



SALADS

AVO CHICKEN SALAD (GFO)	\$22.00
CRISPY OR GRILLED CHICKEN, AVOCADO, MIX LETTUCE,TOMATO, ONIONS, MACADAMIA W/ITALIAN DRESSING	
CEASER SALAD (GFO)	\$22.00
CRISPY OR GRILLED CHICKEN, COS LETTUCE, PARMESAN CHEESE, BOILED EGG, BACON CHUNKS TOPPED WITH CEASER DRESSING	

WRAPS

ALOHA WRAP	\$19.00
CRISPY OR GRILLED CHICKEN BREAST, COLESLAW, PINEAPPLE, RED ONIONS, AIOLI ON TORTILLA WRAP	
SPICY WRAP 	\$19.00
CRISPY OR GRILLED CHICKEN BREAST, GRILLED CAPSICUM, LETTUCE, RED ONIONS, CHIPOTLE SAUCE ON TORTILLA WRAP	
BBQ GRILLED CHICKEN WRAP	\$19.00
HOUSEMADE BBQ CHARCOAL RUB CHICKEN BREAST, COLESLAW, BABY SPINACH, ONIONS, BBQ SAUCE	
CHICKEN CEASER WRAP	\$20.00
CRISPY/ GRILLED CHICKEN,BACON, FRIED EGG, PARMESAN CHEESE, COS LETTUCE, HOUSEMADE CEASAR SAUCE	

EXTRAS

BACON / MUSHROOM /AVOCADO	\$3.50
TUB OF CHEESE SAUCE	\$6
FRIED CHICKEN BREAST	\$9
SMASHED MEAT PATTY WITH CHEESE	\$5.5
LETTUCE/JALEPENOS/BEETROOT/ PINEAPPLE/PICKLES/TOMATO/ CHEESE	\$1.50
EXTRA SAUCE	\$2
BACON JAM/ GRAVY /CHILLI JAM/ MAPLE BACON	\$4

SOFT DRINKS

COCA COLA	MANGO FUZE TEA
COKE NO SUGAR	LEMON FUZE TEA
FANTA	PEACH FUZE TEA
SPRITE	LEMON LIME BITTERS
BOTTLED WATER	GINGER BEER
SPARKLING WATER	KIDS APPLE POP TOP



LOADED PARMA

(SERVED WITH CHIPS AND GARDEN SALAD)	
SIGNATURE PARMA	\$24.00
CHICKEN SCHNITZEL, DICED PICKLES, NAPOLI SAUCE & GRILLED CHEESE	
CLASSIC FLAMES PARMA	\$24.00
CHICKEN SCHNITZEL, GRILLED HAM, NAPOLI SAUCE & GRILLED CHEESE	
BACON LOVERS PARMA	\$25.00
CHICKEN SCHNITZEL, CRISPY BACON BITS, GRILLED MUSHROOMS , ONIONS, GRATED CHEESE, CREAMY GARLIC SAUCE & GRILLED CHEESE	

PASTA

(SERVED WITH SIDE OF GARLIC BREAD)	
CREAMY VEG PASTA (V)	\$22.00
MUSHROOMS, SPINACH, ONIONS, PENNE PASTA & CREAMY GARLIC SAUCE, PARMESAN CHEESE	
VEGGIE FLAMES NAPOLI PASTA (V)	\$22.00
MUSHROOM, CAPSICUM, GRATED CHEESE, PENNE PASTA & HOUSE MADE FLAMES SPECIAL RED PASTA SAUCE	
MEATY BACON PASTA	\$24.00
MINCED BEEF, BACON, GRATED CHEESE, PENNE PASTA & HOUSE MADE FLAMES SPECIAL RED PASTA SAUCE	
CREAMY CHICKEN BACON PASTA	\$24.00
DICED CHICKEN BREAST, BACON, FRESH ONIONS, SPINACH, PENNE PASTA & CREAMY GARLIC SAUCE, PARMESAN CHEESE	

KIDS CORNER

2 PCS SLIDER & CHIPS	\$14.00
PLAIN HOTDOG W/ CHIPS	\$14.00
3 PCS CHICKEN TENDERS W/ CHIPS	\$14.00
4 PCS NUGGETS & CHIPS	\$12.00
KIDS PASTA IN CREAMY GARLIC SAUCE	\$12.00



