte	\$5.90	Iced Mocha	\$8.50
Matcha Latte	\$5.90		
Hot Chocolate	\$5.50	Matcha drinks:	
Long Macchiato	\$5.50	Iced Matcha	\$6.90
Short Macchiato	\$5.00	Iced Mango Matcha	\$7.90
Short espresso	\$4.50	Iced Strawberry Matcha	\$7.90
Double espresso	\$5.00		
Mocha	\$5.90	Syrups/ decaf coffee	\$0.60
ADD \$1.00 FOR MUG		Caramel/vanilla/hazelnut/honey	
		Alternative milk:	S \$0.80
		almond/oat/soy/ L free	L \$1.00
Fresh Sticky Chai	\$6.90		
Fresh Ginger, lemon, honey Tea	\$6.50		
English Breakfast Tea	\$5.50		
100% organic Tea	\$5.50		
Peppermint/ Chamomile/ Green/ 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 \$1.90p.p.
(NO SOFT DRINKS BYO)

We allow your own cake on your special occasion where \$1.90p.p. charges will apply

Flames Menu

RESTAURANT

LUNCH menu

