

BURGERS



CHEESEBURGER BURGER IGFO 400 DOWN UNDER MEAT PATTY, CHEESE, FRIED EGG, BEETROOT, TOMATO, ONIONS,

MEAT PATTY, CHEESE, TOMATO, LETTUCE, ONIONS, PICKLE & KETCHUP & MUSTARD 17.05 SPECIAL SAUCE 16.10





BBQ IGFO



IT'S HOT 00 IGFO BURGER

MEAT PATTY, CHEESE, BACON, CAPSICUM, JALAPEÑOS, ONIONS, HOUSE CHILLI & HOUSE CHIPOTLE SAUCE 18.60

CHICKEN BURGERS

OPTION: FRIED CHICKEN OR FLAME GRILLED CHICKEN, BASTED IN HOUSE GLAZING



CHICKEN DELUXE

CHICKEN BREAST, CHEESE, LETTUCE, TOMATO & HOUSE CHIPOTLE SAUCE



DBL CHICKEN DELUXE

DOUBLE CHICKEN BREAST, DOUBLE CHEESE, LETTUCE, TOMATO & HOUSE CHIPOTLE SAUCE



BUFFALO CHICKEN

FRIED CHICKEN BREAST COATED IN BUFFALO SAUCE, COLESLAW, CHEESE

D' BIG GLEN RANGE



E-I-E-I-0 MEAT PATTY, DOUBLE CHEESE, CHICKEN BREAST, BACON, ONIONS, TOMATO, LETTUCE & SPECIAL SAUCE 26.6



THE BIG GLEN DOUBLE MEAT PATTY, DOUBLE CHEESE, BACON, ONIONS & SPECIAL SAUCE

23.6



CHEESEBURGER TRIPLE MEAT PATTY, TRIPLE CHEESE, LETTUCE, TOMATO, ONIONS, PICKLE & SPECIAL SAUCE

GOURMET RANGE



PORK BELLY BURGER

GRILLED PORK BELLY IN HOUSE GLAZING, COLESLAW & SRIRACHA MAYO 24 0

VEGGIE BURGERS



HAWAIIAN GFOIV VEGGIE

VEGGIE PATTY, GRILLED PINEAPPLE, LETTUCE & SRIRACHA MAYO 17.0



VEGGIE GFOIV CHEESEBURGER

VEGGIE PATTY, CHEESE, TOMATO, LETTUCE, ONIONS, PICKLE, KETCHUP & MAYO 18.0



SMOKEY GFO TRUFFLE

GRILLED ONIONS, MIX LETTUCE, PARMESAN, FLAMED GRILLED DOUBLE MEAT PATTY & TRUFFLE SAUCE



BLAZE

GRILLED ONIONS IN HOUSE GLAZING, PICKLE, CHEESE, BACON, FLAME GRILLED DOUBLE MEAT PATTY & SPECIAL SAUCE 24.0

ADD ON SIDE OF CHIPS \$4.0

BURGERS, CHARDOGS & WRAPS SWAP CHIPS TO ONION RINGS, SWEET POTATO OR WEDGES FOR AN EXTRA \$2.5

FL MING GRILL

GRILLED WITH OUR HOUSE-MADE BASTING, SERVED WITH CHIPS & COLESLAW



HALF & HALF COMBO-BEEF RIBS 1/2 RACK & PORK RIBS 1/2 RACK 59.95

BEEF RIBS - FULL RACK 64.95 PORK RIBS - FULL RACK 54.95 BEEF RIBS - HALF RACK 39.95 PORK RIBS - HALF RACK 34.95

'PORK BELLY 390G 37.95

SLIDER TRIO

SERVED WITH ONION RINGS & CHIPS 27.95