VEGAN /GF BUNS AVAILABLE

BEEF BURGERS

(GFO) - GLUTEN FREE OPTION AVAILABLE +\$2	
CLASSIC CHEESEBURGER (GFO)	\$15.00
130GM SMASHED MEAT PATTY , GRILLED ONIONS, CHEESE, PICKLES , MUSTARD & KETCHUP	
CHEESEBURGER (GFO)	\$17.00
130GM SMASH BEEFPATTY, CHEESE, LETTUCE, TOMATO SLICE, FRESH ONIONS, PICKLES & SPECIAL SAUCE	
BURGER DOWN UNDER (GFO)	\$17.50
130GM SMASH PATTY,CHEESE, FRIED EGG,BEETROOT, TOMATO SLICE, FRESH ONIONS, KETCHUP & MUSTARD	
SMOKIN' CHERRY BACON	\$17.50
130GM SMASH PATTY, CHEESE, BACON, PICKLED ONIONS & CHERRY BBQ SAUCE	
IT'S HOT BURGER (GFO) 	\$17.50
130GM SMASH PATTY ,CHEESE, BACON, CAPSICUM, JALAPENOS, FRESH ONIONS, HOUSE CHILLI & CHIPOTLE SAUCE	
PULLED PORK BURGER	\$17.50
PULLED PORK, COLESLAW, CHIPOTLE CHERRY BBQ SAUCE, PICKLED ONIONS	

CHICKEN BURGERS

CHICKEN DELUXE (GFO)	\$19.00
CRISPY BUTTERMILK FRIED CHICKEN / GRILLED CHICKEN, CHEESE, LETTUCE, TOMATO SLICE & HOUSE CHIPOTLE MAYO	
SWEET HEAT CLUCKER	\$19.00
FRIED CHICKEN, B &B PICKLES, COLESLAW, PICKLED RED ONIONS & SRIRACHA MAYO	
HAWAIIAN CRUSH (GFO)	\$19.00
CRISPY OR GRILLED CHICKEN, RED ONIONS, COLESLAW, GRILLED PINEAPPLE & AIOLI SAUCE	
HOT HONEY	\$19.00
HOT HONEY FRIED CHICKEN, B &B PICKLES, LETTUCE, B & B PICKLES, SRIRACHA MAYO	
NASHVILLE STYLE CHICKEN	\$19.00
NASHVILLE STYLE CHICKEN, COLESLAW, SWEET SPICED PICKLES, SRIRACHA SAUCE & RANCH SAUCE	
BUFFALO CHICKEN BURGER	\$19.90
CRISPY CHICKEN COATED WITH BUFFALO SAUCE, ONIONS, JALAPENOS, COLESLAW, HOT SAUCE	
KIMCHI CHICKEN BURGER	\$19.90
CRISPY CHICKEN COATED WITH HOUSEMADE GOCHUJANG SAUCE & SESAME SEEDS , PICKLED RED ONIONS, LETTUCE, COLESLAW & GINGER MAYO	



ADD CHEESE BATH \$6

BIG BOY BURGERS

ADD CHEESE BATH TO YOUR BURGER +\$6	
SAY CHEESE	\$24.00
130 GM SMASH PATTY, DOUBLE CHEESE, B & B PICKLES, 3 MOZZRELLA STICKS, CHILLI MAPLE AIOLI, MAPLE BACON JAM	
BIG GLEN (GFO)	\$23.50
2X 130GM SMASHED BEEF PATTIES, DOUBLE CHEESE, BACON, FRESH ONIONS, & SPECIAL SAUCE	
JALAPENO POPPER SMASH	\$24.50
2X 130 GM OKLAHOMA STYLE SMASHED BEEF PATTIES WITH ONIONS & JALAPENOS, BACON JAM, HAVARTI CHEESE, JALAPENO & SWEET CHILLI CREAM CHEESE & CHPOTLE MAYO	
TRIPLE CHEESEBURGER (GFO)	\$24.00
3X 130 GM SMASHED MEAT PATTY, TRIPLE CHEESE, LETTUCE, TOMATO SLICE, FRESH ONIONS, PICKLES & SPECIAL SAUCE (MAKE IT OKLAHOMA STYLE WITH GRILLED ONIONS +1)	
E-I-E-I-O (GFO)	\$24.00
130GM SMASH PATTY, DOUBLE CHEESE, CHICKEN BREAST, BACON,FRESH ONIONS, TOMATO SLICE, LETTUCE & SPECIAL SAUCE	
STEAK & EGG	\$24.50
150 GRAM STEAK, LETTUCE, RED ONIONS, TOMATO SLICE, CHEESE, FRIED EGG, HERB MAYO & TOMATO RELISH	

