

# LaS CHiCAs

## Welcome,

For over a decade Las Chicas has been an institution in Balaclava. Our mission is to provide delicious, wholesome breakfast and lunch, along with our ever-popular *ST ALLI Coffee*.

We source **fresh, local** and **sustainable** produce to provide you with our Multi Award Winning Food.

**Fresh** products such as our eggs from *Country Pride* in Devon Meadows – one of very few egg farms producing 100% of their own feed...

We are committed to giving back to the community and in 2014 launched “Las Chicas Community Projects.” Our work so far includes developing a Kitchen Garden at Elwood Secondary College and the “Free Coffee for Ambos” campaign in support of our hard working Paramedics. 10,000 caffeine hits on us (and counting!)

**We pride ourselves on our fast and friendly service, so when it’s busy we regret that we can’t offer menu alterations. Sorry, no split bills.**

**All menu items may contain traces of nuts, sesame or milk products**

## PLEASE NOTE WE CHARGE THE FOLLOWING:

A 1.8% surcharge on all card transactions

A 10% surcharge on public holidays

## Menu key

**V** Vegetarian


**VG** Vegan


**GF** Gluten free


**DF** Dairy free

**NF** Nut Free

## Get Social

 /LasChicasCafeStKilda

 @laschicascafe1

 @laschicascafe

## Find us at:

**P:** 03 9531 3699

203 Carlisle St,  
Balaclava VIC 3183

laschicas.com.au



## COFFEE – BY ST. ALI

Check specials for today's single origin

ST. Ali Orthodox Blend **R 4 / L 4.8**

LSD - latte soy dandelion **R 4 / L 5**

Variations - decaf / Bonsoy / almond milk **.5 / .5 / 1**

## TEA

English Breakfast, Earl Grey **4**

Chamomile, Lemongrass and Ginger, Green or Peppermint **4**

Fresh brewed loose leaf Prana Chai – cow's milk / soy / almond **4.5 / 5 / 5.5**

## JUICES – ALL FRESHLY SQUEEZED **8**

**Orange**

**Pineapple**

**Watermelon**

**Carrot, celery and ginger**

**Watermelon, apple and mint**

**Cool as a cucumber** – cucumber, pineapple and mint

## SUPERFOOD SMOOTHIES

**Banana Rama** **10.5**

Banana, Manuka honey, cinnamon, protein powder and natural yoghurt

**Green Goodness** **10.5**

Kale, spinach, spirulina, probiotic powder, cucumber, banana, dates, walnuts and coconut water

**Life in A Cup** **10.5**

Acai berries, banana and apple blended with mixed berries

**Youthful Glow** **11**

Pineapple, banana, coconut oil, turmeric, cinnamon, ginger, chia seeds, maca powder and coconut milk

## MILKSHAKES

Oreo **9**

Nutella **9**

Chocolate **8**

Strawberry **8**



## BEER

Doss Blockos	10
Stone & Wood Pacific Ale	10
Peroni	9

## CIDER

Verano apple cider 500mls	12
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## COCKTAILS

Las Chicas Bloody Mary / Virgin	13 / 8
<b>Mimosa Twist</b> – sparkling wine, fresh orange and watermelon juice	12
Espresso Martini	18

## SPARKLING

NV Dunes and Greene Brut Clare Valley, SA	10 / 45
11 Raventos I Blanc Reserva Brut Cava, Spain	70
NV Vevre Cliquot Reims Champagne	125

## WHITE WINE

Mesh Riesling 2014 Eden Valley, SA	65
Little Angel Sauvignon Blanc 2014 Marlborough, NZ	10 / 45
Saint Eliza Pinot Grigio 2015 Veneto, Italy	10 / 45
Ocean Eight Pinot Gris 2014 Mornington Peninsula, Vic	65
Castro Martin Albarino 2012 Rias Biaxis, Spain	70
William Fevre Petit Chablis 2013 Chablis, France	65
Ocean Eight Chardonnay 2013 Mornington Peninsula, Vic	80

## ROSE

Cotes de Provence 2015 Provence, France	10 / 50
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## RED WINE

