

Breakfast Menu

Big Flames Breakfast

Eggs, Mushrooms, Cherry Tomatoes, Mushrooms, Pork Chipolatas, Crispy Bacon, Housemade beans, Hash Brown, Sourdough (v,gfo) 27

"Vegetarian-Friendly Big Breakfast Option Available"

Egg Benedict

Poached Eggs, Spinach, Hollandaise, Baby Spinach on Sourdough (gfo)
With Buttermilk Chicken 24
With Ham 23
With Crispy Bacon 23
With Mushrooms (v) 22

Turkish Eggs

Poached eggs, Garlic labneh, Chili oil, Coriander, Chilli & Mint oil, Garlic Butter toasted Sourdough (v, gfo) 22

Smashed Avo

Poached Eggs, Beetroot Hummus, Danish fetta, Salad Mix, Lemon, Balsamic Glaze on Sourdough (v, gfo) 24

Halloumi Eggs

Poached eggs, Fried Crumbed Halloumi, Smashed Avo, Hash Browns, Fresh Spinach, Chilli Mint Oil (v) 24

Chilli Jam Scrambled Eggs

Chilli Scrambled Eggs, Chilli Onion Jam, Jalapeno Salsa & Hash Browns, Sourdough (v) 23

Huevos Rancheros

Housemade Tomato & Capsicum Sauce, Poached Eggs, Crumbled Fetta, Toasted Sourdough. (v,gfo) 24
Add Jalapenos +0.50

Omelette

Three Free Range Eggs Omelette Served With Sourdough Toast & Choice Of Any 3 Ingredients: Bacon, Cheese, Ham , Tomato, Mushroom, Fetta, Spinach, Onions (v, gfo) 21
Add Hash Browns + \$5

Eggs Your Way

Sourdough Toast, Your Choice Of Eggs, Cherry Tomatoes (v, gfo) 21
Add Bacon +\$4
Add Hash Browns + \$5

Toast

7.5

Sourdough, Housemade

Seasonal Jam & Butter (gfo)

Fruit Toast, Seasonal Jam & Butter

Mushroom & Avo Fetta Smash 21

Mushrooms, Smashed Avo, Danish Fetta, Caramalised Onions, Sourdough Toast (v,gfo)

Brekkie Burger Or Wrap 21

Meat Patty, Fried Egg, Bacon, Hash Brown, Cheese & BBQ Sauce (gfo)

Egg Bene Wrap

Double Fried eggs, Baby spinach, Double Bacon, Hashbrown, Hollandaise sauce 20

Bacon & Egg Burger

Double Bacon, Egg, Cheese, Lettuce & House BBQ Sauce (gfo) 16

Breakfast Muffin

With Bacon, Egg, Cheese, Hashbrown with Meat Patty, Cheese, Egg, Hash Brown 10

ADDITIONS

HOLLANDAISE / EGG / SPINACH / CHERRY TOMATOES/MAPLE SYRUP/ ICE CREAM SCOOP 3

AVOCADO / MUSHROOMS / BEANS/ STRAWBERRIES/BANANA/ BERRY COMPOTE 4

BACON / SAUSAGE / HALLOUMI 6

HASHBROWNS 5

V•VEGETARIAN GF • GLUTEN FREE, GFO • GLUTEN FREE OPTION AVAILABLE,

GLUTEN FREE BREAD AVAILABLE FOR AN ADDITIONAL \$2

PANCAKES & FRENCH TOASTS

(PLEASE INFORM STAFF IN CASE OF ANY NUT ALLERGIES)

American Pancakes	22
Berry Pancakes (v)	23
Strawberries & Nutella (v)	23
Pavlova Passionfruit Pancakes (v)	24
Biscoff & Banana Pancakes (v)	24
Nutella French Toast (v)	23
Biscoff French Toast (v)	23

KIDS BREKKIE 14

SMALL FLAMES BREKKIE

Scrambled eggs, Bacon, Sourdough Toast
Add Hash Brown +\$2.5

PANCAKES

Two Classic Pancakes, Vanilla Ice Cream,
Maple Syrup
(Choice of M&M's or 100s & 1000s)

CHEESE TOASTIE WITH CHIPS

Cheese toastie on sourdough bread with
fries on side

SMOOTHIES 11

Big 5 Pineapple, Mango, Kiwi,
Strawberry & Apple Juice

Coco Loco Coconut, Pineapple,
Mango, Lime, Mint & Apple Juice

Strawberry Split Strawberry, Banana,
Oat milk, Honey

Berry Protein Power Mix Berries, Oat
Milk, Vanilla Whey Protein Powder (+\$1)