CHEAT PLATTER

ANY 2 CLASSIC BURGERS, CHEESEBURGER LOADED FRIES, 2 PCS WINGS, 2 PCS MOZZRELLA STICKS, 2 PCS CHOICE OF TENDERS, CHEESE SAUCE, 1 DIPPING SAUCE	\$65.00
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VEGGIE BURGERS

GARDEN GOODNESS (V/VEO)	\$19.90
CHICKPEA PATTY, VEGAN CHEESE, SMASH AVO, LETTUCE, TOMATO SLICE, ONIONS, BEETROOT, TOMATO RELISH & HERB MAYO	
ANGRY BIRD (V/VEO)	\$18.00
CHICKPEA PATTY, LETTUCE, RED ONIONS, CHILLI ONION JAM, JALEPENOS, CHILLI SAUCE, SRIRACHA MAYO	

MAKE IT A MEAL

CHIPS & SOFT DRINK	\$9
CHIPS & CLASSIC SHAKE/ SMOOTHIE/ BOTTLED BEER	\$12
ADD CHIPS	\$4.50
ADD TUB OF CHEESE SAUCE	\$6





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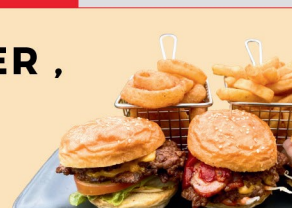
UPGRADE TO MEAL FOR \$9

RIBS & STEAK

PORK RIBS FULL RACK	\$48
(SERVED WITH CHIPS & GARDEN SALAD)	
BEEF RIBS FULL RACK	\$49
(SERVED WITH CHIPS & GARDEN SALAD)	
SCOTCH FILLET STEAK 250 GM (GFO)	\$40
SERVED WITH CHIPS & GARDEN SALAD WITH PEPPERCORN OR CREAMY GARLIC SAUCE	
FLAMES FEAST FOR TWO	
ANY TWO BURGERS FROM CLASSIC RANGE & FULL RACK OF PORK RIBS	\$70 + CHIPS \$4.50
FLAMES FEAST FOR ONE	
ANY BURGER FROM CLASSIC RANGE, HALF RACK OF PORK RIBS & CHIPS	\$40

SNACKS & BITES

CHIPS	(S) \$7.00	(L) \$11.00
ONION RINGS	(S) \$8.00	(L) \$11.50
SWEET POTATO CHIPS	(S) \$9.00	(L) \$11.50
POTATO WEDGES w/ SOUR CREAM & SWEET CHILLI	\$9.00	
MOZZERELLA STICKS 4PCS w/ ONE DIP	\$15.00	
NASHVILLE STYLE TENDERS (4PCS) w/ CHIPS & 1 DIP	\$17.00	
CHICKEN TENDERS (4PCS) w/ CHIPS & AIOLI	\$16.00	
HOT HONEY TENDERS (4PCS) WITH B & B PICKLES & 1 DIP		\$13.00
CHICKEN TRIO	\$30	
CHICKEN DELUXE, HAWAIIAN CRUSH, BUFFALO CHICKEN BURGER SERVED WITH SIDE OF CHIPS & ONION RINGS		
SLIDER TRIO	\$30	
CHEESEBURGER, BBQ BACON BURGER , ITS HOT BURGER SERVED WITH CHIPS & ONION RINGS		



