

FOOD AND DRINK MENU





flame
restaurant & bar
FOOD
AND
DRINK
menu



THE BISTRO
... FAMILY FAVOURITES ...

THE CARVERY
ROASTS



THE CAFE
DELI COFFEE & CAKES

THE Pizzeria



THE BISTRO

FAMILY FAVOURITES



SOUPS & STARTERS

order from

BISTRO

Bread roll & butter	\$1.00
Garlic & herb bread	\$6.95
Pumpkin soup	\$6.95
Soup of the day	\$6.95
Turkish bread with trio of dips	\$9.95
Caramalised onion and blue cheese arrancini, shaved parmesan & garlic aioli	\$9.95
Prawn cocktail	\$10.50
Sweet potato chips with rosemary salt, beetroot relish & sour cream	\$10.95

ALL DAY BREAKFAST

Two eggs - your choice of scrambled, fried or poached with bacon, beef chipolata, hash brown, tomato, baked beans, served with Turkish bread	\$16.95
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KIDS MEALS

Fries	\$6.50
Fish strips & fries	\$10.50
Cheese burger & fries	\$10.50
Spaghetti bolognese	\$10.50
Chicken nuggets & fries	\$10.50
150g rib steak with vegetables & fries	\$14.95

SIDES & SNACKS

Seasoned chips with garlic aioli (v)	\$10.95
Cajun fried potato wedges with guacamole, sweet chilli & sour cream (v)	\$11.95
Garden salad (v)	\$5.50
Soup of the day, side salad & a bread roll	\$11.50

FROM THE GRILL

Grilled chicken breast	\$21.95
brushed with garlic butter	
250g rib steak	\$28.95
300g rump steak	\$26.95
Add grilled garlic bug tail meat skewer	\$6.95

YOUR CHOICE OF SAUCE

Dianne, green peppercorn,
mushroom, hollandaise or gravy

CLASSICS

Chicken schnitzel with gravy	\$21.95
Chicken parmigiana with Napoli sauce, ham & melted cheese	\$24.95
Calypso marinated lamb cutlets	\$26.95

All served with seasoned vegetables &
potato or coleslaw & fries

BURGERS

All served with chips



Beef & bacon burger meat patty, bacon, cheese, grilled onion, lettuce, tomato & BBQ sauce	\$18.95
Flame rib steak sandwich grilled 150g rib steak, lettuce, red onion marmalade, egg, roasted beetroot & three mustard aioli on ciabatta bread	\$18.95
Chilli beef sloppy joe toasted brioche with cheese, onion, Texan chilli beef & beans, pickles, cos lettuce and jalapeno chillies	\$18.95

LITE AND EASY

order from
BISTRO

- Manchego cheese, beetroot & pecan tart** with toasted hazelnuts, heritage tomato, onion rings, red capsicum & basil salad (v) **\$15.95**
- Caesar salad** **\$17.95**
lettuce, bacon, croutons, poached egg & parmesan with Caesar dressing
(Vegetarian option available)
- Grilled chicken Caesar salad** **\$19.95**
- Smoked salmon salad** **\$20.95**
with garden leaves, bagel croutons, citrus crème, capers & spinach
- Panko prawns** **\$16.95**
in Japanese style breadcrumbs with sweet chilli mayo

FROM THE CHEF'S PAN

order from
BISTRO

- Penne carbonara** **\$18.95**
mushroom, bacon & onion in a creamy sauce with parmesan
- Spaghetti bolognese** **\$18.95**
with parmesan
- Fettucine with salmon** **\$25.95**
shellfish cream, capers, spinach & salsa verde
- Asian stir fry** **\$16.95**
hokkien noodles & vegetables in a mild Asian sweet chilli sauce
- w/ **slow cooked pork belly** **\$18.95**
- w/ **pineapple cut calamari** **\$21.95**
- Malaysian seafood laksa** **\$22.95**
with steamed mussels, scallops, calamari, octopus & rice noodles in a rich fragrant soup



SEAFOOD

order from
BISTRO

Twin Towns seafood plate **\$31.95**

fresh prawns, oysters,
smoked salmon, lemon
pepper calamari, garden
salad & tartare sauce

**Crumbed lemon pepper
calamari** **\$21.95**

garden salad & chipotle mayo

Fish of the day **\$27.95**

see our Specials Board for today's selection



THE CARVERY

ROASTS





DAILY SELECTION OF
ROASTS

\$18.95

**TWO COURSE
DEAL**

Small soup with roast & vegetables

\$20.95



THE

Pizzeria

BREADS

Garlic & herb bread \$6.95

Garlic pizza

Garlic & cheese pizza

SMALL PIZZA

LARGE PIZZA

\$10.95

\$19.95

Supreme ham, capsicum, onion, mushrooms, pepperoni, olives, mozzarella, garlic & herbs