Energy booster Banana, Espresso shot,
Oat Milk, Vanilla Whey Protein Powder
(+\$1)

COFFEE reg lrg

Espresso / Short Macchiato	3.8	4.8
Flat White / Cappuccino / Latte / Hot Chocolate	4.8	5.8
Long Macchiato	5.3	6.30
Mocha / Chai Latte	5	6
Long Black	4.8	5.5
Pure Matcha Latte	5.5	6.5
Baby chino	2.5	
Matcha Latte	5.5	6.5
Biscoff/ Nutella Latte/Rocky Road Hot Choc		8

Alternative Milk

Soy, Almond, Oat, Lactose Free, Pouring Cream	0.8
Extra Shot	1
Syrups (Caramel, Vanilla, Hazelnut)	1

COLD DRINKS

Iced Long Black	5.5
Iced Coffee/ Iced Mocha/ Iced Chai	7.9
Iced Choc (Ice Cream & Cream)	
Matcha Iced Latte	6.7
Strawberry Matcha Iced Latte/ Iced Biscoff Latte (Ice Cream & Cream)	9

FRESH JUICE 11

TROPICAL Orange, Pineapple &
Watermelon

LEAN GREEN Celery, Cucumber &
apple

SUMMER KICK Watermelon & Mint

IMMUNITY BOOSTER Orange & Carrot

POT OF TEA 5.5

English tea, Peppermint tea, Earl grey
tea, Lemongrass & Ginger tea, Green
tea



SALADS

AVO CHICKEN SALAD (GFO)	\$22.00
CRISPY OR GRILLED CHICKEN, AVOCADO, MIX LETTUCE, TOMATO, ONIONS, MACADAMIA W/ ITALIAN DRESSING	
CEASER SALAD (GFO)	\$22.00
CRISPY OR GRILLED CHICKEN, COS LETTUCE, PARMESAN CHEESE, BOILED EGG, BACON CHUNKS TOPPED WITH CEASER DRESSING	

WRAPS

ALOHA WRAP	\$19.00
CRISPY OR GRILLED CHICKEN BREAST, COLESLAW, PINEAPPLE, RED ONIONS, AIOLI ON TORTILLA WRAP	
SPICY WRAP	\$19.00
CRISPY OR GRILLED CHICKEN BREAST, GRILLED CAPSICUM, LETTUCE, RED ONIONS, CHIPOTLE SAUCE ON TORTILLA WRAP	
BBQ GRILLED CHICKEN WRAP	\$19.00
HOUSEMADE BBQ CHARCOAL RUB CHICKEN BREAST, COLESLAW, BABY SPINACH, ONIONS, BBQ SAUCE	
CHICKEN CEASER WRAP	\$20.00
CRISPY/ GRILLED CHICKEN, BACON, FRIED EGG, PARMESAN CHEESE, COS LETTUCE, HOUSEMADE CEASER SAUCE	

EXTRAS

BACON / MUSHROOM / AVOCADO	\$3.50
TUB OF CHEESE SAUCE	\$6
FRIED CHICKEN BREAST	\$9
SMASHED MEAT PATTY WITH CHEESE	\$5.5
LETTUCE/JALEPENOS/BEETROOT/ PINEAPPLE/PICKLES/TOMATO/ CHEESE	\$1.50
EXTRA SAUCE	\$2
BACON JAM/ GRAVY /CHILLI JAM/ MAPLE BACON	\$4

SOFT DRINKS

COCA COLA	MANGO FUZE TEA
COKE NO SUGAR	LEMON FUZE TEA
FANTA	PEACH FUZE TEA
SPRITE	LEMON LIME BITTERS
BOTTLED WATER	GINGER BEER
SPARKLING WATER	KIDS APPLE POP TOP



LOADED PARMA

(SERVED WITH CHIPS AND GARDEN SALAD)

SIGNATURE PARMA	\$24.00
CHICKEN SCHNITZEL, DICED PICKLES, NAPOLI SAUCE & GRILLED CHEESE	
CLASSIC FLAMES PARMA	\$24.00
CHICKEN SCHNITZEL, GRILLED HAM, NAPOLI SAUCE & GRILLED CHEESE	
BACON LOVERS PARMA	\$25.00
CHICKEN SCHNITZEL, CRISPY BACON BITS, GRILLED MUSHROOMS , ONIONS, GRATED CHEESE, CREAMY GARLIC SAUCE & GRILLED CHEESE	