CLASSIC SHAKE \$10

VANILLA	OREO	NUTELLA
STRAWBERRY	BANANA	BISCOFF
CHOCOLATE	MOCHA	CARAMEL
SPEARMINT	COFFEE	MANGO
KINDER	BUBBLEGUM	FERRERO



SMOOTHIE \$10

BIG 5	STRAWBERRY SPLIT
PINEAPPLE, MANGO, KIWI, STRAWBERRY, APPLE JUICE	
COCO LOCO	ENERGY BOOSTER +\$1
COCONUT, PINEAPPLE, MANGO, MINT, LIME , APPLE JUICE	
BERRY PROTEIN POWER	BANANA,ESPRESSO SHOT, OAT MILK, VANILLA WHEY PROTEIN POWDER
MIX BERRIES, OAT MILK, VANILLA WHEY PROTEIN +\$1	

FRESH JUICE \$11

TROPICAL	LEAN GREEN
ORANGE,PINEAPPLE & WATERMELON	
SUMMER KICK	IMMUNITY BOOSTER
WATERMELON & MINT	
CELERY, CUCUMBER, & APPLE	
ORANGE & CARROT	

CRAZY SHAKE \$16



MARS BAR BROWNIE



BEUNO BOMB



PEPPA PIG



CANDYLAND



COOKIE MONSTER



CHOCOTELLA COASTER



BISCOFF BLITZ



BUBBLEGUM BLAST



NUTTY FERRERO



MUST TRY!!

LOADED CHIPS

CHEESY LOADED OR GRAVY LOADED	\$14.00
CHIPS, WITH CHOICE OF CHEESE OR GRAVY	
CHEESEBURGER LOADED	\$17.90
CHIPS, MINCED MEAT, CHEESE, B & B PICKLES, ONIONS & SPECIAL SAUCE	
SMOKEY LOADED	\$17.90
CHIPS, MINCED MEAT, BACON, CHEESE, ONIONS & HOUSE BBQ SAUCE	
BUFFALO CHICKEN LOADED	\$17.90
CHIPS, BUFFALO CHICKEN BITES, ONIONS, JALAPENOS, CHEESE & RANCH SAUCE	
KOREAN CHICKEN LOADED	\$17.90
CHIPS, KOREAN CHICKEN BITES, CHEESE, GOCHUJANG SAUCE, HOT GINGER MAYO	
TEX MEX LOADED (V)	\$16.90
CHIPS, CHEESE, JALAPENO SALSA, GUACAMOLE, TOMATO RELISH & SRIRACHA MAYO	
PULLED PORK LOADED	\$17.90
PULLED PORK, PICKLED ONIONS, CHEESE, CHIPOTLE MAYO & CHERRY BBQ SAUCE	

WINGS 6 PC \$10 12 PC \$18

SERVED WITH ONE DIPPING SAUCE

CHOOSE FROM

CRISPY

GRILLED

BUFFALO

KOREAN



CHARDOGS

CONEY	\$15.90
HOTDOG SAUSAGE, MINCED MEAT, CHEESE, ONIONS, KETCHUP & MUSTARD	
CHEESY BACON	\$15.90
HOTDOG SAUSAGE, CHEESE, BACON & SPECIAL SAUCE	
BUFFALO CHICKEN DOG	\$16.90
HOTDOG SAUSAGE, BUFFALO CHICKEN BITES, ONIONS, JALAPENOS, CHEESE, BUFFALO SAUCE & RANCH SAUCE	
KOREAN CHARDOG	\$16.90
HOTDOG SAUSAGE, KOREAN CHICKEN BITES, CHEESE, GINGER MAYO	



GLUTEN FREE
BREAD
AVAILABLE

BREAKFAST CLASSICS

TOAST & PRESERVES (V)

\$7.50

SOURDOUGH TOAST/ RAISIN TOAST/ ENGLISH MUFFIN WITH BUTTER & JAM

EGGS YOUR WAY (GFO)

\$15.00

SOURDOUGH TOAST, YOUR CHOICE OF EGGS, CHERRY TOMATOES

ADD BACON +\$4

ADD HASH BROWN + \$4

RICOTTA SCRAMBLED EGGS (GFO) (V)

\$17.90

RICOTTA SCRAMBLED EGGS ON SOURDOUGH TOAST

ADD BACON +\$4

OMELETTE (GFO)

\$19.90

THREE FREE RANGE EGGS OMELETTE SERVED WITH SOURDOUGH TOAST & CHOICE OF ANY 3 INGREDIENTS: BACON, CHEESE, HAM, TOMATO, MUSHROOM, FETTA, SPINACH, ONIONS

