

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 Ali 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.

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 15% 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 5.5**

L.S.D - Latte soy dandelion **R 4.5 / L 6**

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

TEA

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

Chamomile / Lemongrass and Ginger / Green / Peppermint **4.5**

Freshly brewed loose leaf Prana Chai – Cow's milk / Soy / Almond **5 / 5.5 / 6**

FRESHLY SQUEEZED JUICES - YOUR CHOICE OF

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, 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 and coconut oil

MILKSHAKES

Oreo **9**

Nutella **9**

Chocolate **9**

Strawberry **9**



BEER

Furphy	9
Stone & Wood Pacific Ale	10
Peroni	9

CIDER

Arquiteka apple cider - Yarra Valley, Vic	9
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COCKTAILS

Las Chicas Bloody Mary / Virgin	12 / 9
Mimosa Twist – Fresh orange and watermelon juice with sparkling wine	12
Espresso Martini	15

SPARKLING

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

WHITE WINE

Little Angel Sauvignon Blanc 2017 Marlborough, NZ	10 / 45
La Villa 2017 Pinot Grigio 2016 Veneto, Italy	10 / 45
Castro Martin Albarino 2012 Rias Biexas Spain	65

ROSE

Cep D'or 2017 Provence, France	10 / 50
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RED WINE

Peacock's Tail Shiraz 2015, Mclearn Vale SA	10 / 40
Palliser 'pencarrow' Pinot Noir 2015 Martinborough, NZ	10 / 45
Akarua 'Rua' Pinot Noir 2014 Central Otago, NZ	65



BREAKFAST

TOAST AND SPREADS – ALL OUR BREADS CONTAIN SEEDS **V** 4 / 8

Sourdough white / Sourdough multigrain / Rye / Bagel

Pumpkin and polenta (+50c) / Gluten free multigrain (+\$1) / Fruit toast (+\$1).

Served with your choice of butter / Strawberry jam / Peanut butter / Vegemite Marmalade / Honey

COCONUT BIRCHER **VG** 15

Coconut bircher, organic goji berries, sunflower seeds, pepitas, almonds, dates, apple compote and berries

PORRIDGE 16

Poached rhubarb, berry compote, pistachios, almonds, pumpkin seeds, and cranberries.

POACHED FRUIT **V** 15

House made granola, red wine poached apples, pears and rhubarb with honey infused labneh (Greek yoghurt)

HOMEMADE PUMPKIN, POLENTA & SUNFLOWER LOAF **V NF** 20

Crushed avocado, Yarra Valley feta, pomegranate jewels, fresh herbs and lemon

Add a poached egg 22

CHARRED BREAKY GREENS **GF V** 21

Broccoli, sugar snap peas, kale, beetroot hummus, sumac dukkah and two poached eggs

BUTTERMILK PANCAKES **V NF** 21

Fresh strawberries, blueberries, and raspberries served with passionfruit curd and vanilla icecream

BACON & EGG ROLL **NF** 15

Grilled bacon, rocket, fried egg, cheese, bbq sauce and chipotle mayo on a toasted brioche bun

CHICKPEA & ZUCCHINI FRITTERS **V** 21

Chickpea, zucchini & sweet corn fritters with grilled broccolini, avocado, pickled radishes, crumbed feta, tomato relish and a poached egg

BREAKFAST BRUSCHETTA 21

Meredith goats cheese, avocado, basil pesto served with a herb salad, pancetta (pork) and a poached egg on multigrain toast with medley mix tomatoes



FREE RANGE EGGS – THE WAY YOU LIKE THEM

Poached, fried or scrambled on your choice of toast **8 / 11**

SIDES

House made tomato relish / Hollandaise / Extra free range egg **3**

Tomato and coriander salsa **4**

Wilted spinach / Thyme buttered mushrooms / Fried halloumi
Roasted vine tomatoes / Crushed avocado / Grilled broccolini **4.5**

Whipped Yarra Valley feta / Corned beef / Bacon
Organic lamb & rosemary sausage / Potato rosti **5**