PASTA

(SERVED WITH SIDE OF GARLIC BREAD)

CREAMY VEG PASTA (V)	\$22.00
MUSHROOMS, SPINACH, ONIONS, PENNE PASTA & CREAMY GARLIC SAUCE, PARMESAN CHEESE	
VEGGIE FLAMES NAPOLI PASTA (V)	\$22.00
MUSHROOM, CAPSICUM, GRATED CHEESE, PENNE PASTA & HOUSE MADE FLAMES SPECIAL RED PASTA SAUCE	
MEATY BACON PASTA	\$24.00
MINCED BEEF, BACON, GRATED CHEESE, PENNE PASTA & HOUSE MADE FLAMES SPECIAL RED PASTA SAUCE	
CREAMY CHICKEN BACON PASTA	\$24.00
DICED CHICKEN BREAST, BACON, FRESH ONIONS, SPINACH, PENNE PASTA & CREAMY GARLIC SAUCE, PARMESAN CHEESE	

KIDS CORNER

2 PCS SLIDER & CHIPS	\$14.00
PLAIN HOTDOG W/ CHIPS	\$14.00
3 PCS CHICKEN TENDERS W/ CHIPS	\$14.00
4 PCS NUGGETS & CHIPS	\$12.00
KIDS PASTA IN CREAMY GARLIC SAUCE	\$12.00



COME HUNGRY
LEAVE HAPPY



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CLASSIC SHAKE \$10

VANILLA	OREO	NUTELLA
STRAWBERRY	BANANA	BISCOFF
CHOCOLATE	MOCHA	CARAMEL
SPEARMINT	COFFEE	MANGO
KINDER	BUBBLEGUM	FERRERO

SMOOTHIE \$10

BIG 5	STRAWBERRY SPLIT
PINEAPPLE, MANGO, KIWI, STRAWBERRY, APPLE JUICE	STRAWBERRY, BANANA, OAT MILK, HONEY
COCO LOCO	ENERGY BOOSTER +\$1
COCONUT, PINEAPPLE, MANGO, MINT, LIME, APPLE JUICE	BANANA, ESPRESSO SHOT, OAT MILK, VANILLA WHEY PROTEIN POWDER
BERRY PROTEIN POWER	+
MIX BERRIES, OAT MILK, VANILLA WHEY PROTEIN	

FRESH JUICE \$11

TROPICAL	LEAN GREEN
ORANGE, PINEAPPLE & WATERMELON	CELERY, CUCUMBER, & APPLE
SUMMER KICK	IMMUNITY BOOSTER
WATERMELON & MINT	ORANGE & CARROT

CRAZY SHAKE \$16



VEGAN /GF BUNS AVAILABLE

BEEF BURGERS

(GFO) - GLUTEN FREE OPTION AVAILABLE +\$2

CLASSIC CHEESEBURGER (GFO)	\$15.00
130GM SMASHED MEAT PATTY , GRILLED ONIONS, CHEESE, PICKLES , MUSTARD & KETCHUP	
CHEESEBURGER (GFO)	\$17.00
130GM SMASH BEEFPATTY, CHEESE, LETTUCE, TOMATO SLICE, ONIONS, PICKLES & SPECIAL SAUCE	
BURGER DOWN UNDER (GFO)	\$17.50
130GM SMASH PATTY,CHEESE, FRIED EGG,BEETROOT, TOMATO SLICE, FRESH ONIONS, KETCHUP & MUSTARD	
SMOKIN' CHERRY BACON	\$17.50
130GM SMASH PATTY, CHEESE, BACON, PICKLED ONIONS & CHERRY BBQ SAUCE	
IT'S HOT BURGER (GFO)	\$17.50
130GM SMASH PATTY ,CHEESE, BACON, CAPSICUM, JALAPENOS, FRESH ONIONS, HOUSE CHILLI & CHIPOTLE SAUCE	
PULLED PORK BURGER	\$17.50
PULLED PORK, COLESLAW, CHIPOTLE CHERRY BBQ SAUCE, PICKLED ONIONS	