ADD HASH BROWN + \$4

CHILLI JAM SCRAMBLED EGGS

\$19.90

SOURDOUGH TOAST, CHILLI SCRAMBLED EGGS, PARMESAN CHEESE, CHILLI ONION JAM, JALAPENO SALSA & HASH BROWNS

ADD MUSHROOMS +\$5

ANGRY SMASHED AVO (GFO)

\$21.90

SOURDOUGH TOAST, SMASHED AVOCADO, CHOICE OF EGGS, JALEPENO SALSA, CRUMBLLED FETTA, CHERRY TOMATOES & BALSAMIC GLAZE

(CAN BE MADE WITHOUT JALEPENO SALSA)

BIG FLAMES BREAKFAST (GFO)

\$26.00

THICK CUT SOURDOUGH, HOUSEMADE BEANS, HASH BROWNS, PORK SAUSAGE, EGGS YOUR WAY, RASHER BACON, SAUTEED HERB & GARLIC MUSHROOMS, CHERRY TOMATOES

"VEGETARIAN-FRIENDLY BIG BREAKFAST OPTION AVAILABLE"

ACAI BOWL (V) (VE)

NEW

\$19.90

TOASTED GRANOLA, NUTS & SEED MIX, OAT MILK, BANANA, STRAWBERRY.

CHOOSE FROM COCONUT, BISCOFF OR NUTELLA

SOMETHING EXTRA?

BACON, EGG & HASHBROWN \$4.00

SMASHED OR SLICED AVOCADO, MUSHROOMS \$5.00

ICE CREAM SCOOP, CHILLI ONION JAM \$3.50

HOLLANDAISE SAUCE, CHERRY TOMATOES \$3.50

GRILLED HALLOUMI, HOUSEMADE BEANS \$4.00



GLUTEN FREE
BREAD
AVAILABLE

EGG BENEDICT

(GFO)

"BENEDICTS AVAILABLE ON MUFFIN UPON REQUEST"

TWO POACHED EGGS, FRESH BABY SPINACH, HOLLANDAISE SAUCE SERVED ON TOASTED SOURDOUGH BREAD WITH SIDE OF HASHBROWN WITH YOUR CHOICE OF FOLLOWING OPTIONS;

HAM

\$22.00

BACON

\$23.00

GARLIC & HERB MUSHROOMS (V)

\$21.00

SRIRACHA CHICKEN & SRIRACHA HOLLANDAISE

NEW

\$24.00

FLAFEL BENEDICT (V)

SERVED WITH HARRISSA HOLLANDAISE

NEW

\$24.00

MORNING BURGERS & WRAPS

BREKKIE BURGER OR WRAP

(GFO)

\$19.50

MEAT PATTY, FRIED EGG, BACON, HASH BROWN, CHEESE & BBQ SAUCE

EGG BENNY WRAP

\$18.50

TWO FRIED EGGS, BABY SPINACH, DOUBLE BACON, HASHBROWN, HOLLANDAISE SAUCE

BACON & EGG BURGER

(GFO)

\$15.00

DOUBLE BACON, EGG, CHEESE, LETTUCE & HOUSE BBQ SAUCE

FLAFEL WRAP (V)

NEW

\$17.50

FALAFEL, SCRAMBLED EGGS, SMASHED AVOCADO, SPINACH, AND A DRIZZLE OF TAHINI SAUCE

BREAKFAST MUFFIN WITH HASHBROWN

\$10

ENGLISH MUFFIN WITH CHOICE OF BACON, EGG & CHEESE OR SMASHED BEEF PATTY, EGG & CHEESE

TOASTIE WITH CHIPS

HAM, CHEESE & TOMATO

(GFO)

\$15.00

CHICKEN, CHEESE & AVOCADO

(GFO)

\$17.00

BACON, EGG & CHEESE

(GFO)

\$15.00

AVO SMASH & HALLOUMI (V)(GFO)

NEW

\$15.50



CRAVING SOMETHING SWEET?

