

Las CHiCAs

203 Carlisle St, 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 30,000 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*

 @laschिकासafe

 @LasChicasBalaclava

LAS CHICAS IS AVAILABLE FOR FUNCTIONS & OFF-SITE CATERING / PLEASE ASK OUR STAFF FOR A FUNCTION & CATERING PACK

B R E A K F A S T

TOAST & SPREADS (V)	4 / 8
<i>All our bread contain seeds</i>	
Sourdough white / Sourdough multigrain / Rye / Bagel, Pumpkin & polenta ⁺⁰⁵ , Gluten free multigrain ⁺¹ , Fruit toast ⁺¹	
<i>Served with your choice of</i>	
Butter / Strawberry jam / Peanut butter / Vegemite / Marmalade / Honey	
COCONUT BIRCHER (VG)	16
Coconut bircher, organic goji berries, sunflower seeds, pepitas, almonds, dates, apple compote & berries	
COCONUT SAGO (VG)(GF)	15
Sago pudding with orange, lemon, mango puree, almonds, pistachios & topped with seasonal fruit	
HOMEMADE PUMPKIN, POLENTA & SUNFLOWER LOAF (V)(NF)	21
Crushed avocado, Yarra Valley feta, pomegranate jewels, fresh herbs & lemon	
<i>+ A poached egg</i>	*2
CHARRED BREKKY GREENS (GF)(V)	21
Broccoli, sugar snap peas, kale, beetroot hummus, sumac dukkah & two poached eggs	
BUTTERMILK PANCAKES (V)(NF)	22
Fresh strawberries, blueberries, and raspberries served with passionfruit curd & vanilla ice-cream	
BACON & EGG ROLL (NF)	15
Grilled bacon, rocket, fried egg, cheese, BBQ sauce & chipotle mayo on a toasted brioche bun	
CHICKPEA & ZUCCHINI FRITTERS (V)	22
Chickpea, zucchini & sweet corn fritters with grilled broccolini, avocado, pickled radish, crumbed feta, tomato relish & a poached egg	
BREAKFAST BRUSCHETTA	22
Meredith goat cheese, avocado & basil pesto served with a herb salad, bacon & a poached egg on multigrain toast with cherry tomatoes	
SAUTÉED MUSHROOMS (V)(NF)	22
Mushrooms sautéed in thyme and garlic butter, whipped Yarra Valley feta, balsamic reduction & a poached egg on multigrain toast	

MOROCCAN BAKED EGGS (V)	22
Garlic & thyme roasted Portobello mushrooms, harissa chickpeas, tomato sago & crumbed Yarra Valley feta, served with plain roti	

+ Add Chorizo *2

THE BREAKFAST SMASH (NF)	23
---------------------------------	----

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

BIG BREKKY (NF)	26
------------------------	----

Two eggs your way, bacon, organic lamb sausage, vine ripened tomatoes, wilted spinach & buttered mushrooms with white sourdough toast

BIG BREKKY VEGETARIAN (V)(NF)	26
--------------------------------------	----

Two eggs your way, grilled broccolini, avocado, vine ripened tomatoes, wilted spinach & buttered mushrooms with white sourdough toast

CHICAS BENEDICT (NF)	23
-----------------------------	----

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

BBB / BIKINI BLOWOUT BENEDICT (NF)	23
---	----

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

BREAKFAST BURRITO (NF)	23
-------------------------------	----

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

OR take out the bacon & add smoked salmon

Gluten free corn wrap available ⁺⁰⁵⁰

FREE RANGE EGGS	8 / 12
------------------------	--------

The way you like them

Poached, fried or scrambled on your choice of toast

S I D E S

House made tomato relish	
Hollandaise sauce / Free range egg	*3
Tomato & 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, Chorizo	*5
Smoked Salmon	*6

