

Las CHiCAs

203 Carlisle Street, Balaclava
9531 3699

Welcome

Las Chicas is a Balaclava institution. For more than a decade, we've been dishing up delicious breakfasts, wholesome lunches, and fresh ST ALi coffee to the natives of Carlisle Street.

We source fresh, local and sustainable produce, like our eggs from Country Pride in Devon Meadows – one of very few egg farms producing 100% of their own chicken feed. We know you'll be able to taste the difference.

Back in the early 2000s, we launched the Las Chicas community projects which ran our Free Coffee for Ambos campaign that donated more than 35,000 much-needed caffeine hits to our hardworking paramedics. Follow us to check out our latest community projects.

*1.6% surcharge on all card transactions
15% surcharge on public holidays
5% surcharge on weekends*

**AVAILABLE FOR FUNCTIONS & OFF-SITE CATERING.
HEAD TO OUR WEBSITE FOR MORE INFORMATION**

 @laschिकासafe

 @LasChicasBalaclava

WWW.LASCHICAS.COM.AU

B R E A K F A S T

TOAST & SPREADS (V)	4/8	MOROCCAN BAKED EGGS (V)	26
<i>All our bread contain seeds</i>		Garlic & thyme roasted Portobello mushrooms, harissa chickpeas, tomato sago & crumbed Yarra Valley feta, served with plain roti	
Sourdough white / Sourdough multigrain / Rye / Bagel, Pumpkin & polenta +1, Gluten free multigrain+1, Fruit toast +1		+ Add Chorizo	+2
<i>Served with your choice of</i>		THE BREAKFAST SMASH (NF)	25
Butter / Strawberry jam / Peanut butter / Vegemite / Marmalade / Honey		A bed of whole & crushed peas on toasted multigrain served with smoked salmon, whipped Yarra Valley feta, two poached eggs & fresh chili	
COCONUT BIRCHER (VG)	17	BIG BREKKY (NF)	29
Coconut bircher, organic goji berries, sunflower seeds, pepitas, almonds, dates, apple compote & berries		Two eggs your way, bacon, organic beef sausage, vine ripened tomatoes, wilted spinach & buttered mushrooms with white sourdough toast	
HOMEMADE PUMPKIN, POLENTA & SUNFLOWER LOAF (V)(NF)	24	BIG BREKKY VEGETARIAN (V)(NF)	29
Crushed avocado, Yarra Valley feta, pomegranate jewels, fresh herbs & lemon		Two eggs your way, grilled broccolini, avocado, vine ripened tomatoes, wilted spinach & buttered mushrooms with white sourdough toast	
+ A poached egg	+2	CHICAS BENEDICT (NF)	26
CHARRED BREKKY GREENS (GF)(V)	24.5	Wilted spinach, smoked salmon, two poached eggs & hollandaise sauce on a toasted bagel	
Broccoli, sugar snap peas, kale, beetroot hummus, sumac dukkah & two poached eggs		BBB / BIKINI BLOWOUT BENEDICT (NF)	26
BUTTERMILK PANCAKES (V)(NF)	25	Crushed avocado, bacon, two poached eggs & hollandaise on a toasted bagel	
Fresh strawberries, blueberries, and raspberries served with passionfruit curd & vanilla ice-cream		BREAKFAST BURRITO (NF)	26
BACON & EGG ROLL (NF)	16	Folded eggs, bacon, aioli & rocket in a toasted tortilla, topped with crushed avocado, tomato & coriander salsa	
Grilled bacon, rocket, fried egg, cheese, BBQ sauce & chipotle mayo on a toasted brioche bun		OR take out the bacon & add smoked salmon	
CHICKPEA & ZUCCHINI FRITTERS (V)	25	Gluten free wrap available	+0.50
Chickpea, zucchini & sweet corn fritters with grilled broccolini, avocado, pickled radish, crumbed feta, tomato relish & a poached egg		FREE RANGE EGGS	8 / 13.5
BREAKFAST BRUSCHETTA	25	<i>The way you like them</i>	
Meredith goat cheese, avocado & basil pesto served with a herb salad, bacon & a poached egg on multigrain toast with cherry tomatoes		Poached, fried or scrambled on your choice of toast	
SAUTÉED MUSHROOMS (V)(NF)	25	SIDE	
Mushrooms sautéed in thyme and garlic butter, whipped Yarra Valley feta, balsamic reduction & a poached egg on multigrain toast		House made tomato relish	
		Hollandaise sauce / Free range egg	+3.5
		Tomato & coriander salsa	+4
		Wilted spinach / Thyme buttered mushrooms/ Fried halloumi / Roasted vine tomatoes/ Crushed avocado / Grilled broccolini	+5
		Whipped Yarra Valley feta / Corned beef / Bacon / Organic beef & Rosemary sausage	
		Potato rosti, Chorizo	+5
		Smoked Salmon	+7

BURGERS & WRAPS

VIK'S VEGAN WRAP (VG)(NF) 25

Broccoli, marinated tofu, mixed mushrooms, spanish onion, vegan mayo in a toasted tortilla topped with crushed avocado & tomato & coriander salsa

Gluten free wrap available +0.50

+ Lemon Myrtle Kombucha +5

+ Small Fries +5

CHICKEN TORTILLA (NF) 26

Marinated chicken breast, harissa aioli, cos lettuce, capsicum & cucumber in a toasted tortilla, topped with sour cream, crushed avocado, tomato & coriander salsa