Palliser 'pencarrow' Pinot Noir 2014 Martinborough, NZ	10 / 45
Akarua 'Rua' Pinot Noir 2014 Central Otago, NZ	65
Passo Rosso Merlot/Sangiovese 2014 Veneto, Italy	10 / 45
Guigal Cotes du Rhone GSM 2011 Rhone Valley, France	45
Telmo Rodriguez 'LZ' Tempranillo 2013 Rioja, Spain	70



<b>TOAST AND SPREADS – ALL OUR BREADS CONTAIN SEEDS</b> <b>V</b>	<b>4/7.5</b>
Sourdough white, multigrain or rye, bagel, gluten free multigrain, or pumpkin and polenta loaf. Served with butter, strawberry jam, peanut butter, vegemite, marmalade or honey	
<b>COCONUT BIRCHER</b> <b>VG GF</b>	<b>14.5</b>
Coconut bircher, organic goji berries, sunflower seeds, pepitas, Currants, shaved apple & almonds	
<b>LIME &amp; COCONUT SAGO</b> <b>VG GF NF</b>	<b>14.5</b>
Coconut & lime tapioca pudding served with passionfruit, pineapple, & mango	
<b>SEASONAL FRUIT SALAD</b> <b>VG GF NF</b>	<b>13.5</b>
A seasonal fruit salad topped with coconut yoghurt	
<b>HOMEMADE PUMPKIN, POLENTA &amp; SUNFLOWER LOAF</b> <b>V NF</b>	<b>17.5</b>
Crushed avocado, Yarra Valley feta, pomegranate jewels, fresh herbs and lemon	
Add a poached egg	<b>18.5</b>
<b>CHARRED BREAKY GREENS</b> <b>VG GF</b>	<b>18.5</b>
Broccoli, sugar snap peas, kale, beetroot hummus, sumac dukkah and two poached eggs	
<b>BUTTERMILK PANCAKES</b> <b>V NF</b>	<b>18</b>
Fresh strawberries, blueberries & raspberries served with passionfruit Curd and vanilla icecream	
<b>BACON &amp; EGG ROLL</b> <b>NF</b>	<b>14</b>
Grilled bacon, rocket, fried egg and house made tomato relish on a toasted brioche bun	



## FREE RANGE EGGS – THE WAY YOU LIKE THEM

Poached, fried or scrambled on your choice of toast **7.5 / 9.5**

### SIDES

House made tomato relish / hollandaise / extra free range egg **3ea**

Wilted spinach / tomato and coriander salsa **4ea**

Thyme buttered mushrooms / Yarra Valley whipped feta /  
fried halloumi / roasted vine tomatoes / crushed avocado /  
grilled asparagus **4.5ea**

Corned Beef/ bacon/Organic lamb & rosemary sausage/potato rosti **5ea**

NZ Smoked Ora Salmon **6**

**BIG BREAKY** **NF** **25**

Two eggs your way, bacon, organic lamb sausage, vine ripened  
tomatoes, wilted spinach and buttered mushrooms

**BIG BREAKY VEGETARIAN** **V** **NF** **25**

Two eggs your way, grilled asparagus, avocado, vine ripened  
tomatoes, wilted spinach and buttered mushrooms

**CHICAS BENEDICT** **NF** **20**

Wilted spinach, smoked salmon, two poached eggs and hollandaise  
on a toasted bagel

**BBB (BIKINI BLOWOUT BENEDICT)** **NF** **20**

Crushed avocado, bacon, two poached eggs and hollandaise  
on a toasted bagel

**BREAKFAST BURRITO (GLUTEN FREE CORN WRAP AVAILABLE)** **NF** **20**

Folded eggs, bacon, aioli and rocket in a toasted tortilla,  
with crushed avocado, and a tomato & coriander salsa

or take out the bacon and add NZ hot smoked Ora Salmon **20**

**SAUTÉED MUSHROOMS** **V** **NF** **19.5**

Sautéed mushrooms, yarra valley feta, thyme, garlic butter,  
toasted multigrain and a poached egg

**THE BREAKFAST SMASH** **NF** **19.5**

Crushed peas, smoked salmon, whipped feta on toasted sourdough  
multigrain with two poached eggs and fresh chili