CHICKEN BURGERS

CHICKEN DELUXE (GFO)	\$19.00
CRISPY BUTTERMILK FRIED CHICKEN / GRILLED CHICKEN, CHEESE, LETTUCE, TOMATO SLICE & HOUSE CHIPOTLE MAYO	
SWEET HEAT CLUCKER	\$19.00
FRIED CHICKEN, B & B PICKLES, COLESLAW, PICKLED RED ONIONS & SRIRACHA MAYO	
HAWAIIAN CRUSH (GFO)	\$19.00
CRISPY OR GRILLED CHICKEN, RED ONIONS, COLESLAW, GRILLED PINEAPPLE & AIOLI SAUCE	
HOT HONEY	\$19.00
HOT HONEY FRIED CHICKEN, B & B PICKLES, LETTUCE, B & B PICKLES, SRIRACHA MAYO	
NASHVILLE STYLE CHICKEN	\$19.00
NASHVILLE STYLE CHICKEN, COLESLAW, SWEET SPICED PICKLES, SRIRACHA SAUCE & RANCH SAUCE	
BUFFALO CHICKEN BURGER	\$19.90
CRISPY CHICKEN COATED WITH BUFFALO SAUCE, ONIONS, JALAPENOS, COLESLAW, HOT SAUCE	
KIMCHI CHICKEN BURGER	\$19.90
CRISPY CHICKEN COATED WITH HOUSEMADE GOCHUJANG SAUCE & SESAME SEEDS , PICKLED RED ONIONS, LETTUCE, COLESLAW & GINGER MAYO	



ADD CHEESE BATH \$6

BIG BOY BURGERS

ADD CHEESE BATH TO YOUR BURGER +\$6

SAY CHEESE	\$24.00
130 GM SMASH PATTY, DOUBLE CHEESE, B & B PICKLES, 3 MOZZRELLA STICKS, CHILLI MAPLE AIOLI, MAPLE BACON JAM	
BIG GLEN (GFO)	\$23.50
2X 130GM SMASHED BEEF PATTIES, DOUBLE CHEESE, BACON, FRESH ONIONS, & SPECIAL SAUCE	
JALAPENO POPPER SMASH	\$24.50
2X 130 GM OKLAHOMA STYLE SMASHED BEEF PATTIES WITH ONIONS & JALAPENOS, BACON JAM, HAVARTI CHEESE, JALAPENO & SWEET CHILLI CREAM CHEESE & CHPOTLE MAYO	
TRIPLE CHEESEBURGER (GFO)	\$24.00
3X 130 GM SMASHED MEAT PATTY, TRIPLE CHEESE, LETTUCE, TOMATO SLICE, FRESH ONIONS, PICKLES & SPECIAL SAUCE (MAKE IT OKLAHOMA STYLE WITH GRILLED ONIONS +1)	
E-I-E-I-O (GFO)	\$24.00
130GM SMASH PATTY, DOUBLE CHEESE, CHICKEN BREAST, BACON, FRESH ONIONS, TOMATO SLICE, LETTUCE & SPECIAL SAUCE	
STEAK & EGG	\$24.50
150 GRAM STEAK, LETTUCE, RED ONIONS, TOMATO SLICE, CHEESE, FRIED EGG, HERB MAYO & TOMATO RELISH	
CHEAT PLATTER	\$65.00
ANY 2 CLASSIC BURGERS, CHEESEBURGER LOADED FRIES, 2 PCS WINGS, 2 PCS MOZZRELLA STICKS, 2 PCS CHOICE OF TENDERS, CHEESE SAUCE, 1 DIPPING SAUCE	

VEGGIE BURGERS

GARDEN GOODNESS (V/VEO)	\$19.90
CHICKPEA PATTY, VEGAN CHEESE, SMASH AVO, LETTUCE, TOMATO SLICE, ONIONS, BEETROOT, TOMATO RELISH & HERB MAYO	
ANGRY BIRD (V/VEO)	\$18.00
CHICKPEA PATTY, LETTUCE, RED ONIONS, CHILLI ONION JAM, JALEPENOS, CHILLI SAUCE, SRIRACHA MAYO	

