

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