IT'S HOT CHEESEBURGER BBO BURGER 400 BACO

CHICKEN DUO SERVED W/ CHIPS



CHICKEN BBO DELUXE CHICKEN

CHARDOGS



SRIRACHA / HOTDOG, MINCED MEAT, CHEESE & SRIRACHA MAYO

SOMBRERO HOTDOG, MINCED MEAT, CHEESE, BLACK BEANS, JALAPENOS, SALSA & SOUR CREAM

CHEESY BACON HOTDOG, BACON, CHEESE & SPECIAL SAUCE 16.20

CHICKEN WRAPS



SPICY WRAP CHICKEN BREAST, GRILLED CAPSICUM, LETTUCE, RED ONIONS & CHIPOTLE SAUCE

ALOHA WRAP CHICKEN BREAST, COLESLAW, PINEAPPLE, RED ONIONS & AIOLI SAUCE

CHICKEN WINGS

SERVED WITH ONE SIDE AND DIPPING SAUCE

GRILLED HOUSE-MADE BASTING

SALT& PEPPERED DEEP FRIED WINGS

BUFFALO COATED IN HOUSE BUFFALO



OPTIONS: FRIED CHICKEN OR FLAME GRILLED CHICKEN
BASTED IN HOUSE GLAZING



CHICKEN SALAD CHICKEN, MIXED LETTUCE, TOMATO, ONIONS, MACADAMIA NUTS W/ ITALIAN DRESSING 20.6

CHICKEN CAESAR SALAD CHICKEN, COS LETTUCE, PARMESAN CHEESE, EGG, BACON W/ CAESAR DRESSING 20.6



LOADED PARMI

MEJICO PARMI

& NAPOLI SAUCE



LOADED CHIPS

GRAVY LOADED IGFOI CHIPS & GRAVY 14.10

CHEESY LOADED IGFOI CHIPS & MELTED CHEESE 14.10

TRUFFLE CHEESE CHIPS |GFO| CHIPS, TRUFFLE SAUCE & SHAVED PARMESAN 18.05

400 LOADED CHIPS, MINCED MEAT, MELTED CHEESE, DICED PICKLES, & SPECIAL SAUCE 19.05

SMOKEY LOADED IGFOL CHIPS, MINCED MEAT, BACON, MELTED CHEESE, ONIONS & HOUSE BBO SAUCE 19.60

3.5

SIDES



SAUCES

5.0

ALL SAUCES ARE GLUTEN FREE EXCEPT FOR GLAZING BASTING,
SPECIAL SAUCE & SWEET CHILLI

HOMEMADE SAUCE \$2.50 SPECIAL SAUCE | CHIPOTLE # | BBQ | HOT CHILLI # SRIRACHA MAYO

SAUCES \$2.50 AIOLI | SWEET CHILLI | SOUR CREAM | MAYO TRUFFLE SAUCE: \$3.50

> GLUTEN FREE OPTIONS MAY INCUR ADDITIONAL CHARGES [GFO] GLUTEN FREE OPTION AVAILABLE [GF] GLUTEN FREE [V] VEGETARIAN

GLUTEN-FREE OPTIONS ARE AVAILABLE; HOWEVER, IT'S IMPORTANT TO NOTE THAT GLUTEN IS STILL USED IN OTHER PRODUCTS WITHIN THE PREMISES. WE CANNOT GUARANTEE A COMPLETELY GLUTEN-FREE ENVIRONMENT, AND THERE IS POSSIBILITY OF GROSS-CONTAMINATION. IF YOU ANY CELLAC, PLEASE BE AWARE THAT WE CANNOT ASSURE YOUR SAFETY DUE TO THESE FACTORS.





