

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.

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 5**

LSD - latte soy dandelion **R 4.5 / L 5.5**

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 **5 / 5.5 / 6**

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 **8.5**

Strawberry **8.5**



BEER

Furphy	8.5
Stone & Wood Pacific Ale	10
Peroni	9

CIDER

Verano apple cider	9
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COCKTAILS

Las Chicas Bloody Mary / Virgin	10 / 9
Mimosa Twist – 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



BREAKFAST

- TOAST AND SPREADS – ALL OUR BREADS CONTAIN SEEDS** **V** 4/7.5
Sourdough white, multigrain or rye, bagel, (gluten free multigrain +50c), or pumpkin and polenta loaf. Served with butter, strawberry jam, peanut butter, vegemite, marmalade or honey
- COCONUT BIRCHER** **VG** 15
Coconut bircher, organic goji berries, sunflower seeds, pepitas, almonds, dates, apple compote & berries
- POACHED PEAR PORRIDGE** **V** 15
Toasted nut and seeds (almonds, pistachios, sunflower seeds, pipitas, Spiced honey, freeze dried raspberries, red wine poached pear
- 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 19
- CHARRED BREAKY GREENS** **GF V** 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, cheese, bbq sauce, kewpie mayo on a toasted brioche bun
- CHICKPEA & ZUCCHINI FRITTERS** **V** 18.5
Chickpea, zucchini & sweet corn fritters with grilled broccolini, avocado, pickled radishes, crumbed feta, tomato relish & a poached egg



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 **4**

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

Take out the bacon and add NZ 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



LUNCH

BURGERS AND WRAPS

- VIK'S VEGAN WRAP (GLUTEN FREE CORN WRAP AVAILABLE +50C)** **VG** **NF** 20
Broccoli, marinated tofu, mixed mushrooms, Spanish onion, vegan mayo in a toasted tortilla with crushed avocado, and a tomato & coriander salsa
With Lemon Myrtle Kombucha 25
- CHICKEN TORTILLA (GLUTEN FREE CORN WRAP AVAILABLE +50C)** **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 tasty cheese, Kansas BBQ sauce and mayo on a brioche bun with fries
With a Furphy Ale 27

SALADS

- ROASTED CAULIFLOWER & GREEN BEAN** **GF** **V** **DF** 17
Roasted golden cauliflower, green beans, turmeric, blood mustard leaf Goats feta, sumac dukkha, crispy kale & a tahini dressing
Poached Chicken / Smoked Salmon 19/22
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 28
- BLACK RICE AND KIM CHI** **VG** **GF** 18
Organic black rice, goji berries, edamame beans, beetroot, marinated tofu Pomegranates, rocket, kim chi & a tamari / sweet mirin dressing
With a glass of Dunes & Greene Sparkling 23.5



KALE & QUINOA SALAD (V) (GF)	17
Kale, quinoa, avocado, pomegranate jewels, roast beetroot and almonds with a lemon dressing	
Add Feta / Poached Chicken / Both	18/19/20
GRILLED LEMONGRASS CHICKEN SALAD (DF) (GF) (NF)	18.5
Warm salad of grilled marinated chicken breast, cabbage mix, cos lettuce Onion, coriander, peanuts, shallots & a Vietnamese dressing	
<i>With a glass of Saint Eliza Pinot Grigio</i>	24.5
SANDWICHES	
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 and kewpie mayo on a toasted brioche bun	
OPEN MEDITERRANEAN SANDWICH (V)	17
Roasted pumpkin, capsicum, sun dried tomato, beetroot and onion jam on toasted rye with crumbled Yarra Valley feta, jack cheese, basil, fresh chili, rocket and dukkha	
CLUB CHICAS (NF)	17.5
Grilled chicken, crushed avocado, tasty cheese, cos lettuce, roma tomato and aioli on toasted white sourdough	
Add bacon	18.5
CHICAS STEAK SANDWICH	22.5
24 Hour slow roasted porterhouse on white sourdough with garlic butter, tasty cheese, beetroot jam, grilled tomatoes, pickled onions and cos served with Kipfler wedges and horseradish mustard mayo	
REUBEN SANDWICH (NF)	17.5
Corned beef, house made sauerkraut, tasty cheese, mustard and a side of pickles on toasted sourdough rye	
BOWL OF FRIES (V) (NF) (DF)	8
Plain salt, herb salt or salt and vinegar with aioli and tomato sauce	