MAKE IT A MEAL

CHIPS & SOFT DRINK	\$9
CHIPS & CLASSIC SHAKE/ SMOOTHIE/ BOTTLED BEER	\$12
ADD CHIPS	\$4.50
ADD TUB OF CHEESE SAUCE	\$6



UPGRADE TO MEAL FOR \$9

RIBS & STEAK

PORK RIBS FULL RACK	\$48
(SERVED WITH CHIPS & GARDEN SALAD)	
BEEF RIBS FULL RACK	\$49
(SERVED WITH CHIPS & GARDEN SALAD)	
SCOTCH FILLET STEAK 250 GM (GFO)	\$40
SERVED WITH CHIPS & GARDEN SALAD WITH PEPPERCORN OR CREAMY GARLIC SAUCE	
FLAMES FEAST FOR TWO	
ANY TWO BURGERS FROM CLASSIC RANGE & FULL RACK OF PORK RIBS	\$70 + CHIPS \$4.50
FLAMES FEAST FOR ONE	
ANY BURGER FROM CLASSIC RANGE, HALF RACK OF PORK RIBS & CHIPS	\$40

SNACKS & BITES

CHIPS	(S) \$7.00	(L) \$11.00
ONION RINGS	(S) \$8.00	(L) \$11.50
SWEET POTATO CHIPS	(S) \$9.00	(L) \$11.50
POTATO WEDGES w/ SOUR CREAM & SWEET CHILLI	\$9.00	
MOZZERELLA STICKS 4PCS w/ ONE DIP	\$15.00	
NASHVILLE STYLE TENDERS (4PCS) w/ CHIPS & 1 DIP	\$17.00	
CHICKEN TENDERS (4PCS) w/ CHIPS & AIOLI	\$16.00	
HOT HONEY TENDERS (4PCS) WITH B & B PICKLES & 1 DIP	\$13.00	
CHICKEN TRIO	\$30	
CHICKEN DELUXE, HAWAIIAN CRUSH, BUFFALO CHICKEN BURGER SERVED WITH SIDE OF CHIPS & ONION RINGS		
SLIDER TRIO	\$30	
CHEESEBURGER, BBQ BACON BURGER , ITS HOT BURGER SERVED WITH CHIPS & ONION RINGS		



MUST TRY!!

LOADED CHIPS

CHEESY LOADED OR GRAVY LOADED	\$14.00
CHIPS, WITH CHOICE OF CHEESE OR GRAVY	
CHEESEBURGER LOADED	\$17.90
CHIPS, MINCED MEAT, CHEESE, B & B PICKLES, ONIONS & SPECIAL SAUCE	
SMOKEY LOADED	\$17.90
CHIPS, MINCED MEAT, BACON, CHEESE, ONIONS & HOUSE BBQ SAUCE	
BUFFALO CHICKEN LOADED	\$17.90
CHIPS, BUFFALO CHICKEN BITES, ONIONS, JALAPENOS, CHEESE & RANCH SAUCE	
KOREAN CHICKEN LOADED	\$17.90
CHIPS, KOREAN CHICKEN BITES, CHEESE, GOCHUJANG SAUCE, HOT GINGER MAYO	
TEX MEX LOADED (V)	\$16.90
CHIPS, CHEESE, JALAPENO SALSA, GUACAMOLE, TOMATO RELISH & SRIRACHA MAYO	
PULLED PORK LOADED	\$17.90
PULLED PORK, PICKLED ONIONS, CHEESE, CHIPOTLE MAYO & CHERRY BBQ SAUCE	

WINGS 6 PC \$10 12 PC \$18

SERVED WITH ONE DIPPING SAUCE

CHOOSE FROM ↓

CRISPY	BUFFALO
GRILLED	KOREAN

CHARDOGS

CONY	\$15.90
HOTDOG SAUSAGE, MINCED MEAT, CHEESE, ONIONS, KETCHUP & MUSTARD	
CHEESY BACON	\$15.90
HOTDOG SAUSAGE, CHEESE, BACON & SPECIAL SAUCE	
BUFFALO CHICKEN DOG	\$16.90
HOTDOG SAUSAGE, BUFFALO CHICKEN BITES, ONIONS, JALAPENOS, CHEESE, BUFFALO SAUCE & RANCH SAUCE	
KOREAN CHARDOG	\$16.90
HOTDOG SAUSAGE, KOREAN CHICKEN BITES, CHEESE, GINGER MAYO	