AMERICAN PANCAKES

\$22

BUTTERMILK PANCAKES, DOUBLE BACON, MAPLE SYRUP, VANILLA ICE CREAM

BERRY PANCAKES (V)

\$23

BUTTERMILK PANCAKES FILLED WITH BLUEBERRIES, HOUSEMADE MIX BERRIES COMPOTE, VANILLA ICE CREAM, WHIPPED CREAM AND MAPLE SYRUP

STRAWBERRIES & NUTELLA (V)

NEW

\$23

BUTTERMILK PANCAKES, FRESH STRAWBERRIES, WARM NUTELLA, VANILLA ICE CREAM & WHIPPED CREAM & CRUSHED HAZELNUTS

FERRERO PANCAKES (V)

\$24

BUTTERMILK PANCAKES, CHOCOLATE SAUCE, VANILLA ICE CREAM, FERRERO ROCHER, CRUSHED HAZELNUTS

BISCOFF & BANANA PANCAKES (V)

NEW

\$24

BISCOFF STUFFED PANCAKES, BISCOFF SAUCE, BISCOFF CRUMBS, BISCOFF BISCUIT, WHIPPED CREAM & FRESH BANANA

NUTELLA FRENCH TOAST (V)

\$23

FRENCH TOASTED, WARM NUTELLA, VANILLA ICE CREAM, STRAWBERRIES, CRUSHED HAZELNUTS, CHOCOLATE GANACHE

BISCOFF FRENCH TOAST (V)

NEW

\$20

FRENCH TOASTED, WARM BISCOFF, VANILLA ICE CREAM, BISCOFF CRUMBS & BISCOFF BISCUIT ON TOP

SMOOTHIE

\$10

BIG 5

PINEAPPLE, MANGO, KIWI, STRAWBERRY, APPLE JUICE

ENERGY BOOSTER +\$1

BANANA, ESPRESSO SHOT, OAT MILK, VANILLA WHEY PROTEIN POWDER

BERRY PROTEIN POWER +\$1

MIX BERRIES, OAT MILK, VANILLA WHEY PROTEIN POWDER

COCO LOCO

COCONUT, PINEAPPLE, MANGO, MINT, LIME, APPLE JUICE

STRAWBERRY SPLIT

STRAWBERRY, BANANA, OAT MILK, HONEY



FRESH JUICE

\$10

TROPICAL

ORANGE, PINEAPPLE & WATERMELON

SUMMER KICK

WATERMELON & MINT

LEAN GREEN

CELERY, CUCUMBER, & APPLE

IMMUNITY BOOSTER

ORANGE & CARROT



COFFEE & TEA



FLAT WHITE	(S) \$4.70	(M) \$5.50
LATTE	\$4.70	\$5.50
CAPPUCINO	\$4.70	\$5.50
LONG BLACK	\$4.70	\$5.50
MOCHA (MILK CHOC OR WHITE)	\$5.20	\$6.00
CHAI LATTE	\$5.00	\$5.80
VIENNA	\$5.00	\$5.80
MACCHIATTO TOPPED UP	\$5.00	\$5.80
ICED COFFEE (WITH ICE CREAM)		\$7.50
ICED MOCHA (WITH ICE CREAM)		\$7.50
ICED LONG BLACK		\$5.50
CLASSIC HOT CHOCOLATE	\$5.00	\$5.80
WHITE HOT CHOCOLATE	\$5.00	\$5.80
ICED BISCOFF LATTE		\$8.90
BISCOFF LATTE		\$8.00
NUTELLA LATTE		\$8.00
FERRERO HOT CHOCOLATE	NEW	\$8.00
ROCKY ROAD HOT CHOCOLATE		\$8.00

POT OF TEA

\$4.90

ENGLISH TEA, PEPPERMINT TEA, EARL GREY TEA, LEMONGRASS & GINGER TEA, GREEN TEA

ADD SHOT OF CARAMEL, VANILLA, HAZELNUT, GINGERBREAD OR \$1

KIDS BREKKIE

\$14

SMALL FLAMES BREKKIE

ONE FRIED EGG, BACON, HASH BROWN ON SOURDOUGH TOAST

PANCAKES

TWO CLASSIC PANCAKES, VANILLA ICE CREAM, MAPLE SYRUP & (CHOICE OF M&M'S OR 100 & 1000S)

CHEESE TOASTIE WITH CHIPS