

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)

Add Jalapenos +0.50

24

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)
Add Hash Browns + \$5

21

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

20

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

Bacon & Egg Burger

16

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

Breakfast Muffin

10

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

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

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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

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