BURGERS & WRAPS

VIK'S VEGAN WRAP (VG)(NF) 22

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

Gluten free corn wrap available +0.50

+ Lemon Myrtle Kombucha +5

CHICKEN TORTILLA (NF) 23

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

Gluten free corn wrap available +0.50

+ Glass of Cep D'or Rose +8

THE DOUBLE DOUBLE BURGER (NF) 22

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

+ Stone & Wood Pacific Ale +7

WAGYU BURGER (NF) 22

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

+ Furphy Ale +7

SANDWICHES

SMOKED SALMON BAGEL (NF) 16

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

CRISPY PRAWN ROLL (NF) 22

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

CLUB CHICAS (NF) 21

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

+ Add bacon +1

CHICAS STEAK SANDWICH (NF) 25

24 hour slow roasted porterhouse on white sourdough with garlic butter, tasty cheese, beetroot jam, grilled tomatoes, pickled onions & cos lettuce, served with crinkle cut chips & horseradish mustard mayo



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) 20

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

OPEN MEDITERRANEAN SANDWICH (V) 18.5

Roasted zucchini, eggplant labneh, grilled capsicum, red onion, shaved asparagus & jack cheese on a piece of sourdough rye with alfalfa sprouts, basil & dukkha

BOWL OF FRIES (V)(NF)(DF) 11

Plain salt, herb salt or salt & vinegar

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, pomegranate jewels & tahini dressing

+ Grilled chicken / Smoked salmon +4

+ Glass of La Villa Pinot Grigio +8

SEARED YELLOW FIN TUNA (DF)(NF) 25

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

+ Glass of Cep D'or Rose +6

SOBA NOODLES (VG) 21

Green tea soba noodles, fresh spinach, capsicum, sugar snap peas, pickled cabbage, radish, edamame beans, chili peanuts, dried shallots & asian dressing.

+ Glass of Dunes & Greene Sparkling wine +6

SLOW ROASTED LAMB SALAD (GF)(NF) 23.5

Pulled slow cooked lamb shoulder, cherry tomatoes, roasted pumpkin, pomegranate jewels, mint, crumbed Yarra Valley feta, asparagus & radish with lemon dressing

+ Glass of Pencarrow Pinot Noir +4.5

MOROCCAN CHICKEN SALAD (DF)(GF)(NF) 23

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

+ Glass of La Villa Pinot Grigio +6



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 5.5
Lactose Free / Oat milk / Almond milk / Bonsoy / Decaf ⁺⁰⁵	
L.S.D - Latte soy dandelion	R 4.5 / L 6
Rooted Spiced Turmeric Latte	5.5

TEA

English Breakfast / Earl Grey / Rooibos	4.5
Chamomile / Lemongrass & Ginger / Green / Peppermint	4.5
Freshly brewed loose leaf Prana Chai Cow's milk / Soy / Almond	5 / 6 / 6

FRESHLY SQUEEZED

JUICE 9

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, cucumber,
banana, grapes & 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 9

Oreo / Nutella / Chocolate / Strawberry

ALCOHOL

BEER

Furphy	9
Stone & Wood Pacific Ale	10
Peroni	9
Estrella - on tap ^(sch)	8.5

CIDER

Arquiteka apple cider Yarra Valley, Vic	9
--	---

COCKTAILS

Las Chicas Bloody Mary / Virgin	13 / 9
Mimosa Twist - Fresh orange & watermelon juice with sparkling wine	12
Espresso Martini	16

COCKTAIL JUGS 25

Bloody Mary
Mimosa Twist

WINE

SPARKLING

NV Dunes and Greene Brut Clare Valley, SA	10 / 45
--	---------

WHITE WINE

Motueka Vineyards Sauvignon Blanc 2018 Nelson, NZ	10 / 45
Terre di Chieti Pinot Grigio 2018 Cantina Tollo	10 / 45

ROSE

Hahndorf Hill 2019 Adelaide Hills, SA	10 / 50
--	---------

RED WINE

Eagle Vale Shiraz 2016 Margaret River, WA	10 / 40
Palliser 'pencarrow' Pinot Noir 2015 Martinborough, NZ	10 / 45

