

DRINKS

PICK YOUR BLEND BLACKWHITE: FULL BODY OR FLAME TREES: MILD

SMALL 5.2 MEDIUM 6.2 T/A LARGE 6.7

T/A MEGA 8 BUCKET 10

Cappuccino. Latte. Flat White. Long Black. Hot Chocolate

Mocha +80c. White Mocha +80c. Dirty Chai +80c.

Chai Latte. Golden Latte. Matcha. White Hot Chocolate.

Single Espresso 4.5 Piccolo 5 Macchiato 4.8

Dbl Espresso 5 Babycino 3 Puppycino 3.5

Added Extras \$1.20 each Extra Shot Coffee / Chocolate / Chai
\$1.20 each Syrups: Vanilla / Caramel / Hazelnut / White Choc
\$1 each Other Milk: Lactose Free / Almond / Oat / Soy

RED SPARROW TEA LEAF

Pot Tea for One 5.5 Pot Tea for Two 8

English Breakfast. French Earl Grey. Lemongrass Ginger. Australian Breakfast.

Peppermint. Aussie Green. Japanese Garden. Vanilla Chai.

ICED DRINKS Made on ice S 5.2 M 6.4 L 8.2

ICE CREAM DRINKS w/ ice cream & cream S 6.5 M 8 L 12

Coffee. Chocolate. White Chocolate. Chai. Mocha or Dirty Chai. +80c.

FRAPPES S 6.8 M 8.2 L 12

milk Base: Caramel Cookie. Choc Overload. White Choc bueno. Sweet Coffee.

Dairy Free: Mango Guava lychee. Pina-colada. Mango Passionfruit

SMOOTHIES S 7 L 12 BOWL 20

ADD VANILLA PROTEIN OR PEANUT BUTTER +3

Banana Cin Banana, frozen yoghurt, milk, mixed spice & honey

Mixed Berry Mixed berries, frozen yoghurt, milk & honey

Berry Acai Mixed berries, frozen acai, banana, frozen yoghurt & almond milk

Banana Choc Banana, Choc powder, frozen yoghurt & milk

Mango Passion Mango, Passionfruit pulp, Frozen Yoghurt & Milk

WILD ONE: ORGANIC JUICE 7

Orange. Apple. Pineapple. Banana, Mango & Apple.

MILKSHAKE S 5 M 6.9 L 9

THICKSHAKE S 6.9 M 9.8 L 12.8

Chocolate, Vanilla, Caramel, Strawberry, Lime, Banana, Malt

KIDS RAINBOW CRAZY SHAKE 10

Pick your flavour milkshake, decorated with whipped cream, sprinkle & rainbow lollies

• Add Vanilla Freckle \$3.8

DRINKS FRIDGE FROM 3.5 TO 5.5

Rockstar. Ginger Beer. Diet Ginger Beer. Bottle Water. Sparkling water

Coke. No Sugar Coke. Lemonade. Solo. Fanta, Pasito passionfruit



We are allergy friendly although menu items may contain or come into contact with WHEAT, EGGS, PEANUTS, TREE NUTS, and MILK.

*Gluten free & Vegan options available. Please let staff know

BREAKFAST AVAILABLE 7 DAYS

10% SURCHARGE WEEKENDS

15% SURCHARGE PUBLIC

HOLIDAYS

\$4 add Ons

1x Hash Brown, Mushrooms,
½ Avocado, ½ Grilled Tomato,
1x Rasher Bacon, 1x Beef Sausage,
1x Egg, 1x Haloumi.

80c add Ons

Tomato Sauce, BBQ Sauce,
Worcestershire

\$4 each

Slice Cinnamon Toast

Slice Raisin Toast

Gluten Free Raisin Toast +80c

BREAKFAST

GLUTEN FREE BREAD OR ROLL +2.5

SOURDOUGH +2.5

Breakfast Muffin 8.5

>Sausage & Egg

>Bacon & Egg

Bacon & Egg Roll *GF 13.5

2 rashers & 1 egg

Breaky Wrap 16.5

Bacon. Egg. Hashbrown. Cheese.
BBQ Sauce

Eggs Your Way *GF

Eggs. Toast. Tomato Relish

• Fried or Poached 12.5

• 3 Eggs Scrambled 15

Lamb fry & Bacon *GF 18.5

Lamb fry. Bacon. Onion Gravy.
Toast

Avocado Stack *GF V 21

Sourdough. Avocado. Bruschetta.
Goats Fetta. Toasted Pinenuts.
Pepitas. Balsamic Glaze

• Half Serve 15

Cheesy Omelette, *GF 28

Toast & Hashbrown

Filled with Tomato, Onion & Mushroom

Veggie Feast *GF V 28

Eggs. Haloumi. Avocado. Lemon.
Mushroom. Tomato. Hash brown.
House Beans

Flame Trees Feast *GF 28

Bacon. Eggs. Sausage. Mushroom.
Haloumi. Hash brown. Avocado.
Lemon

Flamin' Beans & Toast *GF 22.5

House made mediterranean baked
beans. Fresh Dill. Goats Fetta.
Sourdough

• Half Serve 16.5

Classic Eggs Benedict *GF 22.5

>Bacon

>Ham

>Avocado & Haloumi

• Half Serve 16.5

Deluxe Breakfast Muffin 15

Bacon. Egg. Sausage Patty. Cheese.
Hashbrown

Breaky Bagel 16.5

Bacon. Egg. Avocado & Hollandaise

Veggie Breaky Wrap 16.5

Haloumi. Egg. Hashbrown. Mushroom.
Avocado. Tomato Relish

***Bacon & Eggs or *GF 18.5**

Beef Sausages & Eggs *GF

Served w/ Tomato Relish & Toast

• 3 Eggs Scrambled +\$2.5

• *Half Serve 12.5

**Pancake Stack or Belgian 21
Waffle**

Canadian Maple. Ice cream. Icing
Sugar. Fresh Fruit

• Half Serve 15

Cinnamon French Toast 26

Brioche. Bacon. Fresh Fruit. Canadian
Maple. Ice Cream

B & B Pancakes 26

Crispy Bacon. Grilled Banana.