GLUTEN FREE
BREAD
AVAILABLE

BREAKFAST CLASSICS

TOAST & PRESERVES (V) \$7.50

SOURDOUGH TOAST/ RAISIN TOAST/ ENGLISH MUFFIN WITH BUTTER & JAM

EGGS YOUR WAY (GFO) \$15.00

SOURDOUGH TOAST, YOUR CHOICE OF EGGS, CHERRY TOMATOES

ADD BACON +\$4
ADD HASH BROWN + \$4

RICOTTA SCRAMBLED EGGS (GFO) (V) \$17.90

RICOTTA SCRAMBLED EGGS ON SOURDOUGH TOAST
ADD BACON +\$4

OMELETTE (GFO) \$19.00


THREE FREE RANGE EGGS OMELETTE SERVED WITH SOURDOUGH TOAST & CHOICE OF ANY 3 INGREDIENTS: BACON, CHEESE, HAM, TOMATO, MUSHROOM, FETTA, SPINACH, ONIONS

ADD HASH BROWN + \$4

CHILLI JAM SCRAMBLED EGGS  \$19.90

SOURDOUGH TOAST, CHILLI SCRAMBLED EGGS, PARMESAN CHEESE, CHILLI ONION JAM, JALAPENO SALSA & HASH BROWNS

ADD MUSHROOMS +\$5

ANGRY SMASHED AVO (GFO)  \$21.90


SOURDOUGH TOAST, SMASHED AVOCADO, CHOICE OF EGGS, JALEPENO SALSA, CRUMBLLED FETTA, CHERRY TOMATOES & BALSAMIC GLAZE

(CAN BE MADE WITHOUT JALEPENO SALSA)

BIG FLAMES BREAKFAST (GFO) \$26.00

THICK CUT SOURDOUGH, HOUSEMADE BEANS, HASH BROWNS, PORK SAUSAGE, EGGS YOUR WAY, RASHER BACON, SAUTEED HERB & GARLIC MUSHROOMS, CHERRY TOMATOES

"VEGETARIAN-FRIENDLY BIG BREAKFAST OPTION AVAILABLE"

ACAI BOWL (V) (VE)  \$19.90

TOASTED GRANOLA, NUTS & SEED MIX, OAT MILK, BANANA, STRAWBERRY.

CHOOSE FROM COCONUT, BISCOFF OR NUTELLA

SOMETHING EXTRA?

BACON, EGG & HASHBROWN \$4.00

SMASHED OR SLICED AVOCADO, MUSHROOMS \$5.00

ICE CREAM SCOOP, CHILLI ONION JAM \$3.50

HOLLANDAISE SAUCE, CHERRY TOMATOES \$3.50

GRILLED HALLOUMI, HOUSEMADE BEANS \$4.00



GLUTEN FREE
BREAD
AVAILABLE

EGG BENEDICT (GFO)

"BENEDICTS AVAILABLE ON MUFFIN UPON REQUEST"

TWO POACHED EGGS, FRESH BABY SPINACH, HOLLANDAISE SAUCE SERVED ON TOASTED SOURDOUGH BREAD WITH SIDE OF HASHBROWN WITH YOUR CHOICE OF FOLLOWING OPTIONS;

HAM \$22.00

BACON \$23.00

GARLIC & HERB MUSHROOMS (V) \$21.00

SRIRACHA CHICKEN & SRIRACHA HOLLANDAISE   \$24.00

FLAFEL BENEDICT (V)  SERVED WITH HARRISSA HOLLANDAISE \$24.00

MORNING BURGERS & WRAPS

BREKKIE BURGER OR WRAP (GFO) \$19.50

MEAT PATTY, FRIED EGG, BACON, HASH BROWN, CHEESE & BBQ SAUCE

EGG BENNY WRAP \$18.50

TWO FRIED EGGS, BABY SPINACH, DOUBLE BACON, HASHBROWN, HOLLANDAISE SAUCE

BACON & EGG BURGER (GFO) \$15.00

DOUBLE BACON, EGG, CHEESE, LETTUCE & HOUSE BBQ SAUCE

FLAFEL WRAP (V)  \$17.50

FALAFEL, SCRAMBLED EGGS, SMASHED AVOCADO, SPINACH, AND A DRIZZLE OF TAHINI SAUCE

BREAKFAST MUFFIN WITH HASHBROWN \$10

ENGLISH MUFFIN WITH CHOICE OF BACON, EGG & CHEESE OR SMASHED BEEF PATTY, EGG & CHEESE

TOASTIE WITH CHIPS

HAM, CHEESE & TOMATO (GFO) \$15.00

CHICKEN, CHEESE & AVOCADO (GFO) \$17.00

BACON, EGG & CHEESE (GFO) \$15.00

AVO SMASH & HALLOUMI (V)(GFO)  \$15.50



CRAVING SOMETHING SWEET?

