

# 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 AVAILIABLE 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](http://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**

Lactose Free / Coconut milk / Almond milk / Bonsoy / Decaf **1 / 1 / 1 / .5 / .5**

## TEA

English Breakfast / Earl Grey / Rooibos **4 / 4 / 4.5**

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

**Orange, Pineapple, Watermelon, Carrot, Celery, Apple, Beetroot,** **9**

**Ginger, Kale, Spinach**

**Green Machine** - Kale, spinach, cucumber, pineapple, celery, ginger, lemon

**Fresh Beets** - Beetroot, cucumber, carrot, celery, orange, cayenne pepper

**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 |
|--------------------|---|

## 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 |
|--------------------------------|---------|

## 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
- SOBA NOODLE** **VG** 18  
Green tea soaked soba noodles, chili, peanuts, edamame beans, fried Shallots, coriander & a Vietnamese dressing  
*With a glass of Dunes & Greene Sparkling* 23.5



|   |                 |
|---|-----------------|
| <b>KALE &amp; QUINOA SALAD</b> (V) (GF)   | 17              |
| Kale, quinoa, avocado, pomegranate jewels, roast beetroot and almonds with a lemon dressing   |                 |
| Add Feta / Poached Chicken / Both   | <b>18/19/20</b> |
| <b>GRILLED LEMONGRASS CHICKEN SALAD</b> (DF) (GF) (NF)  | <b>18.5</b>     |
| Warm salad of grilled marinated chicken breast, cabbage mix, cos lettuce<br>Onion, coriander, peanuts, shallots & a Vietnamese dressing   |                 |
| <i>With a glass of Saint Eliza Pinot Grigio</i>   | <b>24.5</b>     |
| <b>SANDWICHES</b>   |                 |
| <b>SMOKED SALMON BAGEL</b> (NF)   | <b>15</b>       |
| New Zealand smoked king salmon with caper and dill cream cheese   |                 |
| <b>CRISPY PRAWN ROLL</b> (NF)   | <b>18.5</b>     |
| Crispy Szechuan prawns, Asian coleslaw, chili, coriander, avocado and kewpie mayo on a toasted brioche bun  |                 |
| <b>OPEN MEDITERRANEAN SANDWICH</b> (V)  | <b>17</b>       |
| 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                                  |                 |
| <b>CLUB CHICAS</b> (NF)   | <b>17.5</b>     |
| Grilled chicken, crushed avocado, tasty cheese, cos lettuce, roma tomato and aioli on toasted white sourdough   |                 |
| Add bacon   | <b>18.5</b>     |
| <b>CHICAS STEAK SANDWICH</b>  | <b>22.5</b>     |
| 24 Hour slow roasted porterhouse on white sourdough with garlic butter, tasty cheese, beetroot jam, grilled tomatoes, pickled onions and cos served with crinkle cut chips and horseradish mustard mayo |                 |
| <b>REUBEN SANDWICH</b> (NF)   | <b>17.5</b>     |
| Corned beef, house made sauerkraut, tasty cheese, mustard and a side of pickles on toasted sourdough rye  |                 |
| <b>BOWL OF FRIES</b> (V) (NF) (DF)  | <b>8</b>        |
| Plain salt, herb salt or salt and vinegar with aioli and tomato sauce   |                 |