Smoked Salmon / Potato and ham hock hash **6**

BIG BREAKY **NF** **26**

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

BIG BREAKY VEGETARIAN **V** **NF** **26**

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

CHICAS BENEDICT **NF** **22**

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

BBB (BIKINI BLOWOUT BENEDICT) **NF** **22**

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

BREAKFAST BURRITO (GLUTEN FREE CORN WRAP AVAILABLE +50C) **NF** **22**

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

Take out the bacon and add smoked salmon **22**

SAUTÉED MUSHROOMS **V** **NF** **21.5**

Mushrooms sautéed in a thyme and garlic butter, whipped Yarra Valley feta and a poached egg on toasted multigrain

THE BREAKFAST SMASH **NF** **22**

A bed of whole and crushed peas on toasted multigrain served with smoked salmon, whipped Yarra Valley feta, two poached eggs and fresh chili



LUNCH

BURGERS AND WRAPS

- VIK'S VEGAN WRAP (GLUTEN FREE CORN WRAP AVAILABLE +50C)** **VG** **NF** 22
Broccoli, marinated tofu, mixed mushrooms, Spanish onion,
vegan mayo in a toasted tortilla topped with crushed avocado and
a tomato & coriander salsa
With Lemon Myrtle Kombucha 27
- CHICKEN TORTILLA (GLUTEN FREE CORN WRAP AVAILABLE +50C)** **NF** 22
Marinated chicken breast, harissa aioli, cos lettuce, capsicum and
cucumber in a toasted tortilla topped with sour cream, crushed avocado and
tomato & coriander salsa
With a glass of Cep D'or Rose 30
- THE DOUBLE DOUBLE BURGER** **NF** 22
Fried chicken breast, house made peri peri sauce, melted jack cheese, grilled
pineapple, cos lettuce and tomato on a brioche bun served with herb salt fries
With a Stone & Wood Pacific Ale 29
- WAGYU BURGER** **NF** 22
Wagyu beef, tomato, gherkin, cos lettuce, melted jack cheese, horseradish
cream and cranberry bbq sauce on a brioche bun served with herb salt fries
With a Furphy Ale 29

SALADS

- ROASTED CAULIFLOWER & GREEN BEAN** **GF** **V** **DF** 22
Roasted golden cauliflower, green beans, turmeric, blood mustard leaf, crispy
kale, crumbed goats feta, sumac dukkah, pomegranates and a tahini dressing
Add Poached Chicken / Smoked Salmon 23/26
With a glass of La Villa Pinot Grigio + \$7
- SEARED YELLOW FIN TUNA** **DF** **NF** 24
Sesame seared yellow fin tuna served on a salad of mixed leaves, edamame
beans, pickled capsicum and shallots on a tapioca wafer with a chili, soy and
ginger dressing
With a glass of Cep D'or Rose 31
- SWEET POTATO NOODLE** **VG** **GF** 20
Sweet potato noodles, fresh chili, roasted peanuts, edamame beans, fried
shallots, sautéed mushrooms, capsicum, pickled vegetables and coriander with
an Asian dressing
With a glass of Dunes & Greene Sparkling wine 27



SLOW ROASTED LAMB SALAD GF NF	23
Pulled slow cooked lamb shoulder, cherry tomatoes, roasted pumpkin, pomegranates, mint, crumbed Yarra Valley feta, asparagus and radish with a lemon dressing	
<i>With a glass of Pencarrow Pinot Noir</i>	28
MOROCCAN CHICKEN SALAD DF GF NF	22
Marinated chicken thigh, mixed salad leaves, sliced capsicum, avocado, cherry tomatoes, coriander and chili with a honey mustard dressing	
<i>With a glass of La Villa Pinot Grigio</i>	28
SANDWICHES	
SMOKED SALMON BAGEL NF	16
Smoked salmon with caper and dill cream cheese on a toasted bagel	
CLUB CHICAS NF	20
Grilled chicken, crushed avocado, tasty cheese, cos lettuce, roma tomato and aioli on toasted white sourdough	
Add bacon	21
CHICAS STEAK SANDWICH	24.5
24 Hour slow roasted porterhouse on white sourdough with garlic butter, tasty cheese, beetroot jam, grilled tomatoes, pickled onions and cos lettuce served with crinkle cut chips and horseradish mustard mayo	
REUBEN SANDWICH NF	19
Corned beef, house made sauerkraut, tasty cheese, Dijon mustard, harissa mayo on toasted rye served with a side of pickles	
BOWL OF FRIES V NF DF	11
Plain salt, herb salt or salt and vinegar with aioli and tomato sauce	

