

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 1.6% 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:

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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 **9**

Orange

Pineapple

Watermelon

Carrot, celery and ginger

Watermelon, apple and mint

Cool as a cucumber – cucumber, pineapple and mint

SUPERFOOD SMOOTHIES

Banana Rama **11**

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

Green Goodness **11**

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

Life in A Cup **11**

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 **9**

Strawberry **9**



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 / 9
Mimosa Twist – 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 2016 Marlborough, NZ	10 / 45
Saint Eliza Pinot Grigio 2016 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 2016 Provence, France	10 / 50
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RED WINE

Palliser 'pencarrow' Pinot Noir 2015 Martinborough, NZ	10 / 45
Akarua 'Rua' Pinot Noir 2014 Central Otago, NZ	65
Passo Rosso Merlot/Sangiovese 2015 Veneto, Italy	10 / 45
Guigal Cotes du Rhone GSM 2011 Rhone Valley, France	45
Telmo Rodriguez 'LZ' Tempranillo 2013 Rioja, Spain	70



- TOAST AND SPREADS – ALL OUR BREADS CONTAIN SEEDS** **V** **4/7.5**
 Sourdough white, multigrain or rye, bagel, (gluten free multigrain +\$0.5),
 or pumpkin and polenta loaf. Served with butter, strawberry jam,
 peanut butter, vegemite, marmalade or honey
- COCONUT BIRCHER** **VG** **GF** **14.5**
 Coconut bircher, organic goji berries, sunflower seeds, pepitas,
 Currants, shaved apple & almonds
- PISTACIO & BERRY PORRIDGE** **V** **15**
 Cranberries, pistacios, buckwheat, raspberries & goji berry crumble
- SEASONAL FRUIT SALAD** **VG** **GF** **NF** **13.5**
 A seasonal fruit salad topped with coconut yoghurt
- HOMEMADE PUMPKIN, POLENTA & SUNFLOWER LOAF** **V** **NF** **17.5**
 Crushed avocado, Yarra Valley feta, pomegranate jewels,
 fresh herbs and lemon
 Add a poached egg **18.5**
- CHARRED BREAKY GREENS** **VG** **GF** **18.5**
 Broccoli, sugar snap peas, kale, beetroot hummus, sumac dukkah
 and two poached eggs
- BUTTERMILK PANCAKES** **V** **NF** **18**
 Fresh strawberries, blueberries & raspberries served with passionfruit
 Curd and vanilla icecream
- BACON & EGG ROLL** **NF** **15**
 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 **8 / 10**

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 broccolini **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 broccolini, 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



VIK'S VEGAN WRAP (GLUTEN FREE CORN WRAP AVAILABLE) VG NF	19.5
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>	25
CHICKEN TORTILLA (GLUTEN FREE CORN WRAP AVAILABLE) NF	20
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>	28
THE DOUBLE DOUBLE BURGER NF	20
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 & wood pacific ale</i>	28
WAGYU BURGER NF	20
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>	27
SALADS	
KALE & QUINOA SALAD VG GF	17
Kale, quinoa, avocado, pomegranate jewels, roast beetroot, and toasted almonds with a classic vinaigrette	
Add Feta / Poached Chicken / Both	18/19/21
<i>With a glass of Saint Eliza pinot Grigio + \$7</i>	
SEARED YELLOW FIN TUNA GF DF NF	20
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>	26
SOBA NOODLE SALAD GF VG	17
Green tea soaked soba noodles, chili, peanuts, edamame beans, fried Shallots, coriander with a chili, ginger & coriander dressing	
<i>With a glass of Dunes & Greene Sparkling</i>	23
GRILLED CHICKEN SALAD DF GF NF	18.5
Warm salad of grilled Caribbean spiced chicken thigh, paprika, chickpeas, Cherry tomatoes, red onion, corn, coriander, quinoa, spinach & chill with A lemon dressing.	
<i>With a glass of Saint Eliza Pinot Grigio</i>	24.5



BOWL OF FRIES (V) (NF) (DF)	8
Plain, herb salt or salt and vinegar with aioli and tomato sauce	
SMOKED SALMON BAGEL (NF)	15
New Zealand smoked king salmon with caper and dill cream cheese	
CRISPY PRAWN ROLL (NF)	18.5
Crispy Szechuan prawns, asian coleslaw, chili, coriander, avocado, kewpie mayo on a toasted brioche bun	
OPEN MEDITERRANEAN SANDWICH (V)	17
Roasted zucchini, capsicum and eggplant on toasted rye with whipped feta, jack cheese, dukkha, basil and wilted spinach	
CLUB CHICAS (NF)	17.5
Grilled chicken, crushed avocado, jack cheese, cos lettuce, roma tomato and aioli on toasted white sourdough	
Add bacon	18.5
CHICAS STEAK SANDWICH	22.5
24 Hr slow roasted porterhouse on white sourdough served with Garlic butter, jack cheese beetroot jam, grilled tomatoes, pickled onions, cos with Kipfler wedges & horseradish mustard mayo	
REUBEN SANDWICH (NF)	17.5
Corned beef, house made sauerkraut, Swiss cheese, mustard & a side of pickles on toasted sourdough rye	

