

SPECIALTY COFFEE

BY SEVEN MILES COFFEE ROASTERS

White (Choose your blend)	5
• Cat's Pyjamas Notes of Maple Syrup, Cocoa & Brown Spice	
• Wilde Notes of Wild Berry Jam, Rockmelon & Nectarine. 2017 International Coffee Awards Gold Medal for Espresso (black) and Bronze Medal for Cappuccino (milk)	
Black	from 4
Filter/Pour-over	6.5
Cold Brew	6
Mocha / White Choc Mocha	5.5
Iced Latte / Biscoff Iced Latte	6.5/8.5
Iced Coffee/Choc/Mocha with ice-cream	8.5
Extra Shot/Decaf/Alternative Milk (soy, oat, almond, lactose-free)	0.7



SMOOTHIES

JUST SO GOOD

Banana Espresso Banana, dark choc powder, peanut butter, 2 espresso shots & almond milk	13
Banana & Almond Banana, organic almond butter & almond milk (VG)	12
Mixed Berries & Oat Mixed berries, organic rolled oats, oat milk & maple syrup (VG)	12

FLINCH

BOOK A TABLE ONLINE OR CALL 0493 768 308

CHAI, MATCHA & MORE

COFFEE ALTERNATIVE



Chai Latte Arkardia spiced chai	5
Brewed Loose Leaf Masala Chai Brewed with milk, served in a pot with a side of honey	6.7
Hot Chocolate 45% Dark, GF & Vegan	5
White Hot Chocolate	4.8
Matcha Latte Choose lightly sweet <u>or</u> pure Kyoto matcha	6/6.8
Iced Matcha Choose lightly sweet <u>or</u> pure	8.5/10
Matcha Frappe	12
Loose Leaf Teacraft Selections	5.5
Sencha Green/English Breakfast/Earl Grey/Herbal Tea	

FRAPPÉS

A SMOOTH BLEND OF MILK, ICE & YOUR FAV FLAVOURS



Cookies & Cream / Tim Tam / Biscoff	9
Choc Mint / Chocolate / Vanilla	9
Coffee / Mocha / Chai Frappé	10
Matcha Frappé Made from pure Kyoto matcha	12
Biscoffee Biscoff & 2 shots of house espresso	11



MILKSHAKES

EVERYONE'S FAVOURITE

Chocolate / Vanilla / Caramel / Strawberry	7
Coffee	8.5
Kid-size 5.5 / Thickshake +1.5	

FRESHLY SQUEEZED JUICE

MADE TO ORDER



Orange	8.5
Apple	8
Immunity Orange, Apple, Carrot & Ginger	9.5
Tropical Hit Strawberry, Orange & Pineapple	12
Detox Apple, Celery & Cucumber	9
Pear Punch Pear, Apple, Carrot & Lemon	9



MOCKTAILS

TRY SOMETHING BOUJEE

Blue Summer Float Sparkling lemonade, blue curaçao, topped with vanilla ice cream	12
Tropical Fruit Slushy Refreshing fruit blend with sparkling water <u>or</u> milk, optional whipped cream. <u>Choose from:</u> Yuzu Lemon, Strawberry & Cream, Lychee Strawberry, Strawberry Passionfruit	12
Peachy Dream Sparkling peach iced tea, rainbow jelly, strawberry ice cream & strawberry puree	14
Mango Sunset Iced Tea Homemade iced-tea with mango popping pearls, topped with mango sorbet. <u>Add</u> rainbow jelly +1	12
Boujee Strawberry & Lemon Frizz Frizzy strawberry sparkling water, crushed strawberries, topped with lemon sorbet & freeze-dried strawberries	13
Matcha Magic Matcha frappé topped with matcha ice-cream & matcha mochi	15

BAKED SOUFFLÉ PANCAKES

Buttery sponge-like pancakes, without baking powder, so there's no weird after-taste. Also gluten-free!