Canadian Maple. Ice cream

Canadian Breakfast 26

Belgian Waffle. Bacon. Scrambled
Egg. Fresh Fruit. Canadian Maple

Flamin' Fritters 26

Fritters. Bacon. Poached Eggs.
Hollandaise. Tomato Chutney.

**Garlic Butter Mushrooms &
Toast *GF 22.5**

Garlic & Herb Butter Mushrooms.
Avocado. Poached Egg. Sourdough.
Lemon

Salmon Eggs Benedict *GF 26

Smoked Salmon. Dill Hollandaise.
Asparagus. Poached Eggs. Crispy
Capers. Lemon

Mmm, did someone say...

Burgers?

All of our Burger Patties are House Made

Our Chicken Burgers can be either Grilled *GF or Crumbed GF Roll or Sourdough +2.5

*GF **Classic Hamburger 16**

Beef Patty, BBQ Sauce, Grilled Onion, Tomato, Beetroot & Lettuce

*GF **Works Hamburger 18**

A Classic hamburger with Bacon, Egg, Pineapple & Cheese

*GF **Cheeseburger 13.5**

Beef Patty, Tomato & Mustard sauce, Grilled Onion, Pickles & Cheese

Nacho Average Burger 18

Beef Patty, Cheese Corn chips, Guacamole, Red onion, Tomato, Lettuce, Tempura Jalapeno & Lime wedge

*GF **The Topsy Pig 18**

Beef Patty, Bacon & Bourbon Jam, Cheese, Grilled Onion, Tomato, Lettuce & Aioli

Crumbed Whiting Burger 16

with Tartare, Tomato, Beetroot & Lettuce

*GF **Deluxe Vegie Burger 16**

with Mayo, Avocado, Haloumi, Red Onion, Tomato, Beetroot & Lettuce

*GF **Deluxe Chicken Burger 18**

Chicken, Avocado, Bacon, Cheese, Hollandaise & Lettuce

*GF **Classic Chicken burger 16**

Chicken, Aioli, Onion, Tomato, Beetroot & Lettuce

*GF **Caesar Burger or Wrap 18**

Chicken, Bacon, Fried Egg, shaved Parmesan, lettuce & Ceasar Dressing.

*GF **Birds & the Bries 18**

Chicken, Brie Cheese, Avocado, Cranberry Jelly, Tomato & Lettuce

Add Bowl of Chips

Small (1 to 2 ppl) **\$6.5**

Large (2 to 4 ppl) **\$12**

Add Curly Wedges

served with Sour Cream & Sweet Chili

Small (1 to 2 ppl) **\$9**

Large (2 to 4 ppl) **\$16**

> Add Tub of Gravy **+2.5**

LUNCH MENU

AVAILABLE

MONDAY TO SATURDAY



10% SURCHARGE WEEKENDS

15% SURCHARGE PUBLIC

HOLIDAYS

House Made Cakes available in Cake Display

To order a Celebration cake, go to www.flametreescafe.com.au

Croissant or Bagel 18

Salmon

Dill Cream Cheese, Tomato, Red Onion, Greens, Capers & Lemon Wedge

Roasted Pumpkin

Toasted Pine nuts, Pepitas, Goats Fetta, Greens, Balsamic Glaze

BLAAT

Bacon, Lettuce, Avocado, Aioli, Tomato

Vegie

Vegie Patty, Haloumi, Avocado, Red Onion, Greens

KIDS CHOICE

Spread Sandwich w/ Butter 8

Peanut Butter. Vegemite. Honey. Fairy Bread

6 Nuggets & Chips W/ Sauce 12

3 Whiting & Chips w/ tartare sauce 12

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Sandwiches & Salads

Breads: Thick white bread or Wrap GF Bread, GF Roll or Sourdough +\$2.5

Ham Cheese Tomato. **8.5**

Chicken Cheese Avocado. **10.5**

Egg & Lettuce. **8.5**

Salad **8.5**

>Lettuce Tomato Beetroot Carrot Cucumber Red Onion

Meat & Salad **10.5**

Classic Garden Salad *GF 22

Greens, tomato, carrot, cucumber, beetroot, onion, pineapple, avocado, boiled egg with honey balsamic vinaigrette
Add Grilled Chicken **+6**

Roast Pumpkin & Beets Salad *GF 22

With mixed greens, goat's fetta, toasted pine nuts & pepitas with honey balsamic vinaigrette
Add Grilled Chicken **+6**

Caesar Salad 22

Cos lettuce, garlic croutons, bacon bits, parmesan cheese & caesar dressing topped with a poached egg
Add Grilled Chicken **+6**

Haloumi & Pomegranate Salad *GF 22

With mixed greens, walnuts with dijon & pomegranate molasses dressing
Add Grilled Chicken **+6**

Toasted Melts *GF 24

Served with Chips & Side Salad

1. Chicken. Bacon. Avocado. Cheese

2. Ham. Tomato. Pineapple. Cheese

3. Banana. Bacon. Cheese

4. Asparagus. Bacon. Avocado. Cheese

House made Quiche Lorraine 24

Served with Chips & Side Salad

Crumbed Whiting 26

Served with Chips, Side Salad, lemon wedge & tartare sauce

Salad Upgrade?

Upgrade your side salad to any of the above salads!