PLAIN CHARDOG

12.05



2PCS SLIDERS

6PCS NUGGETS 11.05

SERVED WITH CHIPS AND GARDEN SALAD

FRIED CHICKEN BREAST, BLACK BEANS, JALAPENOS, GRATED CHEESE

SIGNATURE PARMI FRIED CHICKEN BREAST, DICED PICKLES, GRATED CHEESE & NAPOLI SAUCE 24.05

MORNING BURGERS



BREKKIE BURGER

MEAT PATTY, EGG, BACON, HASH-BROWN, CHEESE & HOUSE BBO SAUCE 19.60



BLT BURGER

BACON, TOMATO, LETTUCE & SPECIAL SAUCE 15.60



BACON & EGG BURGER

BACON, EGG, CHEESE, LETTUCE & HOUSE BBO SAUCE 16.80



MORNING STACK WHITE TOAST, 2 FRIED EGGS, BACON WITH A SIDE OF BUTTER 12.95

MORNING FAVOURITES

AVAILABLE ALL DAY

PANCAKES

ALL PANCAKES ARE TOPPED WITH ICING SUGAR



BACON & MAPLE SYRUP 2 PANCAKES, BACON, MAPLE SYRUP & BUTTER 18.5

CLASSIC PANCAKE 2 PANCAKES, MAPLE

SYRUP, BUTTER & ICING SUGAR

BERRIES PANCAKE

2 PANCAKES, BERRIES COMPOTE, WHIPPED CREAM, & MAPLE SYRUP 16.8

CHOCO-CHIPS

2 PANCAKES, CHOC-CHIPS, CHOCOLATE SYRUP, MINI MARSHMALLOWS & CHOC-ICE CREAM 17.0

MORNING WRAPS



BREKKIE WRAP

MEAT PATTY, EGG, BACON, HASH-BROWN, CHEESE AND HOUSE BBO SAUCE

VEGGIE WRAP

VEGGIE PATTY, MIXED LEAF, RED ONIONS, AIDLI SAUCE

TOASTIES

MADE WITH WHITE BREAD AND AMERICAN CHEESE, SERVED ON ITS OWN ADD A SIDE OF CHIPS FOR +3.0

CHEESE 7.5 GFO I V CHEESE & TOMATO 8.4 GFO | V HAM & CHEESE 9.9 GFO HAM, CHEESE & TOMATO 10.6 GFO BACON, CHEESE & EGG 12.5 GFO



KIDS PANCAKE 12.0

CHEESE TOASTIE 7.5

BACON, EGG & HASHBROWN 12.0

SMALL BITES

BANANA BREAD 4.9 SERVED WITH BUTTER

RAISIN TOAST 2.95

HASH-BROWNS 3.5

WHITE BREAD TOAST 2.5
SERVED WITH BUTTER

ADD ONS

BACON 3.50 FRIED EGG 2

> MAPLE SYRUP 2.5 HOUSE-MADE BBQ 2.5

CRAZY SHAKE 400



CLASSIC SHAKE 9.7

Cookie

CHOCOLATE, STRAWBERRY, VANILLA, BUBBLE GUM, HOKEY POKEY, MANGO, BANANA, SPEARMINT, MOCHA, OREO, COFFEE, BISCOFF









Pop







Mango D' Coco

Believe in

SMOOTHIES \$9.3



BIG 5 PINEAPPLE, MANGO, KIWI, APPLE & STRAWBERRY



STRAWBERRY SPLIT STRAWBERRY & BANANA



AVO GO-GO

AVOCADO, BROCCOLI, SPINACH, MANGO, COCONUT, GINGER & LIME



BERRY GO ROUND

BLACKBERRY, RASPBERRY STRAWBERRY

COFFEE



NGLE ESPRESSO	2.00
DUBLE ESPRESSO	4.00
ACCHIATO	4.10
ED LONG BLACK	5.95
ED LATTE	5.95
	Control of the Contro
ED MOCHA	9.50
ED COFFEE	9.50

POT OF TEA

ICED CHOCOLATE

4.50 4.50 4.50 4.50 4.50 EARL GREY PEPPERMINT ENGLISH BREAKFAST LEMONGRASS & GINGER

YOUR SAFETY IS IMPORTANT TO US. IF YOU HAVE ANY FOOD ALLERGIES, PLEASE INFORM OUR STAFF, AND WE WILL BE HAPPY TO ACCOMMODATE YOUR NEEDS AS BEST AS WE POSSIBLY CAN.

FOR MORE INFORMATION, VISIT OUR WEBSITE AT FLAME400BURGERCAFE.COM