AMERICAN PANCAKES \$22

BUTTERMILK PANCAKES, DOUBLE BACON, MAPLE SYRUP, VANILLA ICE CREAM

BERRY PANCAKES (V) \$23

BUTTERMILK PANCAKES FILLED WITH BLUEBERRIES, HOUSEMADE MIX BERRIES COMPOTE, VANILLA ICE CREAM, WHIPPED CREAM AND MAPLE SYRUP

STRAWBERRIES & NUTELLA (V) NEW \$23

BUTTERMILK PANCAKES, FRESH STRAWBERRIES, WARM NUTELLA, VANILLA ICE CREAM & WHIPPED CREAM & CRUSHED HAZELNUTS

FERRERO PANCAKES (V) \$24

BUTTERMILK PANCAKES, CHOCOLATE SAUCE, VANILLA ICE CREAM, FERRERO ROCHER, CRUSHED HAZELNUTS

BISCOFF & BANANA PANCAKES (V) NEW \$24

BISCOFF STUFFED PANCAKES, BISCOFF SAUCE, BISCOFF CRUMBS, BISCOFF BISCUIT, WHIPPED CREAM & FRESH BANANA

NUTELLA FRENCH TOAST (V) \$23

FRENCH TOASTED, WARM NUTELLA, VANILLA ICE CREAM, STRAWBERRIES, CRUSHED HAZELNUTS, CHOCOLATE GANACHE

BISCOFF FRENCH TOAST (V) NEW \$20

FRENCH TOASTED, WARM BISCOFF, VANILLA ICE CREAM, BISCOFF CRUMBS & BISCOFF BISCUIT ON TOP

SMOOTHIE \$10

BIG 5

PINEAPPLE, MANGO, KIWI, STRAWBERRY, APPLE JUICE

ENERGY BOOSTER +\$1

BANANA, ESPRESSO SHOT, OAT MILK, VANILLA WHEY PROTEIN POWDER

BERRY PROTEIN POWER +\$1

MIX BERRIES, OAT MILK, VANILLA WHEY PROTEIN POWDER

COCO LOCO

COCONUT, PINEAPPLE, MANGO, MINT, LIME, APPLE JUICE

STRAWBERRY SPLIT

STRAWBERRY, BANANA, OAT MILK, HONEY



FRESH JUICE \$10

TROPICAL

ORANGE, PINEAPPLE & WATERMELON

SUMMER KICK

WATERMELON & MINT

LEAN GREEN

CELERY, CUCUMBER, & APPLE

IMMUNITY BOOSTER

ORANGE & CARROT



COFFEE & TEA



FLAT WHITE	(S) \$4.70	(M) \$5.50
LATTE	\$4.70	\$5.50
CAPPUCINO	\$4.70	\$5.50
LONG BLACK	\$4.70	\$5.50
MOCHA (MILK CHOC OR WHITE)	\$5.20	\$6.00
CHAI LATTE	\$5.00	\$5.80
VIENNA	\$5.00	\$5.80
MACCHIATTO TOPPED UP	\$5.00	\$5.80
ICED COFFEE (WITH ICE CREAM)		\$7.50
ICED MOCHA (WITH ICE CREAM)		\$7.50
ICED LONG BLACK		\$5.50
CLASSIC HOT CHOCOLATE	\$5.00	\$5.80
WHITE HOT CHOCOLATE	\$5.00	\$5.80
ICED BISCOFF LATTE		\$8.90
BISCOFF LATTE		\$8.00
NUTELLA LATTE		\$8.00
FERRERO HOT CHOCOLATE	NEW	\$8.00
ROCKY ROAD HOT CHOCOLATE		\$8.00

POT OF TEA

\$4.90

ENGLISH TEA, PEPPERMINT TEA, EARL GREY TEA, LEMONGRASS & GINGER TEA, GREEN TEA

ADD SHOT OF CARAMEL, VANILLA, HAZELNUT, GINGERBREAD OR \$1

KIDS BREKKIE

\$14

SMALL FLAMES BREKKIE

ONE FRIED EGG, BACON, HASH BROWN ON SOURDOUGH TOAST

PANCAKES

TWO CLASSIC PANCAKES, VANILLA ICE CREAM, MAPLE SYRUP & (CHOICE OF M&M'S OR 100 & 1000S)

CHEESE TOASTIE WITH CHIPS