Hawaiian ham, pineapple & mozzarella

Pepperoni, mozzarella & herbs

Margherita Roma tomatoes, herbs, mozzarella & garlic

Meat lovers bacon, pepperoni, minced beef, ham, Spanish onion, capsicum, BBQ sauce & mozzarella

BBQ chicken tender chicken pieces, Spanish onion, capsicum, mushroom, crushed cashews, BBQ sauce & mozzarella

Vegetarian onion, pumpkin, capsicum, feta, mushrooms & mozzarella

Additional toppings \$1.00

Extra prawns \$3.00

Daily Gourmet Pizza (Refer to Special Board)

GRAB & GO SALADS

\$9.95

Caesar salad

lettuce, Caesar dressing with parmesan, croutons & bacon
anchovies available on request

Mediterranean salad

mixed leaf, onions, artichoke, olives, feta, Roma tomatoes & capers with a side of French vinaigrette

THE **CAFE**
DELI COFFEE & CAKES

SOUPS & STARTERS

- Bread roll & butter \$1.00
Selection of soup of the day \$6.95
Grab & Go options on display from \$6.95

CAFE FAVOURITES

- Jumbo croissant** \$10.90
ham & cheese
- Breakfast bagel** \$11.90
egg, cheese & bacon
- Smoked salmon bagel** \$13.90
salmon, cream cheese,
tomato, onion, capers &
sprouts
- Club sandwich** \$16.90
chicken, bacon, egg, lettuce,
tomato, Swiss cheese & mayo
- Chicken Caesar wrap** \$12.90
bacon, parmesan cheese,
lettuce with Caesar dressing
- Avocado sourdough** \$10.50
smashed avocado, cherry
tomatoes & feta cubes
with balsamic glaze
- Toasted focaccia** \$10.50
ham, cheese & tomato
- Chicken & avocado** \$10.50
on toasted turkish bread

Ask about our
SPECIALS

TOAST

Raisin toast, cinnamon toast \$3.90

OR

Thick toast with a choice of
vegemite, jam or honey

DOOR STOP MELTS \$12.90

Ham mozzarella & pineapple

Bacon banana & mozzarella

Chicken bacon, Swiss cheese, sundried
tomatoes, avocado & mayo

flame café
**create
- a -
sandwich**

**Choose your bread and then add
your choice of fillings**

White, Wholemeal, Multigrain
Gluten Free (\$2.00)

Shaved ham	\$6.50
Chicken	\$6.50
Roast beef	\$6.50
Silverside beef	\$6.50
Turkey	\$7.50
Red salmon	\$7.50
Salad	\$7.50

Fillings \$1.00 each: cheese, egg, sundried
tomato, asparagus, avocado, beetroot, carrot,
cucumber, tomato, onion, pineapple, alfalfa,
lettuce



flame café
create
- a -
salad

\$10.95

Choose your base salad from these ingredients: mixed salad leaves, alfalfa, cos lettuce, avocado, beetroot, carrot, cheese, cucumber, egg, Spanish onion, pineapple

Shaved ham	\$6.50
Chicken	\$6.50
Roast beef	\$6.50
Silverside beef	\$6.50
Turkey	\$7.50
Red salmon	\$7.50

Dressings: aioli, balsamic, Caesar or honey mustard

DESSERTS

Ice-cream sundae	\$8.95
Belgian waffles with ice-cream & toffee sauce	\$10.95
Ice-cream cone	\$3.00
Freshly made cinnamon donuts	\$1.50 ea or 4 for \$5.00
Donut indulgence	\$6.95
three fresh cinnamon donuts with ice-cream & caramel sauce	

Fresh assorted cakes & slices on display

DRINKS MENU

coffee - tea selection - chilled beverages

COFFEE

Espresso long black	\$4.00
Espresso short black	\$4.00
Macchiato	\$4.00
Cappuccino	\$4.20
Flat white	\$4.20
Café latte	\$4.20
Vienna	\$4.20
Hot chocolate	\$4.60
Café mocha	\$4.70
Chai latte	\$4.70

EXTRAS

Decaffeinated	\$0.50
Soy, almond, lactose free	\$0.70
Additional shot	\$0.70
Mug	\$0.70
Flavoured syrups chai, caramel, hazelnut, vanilla	\$1.00



\$8.95 SPECIAL
coffee - & - cake



English breakfast, Earl grey, \$4.20
Peppermint, Chamomile, Green, Chai

CHILLED BEVERAGES

Frappes \$5.95
coffee, chocolate, banana,
vanilla

Milkshakes \$5.95
vanilla, chocolate, strawberry,
caramel

Iced coffee \$5.95

Iced chocolate \$5.95

Fruit smoothies \$6.50
banana, mango, mixed berry

**ORDER FOOD OR BEVERAGE FROM
SELECTED DINING OUTLET**



fl  me