

FLAME CAFE

deli, coffee & cakes

TOAST *pricing: Members/Visitors*

**RAISIN TOAST,
CINNAMON TOAST
OR THICK TOAST** **4.00/5.00**

With choice of vegemite, jam or honey

DOOR STOP MELTS

BACON **13.20/15.20**
banana & mozzarella

CHICKEN **13.20/15.20**
bacon, Swiss cheese,
sundried tomatoes & avocado

ROAST BEEF **13.20/15.20**
Horseradish, red onion, cheddar and tomatoes

FAVOURITES

BREAKFAST BAGEL **11.90/12.90**
Egg, cheese & bacon

CLUB SANDWICH **16.90/17.90**
Chicken, bacon, egg, lettuce,
tomato, Swiss cheese & mayo

**CHICKEN CAESAR
WRAP** **13.50/14.50**
bacon, parmesan cheese, lettuce
with Caesar dressing

AVOCADO SOURDOUGH **11.00/12.00**
smashed avocado,
cherry tomatoes & feta cubes
with balsamic glaze

TOASTED FOCACCIA **11.00/12.00**
ham, cheese & tomato

CHICKEN & AVOCADO **11.50/12.50**
on toasted Turkish bread

SAVOURY

STROMBOLI **15.50/16.50**
Pepperoni, ham, herbs, roasted
red capsicum, mozzarella and
garlic aioli

QUESADILLA **12.50/13.50**
Choice of Tex Mex chicken or
Mexican spiced beef, capsicum,
red onions, mozzarella with
sour cream, salsa and avocado

**OVEN BAKED
MAC & CHEESE CAKE** **12.50/13.50**
Side salad and tomato sauce

15% surcharge applies on all public holidays

create a **SANDWICH**

Choose your bread and then add your
choice of fillings

**WHITE, WHOLEMEAL, MULTIGRAIN
GLUTEN FREE (2.00)**

SHAVED HAM 6.50/7.00

CHICKEN 6.50/7.00

ROAST BEEF 6.50/7.00

TURKEY 7.50/8.00

RED SALMON 7.50/8.00

FILLINGS 1.00 EACH:

cheese, egg, sundried tomato, asparagus,
avocado, beetroot, carrot, cucumber, tomato,
onion, pineapple, alfalfa, lettuce

create a **SALAD**

11.50/12.50
MEMBERS VISITORS

Choose your base salad from these
ingredients

mixed salad leaves, alfalfa,
cos lettuce, avocado, beetroot, carrot, cheese,
cucumber, egg, Spanish onion, pineapple

SHAVED HAM 6.50/7.00

CHICKEN 6.50/7.00

ROAST BEEF 6.50/7.00

TURKEY 7.50/8.00

RED SALMON 7.50/8.00

Dressings: aioli, balsamic, Caesar or honey mustard

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DESSERTS

ICE CREAM SUNDAE	9.00/10.00
BELGIAN WAFFLES with ice cream & toffee sauce	11.00/12.00
ICE CREAM CONE	3.50/4.00
HOMEMADE CINNAMON DONUTS	1.50 each 4 for \$5
DONUT INDULGENCE three cinnamon donuts with ice cream & salted caramel sauce	7.50/8.50

MEMBERS VISITORS
9.50/10.50
**COFFEE
& CAKE**
Special

COFFEE

ESPRESSO LONG BLACK	4.00/4.50
ESPRESSO SHORT BLACK	4.00/4.50
MACCHIATO	4.00/4.50
CAPPUCCINO	4.20/4.70
FLAT WHITE	4.20/4.70
CAFÉ LATTE	4.20/4.70
VIENNA	4.20/4.70
HOT CHOCOLATE	4.60/5.10
CAFÉ MOCHA	4.70/5.20
CHAI LATTE	4.70/5.20
EXTRAS	
DECAFFEINATED	0.50
SOY, ALMOND, LACTOSE FREE, COCONUT MILK	0.70
ADDITIONAL SHOT	0.70
MUG	0.80
FLAVOURED SYRUPS chai, caramel, hazelnut, vanilla	1.00

TEA

ENGLISH BREAKFAST, EARL GREY, PEPPERMINT, CHAMOMILE, GREEN, CHAI	4.20/4.70
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CHILLED BEVERAGES

FRAPPES coffee, chocolate, banana, vanilla	6.50/7.50
MILKSHAKES vanilla, chocolate, strawberry, caramel	6.50/7.50
ICED COFFEE	6.50/7.50
ICED CHOCOLATE	6.50/7.50
FRUIT SMOOTHIES banana, mango, mixed berry	7.00/8.00

While Twin Towns will endeavour to accommodate requests for special meals for customers who have food allergies or intolerances, we cannot guarantee completely allergy-free meals. This is due to the potential of trace allergens in the working environment and supplied ingredients.

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