

# 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. 20 000 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

**LAS CHICAS IS AVAILABLE FOR FUNCTIONS & OFFSITE CATERING  
PLEASE ASK OUR STAFF FOR A FUNCTION & CATERING PACK**

## 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 **9**

**Orange**

**Pineapple**

**Watermelon**

**Carrot, celery and ginger**

**Watermelon, apple and mint**

**Flu fighter** - orange, ginger, spinach, lemon, pineapple, carrot & apple

**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, avocado, spirulina, cucumber, banana, grapes and coconut water

**Life in A Cup** **11**

Acai berries, banana and apple blended with mixed berries

**Weekend Warrior** **11**

Cocoa, dates, chia seeds, peanut butter, Pea protein, banana, Almond milk & coconut oil

## MILKSHAKES

Oreo **9**

Nutella **9**

Chocolate **8**

Strawberry **8**



## BEER

Furphy	8.5
Stone & Wood Pacific Ale	10
Peroni	9

## CIDER

Verano apple cider 500mls	12
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## COCKTAILS

Las Chicas Bloody Mary / Virgin	10 / 9
<b>Mimosa Twist</b> – sparkling wine, fresh orange and watermelon juice	12
Espresso Martini	10

## SPARKLING

NV Dunes and Greene Brut Clare Valley, SA	10 / 45
NV Arbeaumont Reims Champagne	125

## WHITE WINE

Tokowha Sauvignon Blanc 2016 Marlborough, NZ	9 / 45
Saint Eliza Pinot Grigio 2016 Veneto, Italy	10 / 45
William Fevre Petit Chablis 2013 Chablis, France	65

## ROSE

Cep D'or 2016 Provence, France	10 / 50
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## RED WINE

Peacock's Tail Shiraz 2014, Mclearn Vale SA	9/40
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	45



## CAKES

### CITIZEN COCOA -RAW, VEGAN GF \$5

- BERRY COCNUT, ORANGE & PISTACIO, COCONUT BLOSSOM, PEANUT CARAMEL,  
SALTED CARAMEL, PEPPERMINT LAVENDER

### CHEESCAKES - SALTED CARAMEL, VANILLA, BERRY \$6.5

SALTED CARAMEL ÉCLAIR, NUTELLA SMORSEE GF, PEAR HAZELNUT CHOC \$7

PASSIOFRUIT POPPY SEED, RED VELVET TEA CAKE \$\$6

CHOCOLATE BROWNIE GF, GRANOLA BAR GF \$5

PLEASE CHECK THE DISPLAY FRIDGES FOR OUR ROTATING CAKES

## BREAKFAST

### 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** 14.5

Coconut bircher, organic goji berries, sunflower seeds, pepitas,  
Currants, shaved apple & almonds

### SAGO PUDDING **VG GF NF** 15

Tapioca served with mango, pineapple, passionfruit, coconut yoghurt  
& dried raspberries

### 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 **7.5 / 9.5**

### SIDES

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

Tomato and coriander salsa **4ea**

Wilted spinach/Thyme buttered mushrooms/fried halloumi /  
Roasted vine tomatoes / crushed avocado / grilled broccolini **4.5ea**

Whipped yarra valley feta/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 +50C)** (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 +50C) 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

***With The Bucha Kombucha* 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

***With a glass of Cep D'or Rose* 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

***With a Stone & wood pacific ale* 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

***With a Furphy Ale* 27**

## **SALADS**

**CHARGRILLED GREENS & TOFU SALAD VG GF 17**

Chargrilled broccolini sugar snap peas, green beans, spinach, zucchini, Marinated tofu, sesame & a tahini soy dressing

Add Feta / Poached Chicken / Smoked Salmon **19/19.5/22**

***With a glass of Saint Eliza pinot Grigio + \$7***

**SEARED YELLOW FIN TUNA GF DF NF 20**

Sesame seared yellow fin tuna on a salad of kale, peas, mint, corn, parsley, Grated apple, beetroot & a pomegranates balsamic glaze,

***With a glass of Cep D'or Rose* 26**

**SOBA NOODLE SALAD VG 17**

Green tea soaked soba noodles, chili, peanuts, edamame beans, fried Shallots, coriander with a chili, ginger & coriander dressing

***With a glass of Dunes & Greene Sparkling* 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.

***With a glass of Saint Eliza Pinot Grigio* 24.5**



<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)	15
New Zealand smoked king salmon with caper and dill cream cheese	
<b>CRISPY PRAWN ROLL</b> (NF)	18.5
Crispy Szechuan prawns, asian coleslaw, chili, coriander, avocado, kewpie mayo on a toasted brioche bun	
<b>OPEN MEDITERRANEAN SANDWICH</b> (V)	17
Roasted pumpkin & capsicum, sun dried tomato, beetroot & onion jam on toasted rye with crumbled yarra valley feta, jack cheese, basil, fresh chili, rocket & dukkha	
<b>CLUB CHICAS</b> (NF)	17.5
Grilled chicken, crushed avocado, jack cheese, cos lettuce, roma tomato and aioli on toasted white sourdough	
Add bacon	18.5
<b>CHICAS STEAK SANDWICH</b>	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	
<b>REUBEN SANDWICH</b> (NF)	17.5
Corned beef, house made sauerkraut, Swiss cheese, mustard & a side of pickles on toasted sourdough rye	