Baking time: 15 minutes

The O.G Maple syrup & whipped cream <u>Add</u> grilled bacon +5	20
Big Brekkie Grilled streaky bacon, hash brown, fried egg, whipped cream & maple syrup	29
Tangy Lemon Curd, Mixed Berries & Cream	23
Biscoff Espresso Biscoff spread, biscoff+coffee sauce, biscoff crumbs & vanilla ice cream	25
Nutella & Banana/Nutella & Strawberry or Salted Caramel & Banana Choose your ice cream flavour!	23
Berry Strawberry Berry coulis, fresh+freeze-dried strawberries & vanilla ice cream <u>or</u> whipped cream	24
Pandan & Coconut (Limited) Pandan infused pancakes, vanilla custard, coconut ice cream & dukkah	25
Kid-size Pancake Single stack, maple syrup, plus whipped cream <u>or</u> ice cream	15


ADD-ONS

- +an extra pancake stack **8**
- +hash brown/hollandaise **3**
- +free range egg (fried or poached) **3**
- +bacon/halloumi/avo/mushrooms/fried tofu **5**
- +hot chips **4**, +chill oil **2**, +bowl of chips **10**
- +ice cream (cup or cone): Vanilla, choc, cookies & cream, pistachio, coconut, strawberry, matcha, banana, rainbow, blood orange, mango sorbet, lemon sorbet **5**

JAPANESE SOBA NOODLE SALAD

Healthy and flavourful organic buckwheat noodles (vegan & gluten-free). Served with cucumber, edamame, Japanese dressing, sesame seeds & seaweed. Plus a protein of your choice:

- **Crispy or grilled chicken** 21
- **5 spice roast duck** 25
- **Grilled butter prawns** 24
- **Grilled 180g Angus beef patty** 24
- **Teriyaki tofu (VG)** 22
- **Teriyaki salmon (limited)** 28

 **Recommended:** Add a soy-marinated egg 3.5

FLINCH BURGERS

Get Flinched!	18
180g Angus beef patty, tasty cheese, pickles, tomato, dijon mustard, tomato sauce & Spanish onion	
Bacon & Beef Bonanza	20
Crispy streaky bacon, 180g Angus beef patty, tasty cheese, tomato, Spanish onion, relish & garlic mayo	
Crispy Clucker	18
Southern fried chicken, tasty cheese, tomato, red onion & special burger sauce	
Veggie Wonder	20
Cauliflower fritter, grilled halloumi, hash brown, caramelised onion, baby spinach & sriracha mayo	
<u>Add</u> side chips +4, <u>Add</u> a fried egg +3, <u>Add</u> extra beef patty +9	

THE CLASSICS

UNTIL 2.30 PM DAILY

Deluxe Brekkie Wrap	19
Scrambled eggs, grilled streaky bacon (or halloumi), hash brown, avocado, spinach & tomato relish	
B.L.A.T	17
Grilled streaky bacon, avocado, mixed salad, tomato, relish, aioli on Turkish bread <u>Add</u> hot chips +4	
Grilled Chicken B.L.A.T	19
Grilled chicken, avocado, Swiss cheese, mixed salad, tomato, special burger sauce on Turkish bread	
Cauliflower Fritters (V, GF)	24
Handmade fritters, grilled zucchini, tomato & cucumber salsa, relish, sriracha mayo, almond flakes <u>Add</u> a poached or fried egg +3	
Avo On Toast (V, VG option)	21
Mashed avocado, sliced pear, cherry tomatoes, dukkah & a free-range poached egg on sourdough	
Eggs Benedict	20
Hardwood smoked bacon, 2 free-range poached eggs, hollandaise <u>Swap</u> bacon with grilled halloumi or ham free of charge	
Chilli Scramble with Bacon	21
Scrambled eggs, crispy bacon, edamame, cherry tomato, sriracha mayo & chilli oil	
Prawn Chilli Scramble	25
Grilled butter prawns, scrambled eggs, cherry tomato, sriracha mayo, chilli oil & crispy shallots	
5 Spice Roast Duck Salad (V, GF)	25
Roasted duck breast, mixed greens, avocado, cherry tomato, Spanish onion, cucumber, almond flakes & roasted sesame vinaigrette	