

breakfast

at Flames Coffee Shop

Continental

A choice of either toast/bagel/croissant with a variety of spreads, cereal, fruit salad, yoghurt and juice

\$21.00

Granola Bowl (GF) (DF) (V)

Mixed nuts, toasted super seeds, berry compote, coconut yoghurt and seasonal fruits.

\$21.00

Eggs Your Way (V) (GF Option)

2 free range eggs cooked the way you like it (poached, fried or scrambled), served with toast.

Add: Eggs \$4.00 Bacon/Salmon \$8.00

Tomato \$4.00 Hash Brown \$5.00 Mushroom \$6.00

Sausage \$8.00 Spinich \$4.00.

\$15.00

Eggs Benedict (V) (GF Option - Potato Rosti \$3)

Toasted English Muffin, spinach, soft poached free range eggs topped with our home made Hollandaise sauce. Add Salmon or Bacon for \$4.00.

\$21.00

Mushrooms on Toast

Delicious mushrooms cooked in a creamy sauce and served on artisan bread.

\$19.00

Open Omelette (V) (GF)

Free range eggs, mushroom and cheese open omelette topped with spinach, sour cream and grilled lemon. Add salmon or bacon for \$4.00

\$25.00

Toast and Mash

An old fashioned kiwi favourite! Creamy, cheesy mashed potato served on ciabatta toast topped with crispy bacon strips. Add an egg for \$4.00

\$15.00

Flames Big Breakfast (Veggie option available)

2 free range eggs, bacon, sausage, tomato, mushrooms, spinach, hash brown and ciabatta toast. Veggie option includes plant based sausage and halloumi. ** A LOCAL FAVOURITE

\$29.00

Pancakes

Delicious fluffy pancakes served with a choice of banana and maple syrup or bacon and maple syrup. Kids size \$15.00

\$22.00



lunch

Soup of the Day

\$12.00

Seafood Chowder

\$18.00

Savor our rich and creamy Chowder, seasoned to perfection. A comforting classic that's sure to delight. Served with toast.

Beetroot Salad

\$21.00

Pickled beetroot salad and vegetable pakora served with baked goats cheese and honey dressing

Thai Prawn Salad

\$23.50

Succulent prawns are perfectly paired with crisp greens and creamy avocado, creating a refreshing and satisfying dish that's bursting with Thai-inspired zest.

Chicken Salad

\$23.50

Savor our delectable Smoked Chicken Salad that combines tender smoked chicken with a bed of seasonal greens.

Asian Beef Salad

\$23.50

Succulent Beef strips tossed in a green kale salad. Bursting with flavour.

BLT Sandwich

\$17.50

Our BLT Sandwich combines crispy bacon, fresh lettuce, and ripe tomatoes, served on delicious artisan bread, served with fries.

Shaved Steak Sandwich

\$22.00

Experience our Steak Sandwich, filled with succulent, thinly-sliced grilled steak, onions and mushrooms, served on ciabatta, with fries, it's a meat lover's dream.

Burger (Chicken, Beef or Veggie)

\$25.00

Indulge in our juicy, hand-crafted Burger, grilled to perfection and topped with fresh lettuce, tomato and cheese. Served on a toasted bun with fries for a satisfying bite.

Fish and Chips

\$25.00

Dive into our Fish and Chips, featuring flaky, beer-battered fish fried to golden perfection, paired with crisp and savory chips. **A LOCAL FAVOURITE

Prawn Pasta

\$32.00

A hand full of plump prawns in our napoli sauce mixed in with our wholesome pasta, chorizo, capers and spinach.