<b>VIK'S VEGAN WRAP (GLUTEN FREE CORN WRAP AVAILABLE)</b> <b>VG</b> <b>NF</b>	<b>19.5</b>
Broccoli, marinated tofu, mixed mushrooms, Spanish onion, vegan mayo in a toasted tortilla with crushed avocado, and a tomato & coriander salsa	
<i>With The Bucha Kombucha</i>	<b>25</b>
<b>CHICKEN TORTILLA (GLUTEN FREE CORN WRAP AVAILABLE)</b> <b>NF</b>	<b>20</b>
Marinated chicken breast, harissa aioli, cos lettuce, capsicum and cucumber in a toasted tortilla with sour cream, crushed avocado and tomato & coriander salsa	
<i>With a glass of Cote de provence Rose</i>	<b>28</b>
<b>THE DOUBLE DOUBLE BURGER</b> <b>NF</b>	<b>20</b>
Fried chicken breast, double bacon, double cheese with a pineapple and chili relish and chipotle mayo on a brioche bun with fries	
<i>With a Stone &amp; wood pacific ale</i>	<b>28</b>
<b>WAGYU BURGER</b> <b>NF</b>	<b>20</b>
Wagyu beef, tomato, bacon, gherkin, cos lettuce, melted Jack cheese, Kansas BBQ sauce and mayo on a brioche bun with fries	
<i>With a Doss Blockos Pale Ale</i>	<b>27</b>
<b>SALADS</b>	
<b>KALE &amp; QUINOA SALAD</b> <b>VG</b> <b>GF</b>	<b>17</b>
Kale, quinoa, avocado, pomegranate jewels, roast beetroot, and toasted almonds with a classic vinaigrette	
Add Feta / Poached Chicken / Both	<b>18/19/21</b>
<i>With a glass of Saint Eliza pinot Grigio + \$7</i>	
<b>SEARED YELLOW FIN TUNA</b> <b>GF</b> <b>DF</b> <b>NF</b>	<b>20</b>
Sesame seared yellow fin tuna on a vegetable ribbon salad with coriander and a chili, palm sugar & garlic dressing	
<i>With a glass of Cote de Provence Rose</i>	<b>26</b>
<b>SOBA NOODLE SALAD</b> <b>GF</b> <b>VG</b>	<b>17</b>
Green tea soaked soba noodles, chili, peanuts, edamame beans, fried Shallots, coriander with a chili, ginger & coriander dressing	
<i>With a glass of Dunes &amp; Greene Sparkling</i>	<b>23</b>
<b>CHICKEN CHILI SLAW</b> <b>DF</b> <b>GF</b>	<b>18</b>
Pulled chicken breast, beansprouts, cabbage, capsicum, vietamiese mint, Thai basil, cashews & a sweet chili dressing	
<i>With a glass of Saint Eliza Pinot Grigio</i>	<b>25</b>



<b>BOWL OF FRIES</b> (V) (NF) (DF)	8
Plain, herb salt or salt and vinegar with aioli and tomato sauce	
<b>SMOKED SALMON BAGEL</b> (NF)	13.5
New Zealand smoked king salmon with caper and dill cream cheese	
<b>CRISPY PRAWN ROLL</b> (NF)	17.5
Crispy Szechuan prawns, asian coleslaw, chili, coriander, avocado, kewpie mayo on a toasted brioche bun	
<b>OPEN MEDITERRANEAN SANDWICH</b> (V)	16
Roasted zucchini, capsicum and eggplant on toasted rye with whipped feta, jack cheese, dukkha, basil and wilted spinach	
<b>CLUB CHICAS</b> (NF)	17
Grilled chicken, crushed avocado, jack cheese, cos lettuce, roma tomato and aioli on toasted white sourdough	
Add bacon	18.5
<b>PORK BELLY ROLL</b>	17.5
Slow roasted pork belly, asian pickled veggies, chili, coriander, sesame seeds, peanuts, kewpie mayo & hoisin sauce on a crusty Vietnamese baguette	
<b>REUBEN SANDWICH</b> (NF)	17
Corned beef, house made sauerkraut, Swiss cheese, mustard & a side of pickles on toasted sourdough rye	