Gluten free wrap available +0.50

+ Glass Rose +7

+ Small Fries +5

THE DOUBLE DOUBLE BURGER (NF) 25

Fried chicken breast, house made peri-peri sauce, melted jack cheese, bacon, chili pineapple relish, cos lettuce & cabbage mix on a brioche bun served with herb salt fries

+ Estrella Damm +5

WAGYU BURGER (NF) 25

Wagyu beef, tomato, gherkin, cos lettuce, melted American cheese, horseradish cream & cranberry BBQ sauce on a brioche bun served with herb salt fries

+ Estrella Damm +5

SANDWICHES

SMOKED SALMON BAGEL (NF) 18

Smoked salmon with caper & dill cream cheese on a toasted bagel

+ Small Fries +5

CRISPY PRAWN ROLL (NF) 25

Fried prawns, cos lettuce, tomato, avocado, chili, coriander and peri-peri sauce served on a toasted brioche bun & topped with fried shallots

+ Small Fries +5

CLUB CHICAS (NF) 23

Grilled chicken, crushed avocado, tasty cheese, cos lettuce, roma tomato & aioli on white sourdough toast

+ Add bacon +1.5

+ Small Fries +5

CHICAS STEAK SANDWICH (NF) 28

Porterhouse steak marinated in rosemary & thyme on white sourdough with butter, tasty cheese, beetroot jam, grilled tomatoes, pickled onions & cos lettuce, served with crinkle cut chips & horseradish mustard mayo

+ Peroni +7



SEE PHOTOS OF EVERY DISH!

Go to mryum.com/laschicas or scan the QR code with your phone camera.

No QR app required



REUBEN SANDWICH (NF) 23

Corned beef, house made sauerkraut, tasty cheese, dijon mustard, harissa mayo on toasted rye served with a side of pickles

+ Small Fries +5

FRIES

BOWL OF FRIES (V)(NF)(DF) 12.5

Plain salt, herb salt or salt & vinegar

SWEET POTATO FRIES 13.5

Aioli, tomato sauce

SALADS

RAW BROCCOLI & CRANBERRY (VG)(GF)(DF) 22

Shaved broccoli, toasted almonds, dried cranberries, grapes with garlic & cashew cream

+ Grilled Chicken +5

HALLOUMI PUY LENTIL FREEKEH SALAD (V)(NF) 25.5

Puy lentils, cracked freekeh, grilled halloumi, sunflower & pumpkin seeds, cherry tomatoes, cucumber, avocado, grilled asparagus, shaved radish, parsley, pomegranate jewels & a lemon dressing

+ Glass Rose +7

SEARED YELLOW FIN TUNA (DF)(GF)(NF) 29

Sesame seared yellow fin tuna served on a salad of mixed leaves, edamame beans, pickled capsicum, shallots & radish on a tapioca wafer with a chili, soy & ginger dressing & a balsamic glaze

+ Glass Rose +7

MOROCCAN CHICKEN SALAD (DF)(GF)(NF) 27

Marinated chicken thigh, mixed salad leaves, sliced capsicum, avocado, cherry tomatoes, coriander & chili with lemon dressing

+ Glass of La Villa Pinot Grigio +7

LUNCH

(GF) GLUTEN FRIENDLY (V) VEGETARIAN
(VG) VEGAN (DF) DAIRY FREE (NF) NUT FREE

COFFEE – BY ST. ALI

Check specials for today's single origin

ST. Ali Orthodox Blend	R 4.5 / L 6
Lactose Free / Oat milk / Almond milk / Bonsoy / Decaf +0.5	
L.S.D - Latte soy dandelion	R 5 / L 6
Rooted Spiced Turmeric Latte	5.5

TEA

English Breakfast / Earl Grey / Rooibos	5
Chamomile / Lemongrass & Ginger / Green / Peppermint	5
Freshly brewed loose leaf Prana Chai	
Cow's milk / Soy / Almond	6 / 6 / 6.5

**FRESHLY
SQUEEZED**

JUICE 9.5

Your choice of
Orange / Pineapple / Watermelon / Carrot / Celery /
Apple / Beetroot / 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**

SMOOTHIE 11

BANANA RAMA

Banana, manuka honey, cinnamon, protein powder
& natural yoghurt

GREEN GOODNESS (VG)

Kale, spinach, avocado, spirulina, apple,
banana & coconut water

LIFE IN A CUP (VG)

Acai, banana, apple blended with mixed berries

WEEKEND WARRIOR (VG)

Cocoa, dates, chia seeds, peanut butter, pea protein,
banana, almond milk & coconut oil

MILKSHAKE 10

Oreo / Nutella / Chocolate / Strawberry

ALCOHOL

BEER

Furphy	9
Stone & Wood Pacific Ale	10
Peroni	10
Estrella	6

CIDER

Arquiteka apple cider	
Yarra Valley, Vic	10

COCKTAILS

Las Chicas Bloody Mary / Virgin	18 / 9
Mimosa Twist – Fresh orange & watermelon juice with sparkling wine	14
Espresso Martini	18

COCKTAIL JUGS 28

Bloody Mary
Mimosa Twist

WINE

SPARKLING

NV Dunes and Greene Brut	
Clare Valley, SA	11/ 50

WHITE WINE

Babich Sauvignon Blanc 2020	
Malborough, NZ	10 / 50
Terre di Chieti Pinot Grigio 2019	
Cantina Tollo	10 / 50

ROSE

Hahndorf Hill 2019	
Adelaide Hills, SA	10 / 50

RED WINE

Quarisa Shiraz 2016	
McLearn Vale, SA	10 / 45
Palliser 'pencarrow' Pinot Noir 2019	
Martinborough, NZ	12 / 60

