

# Las CHiCAs

203 Carlisle Street, Balaclava  
9531 3699

## *Welcome*

Las Chicas is a Balaclava institution. For more than 2 decades, 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, a multi generational farming family based in the Goulburn Valley – 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.

*1.4% surcharge on all card transactions  
15% surcharge on public holidays  
10% 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

<b>TOAST &amp; SPREADS (V)</b>	4/8	<b>MOROCCAN BAKED EGGS (V)</b>	25
<i>All our bread contain seeds</i> Sourdough white / Sourdough multigrain / Rye / Bagel, Pumpkin & polenta +1, Gluten free multigrain+1, Fruit toast +1		Garlic & thyme roasted portobello mushrooms, mix beans, tomato sago & crumbed Yarra Valley feta, served with plain roti	
<i>Served with your choice of</i> Butter / Strawberry jam / Peanut butter / Vegemite / Marmalade / Honey		+ Add Chorizo +2	
<b>COCONUT BIRCHER (VG)</b>	17.5	<b>THE BREAKFAST SMASH (NF)</b>	26
Coconut bircher, organic goji berries, sunflower seeds, pepitas, almonds, dates & berries, apple		A bed of whole & crushed peas on toasted multigrain served with smoked salmon, whipped Yarra Valley feta, two poached eggs & fresh chili	
<b>HOMEMADE PUMPKIN, POLENTA &amp; SUNFLOWER LOAF (V)(NF)</b>	25.5	<b>BIG BREKKY (NF)</b>	29.5
Crushed avocado, Yarra Valley feta, pomegranate jewels, fresh herbs & lemon, poached egg		Two eggs your way, bacon, organic beef sausage, vine ripened tomatoes, wilted spinach & buttered mushrooms with white sourdough toast	
+ Add salmon	+5	+ Add croquette +3	
<b>CHARRED BREKKY GREENS (GF)(V)</b>	24.5	<b>BIG BREKKY VEGETARIAN (V)(NF)</b>	29.5
Broccoli, green peas, kale, beetroot hummus, dukkah & two poached eggs		Two eggs your way, potato & parmesan croquettes, avocado, vine ripened tomatoes, wilted spinach & buttered mushrooms with white sourdough toast	
<b>BUTTERMILK PANCAKES (V)(NF)</b>	26.5	<b>CHICAS BENEDICT (NF)</b>	25
Fresh assorted berries served with vanilla ice-cream, maple syrup and brioche crumbs		Wilted spinach, smoked salmon, two poached eggs & hollandaise sauce on a toasted bagel	
<b>BACON &amp; EGG ROLL (NF)</b>	16	<b>BBB / BIKINI BLOWOUT BENEDICT (NF)</b>	25
Grilled bacon, rocket, fried egg, cheese, BBQ sauce & chipotle mayo on a toasted brioche bun		Crushed avocado, bacon, two poached eggs & hollandaise on a toasted bagel	
<b>BREAKFAST BRUSCHETTA</b>	26	<b>BREAKFAST BURRITO (NF)</b>	25
Crumbed cows feta, avocado & basil pesto served with a herb salad, bacon & a poached egg on multigrain toast with heirloom tomatoes		Folded eggs, bacon, aioli & rocket in a toasted tortilla, topped with crushed avocado, tomato & coriander salsa	
<b>SAUTÉED MUSHROOMS (V)(NF)</b>	26	OR take out the bacon & add smoked salmon <i>Gluten free wrap available</i> +0.50	
Mushrooms sautéed in thyme and garlic butter, whipped Yarra Valley feta, balsamic reduction & a poached egg on multigrain toast		<b>FREE RANGE EGGS</b>	8 / 13.5
<b>SMOKED SALMON BAGEL (NF)</b>	18.5	<i>The way you like them</i> Poached, fried or scrambled on your choice of toast	
Smoked salmon with fried capers & dill cream cheese on a toasted bagel			
+Small Fries	+5		

# S I D E

House made tomato relish / pesto	+3.5	Wilted spinach / thyme buttered	+4	Whipped Yarra Valley feta / bacon /	+5
hollandaise sauce / free range egg		mushrooms / grilled halloumi / roasted		organic beef sausage / potato &	
Tomato & coriander salsa	+4	vine tomatoes / crushed avocado		parmesan croquettes / chorizo	
				Smoked salmon	+7

**VIK'S VEGAN WRAP (VG)(NF)** 26

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

*Gluten free wrap available +0.50*

+Small Fries 26 +5

**CHICKEN TORTILLA (NF)** 25

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

*Gluten free wrap available +0.50*

+Small Fries 25 +5

**THE DOUBLE DOUBLE BURGER (NF)** 25

Fried chicken breast, house made chipolte mayo, melted jack cheese, bacon, chili pineapple relish, cos lettuce & cabbage mix on a brioche bun served with fries

**WAGYU BURGER (NF)** 25

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

+ Add bacon 25 +3

**SANDWICHES****CLUB CHICAS (NF)** 26

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

+Small Fries 26 +5

**REUBEN SANDWICH (NF)** 24

Pastrami, house made sauerkraut, tasty cheese, dijon mustard, chipolte mayo on toasted rye served with pickles

+Small Fries 24 +5

**CHICAS STEAK SANDWICH (NF)** 29

Grilled steak marinated in thyme & olive oil on white sourdough with tomato relish, tasty cheese, fresh tomato, pickled onions & cos lettuce, served with chips & horseradish mustard mayo

+ Peroni 29 +8

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**FRIES****BOWL OF FRIES (V)(NF)(DF)** 13

Plain salt, aioli and tomato sauce

**SALADS****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 radished, parsley, pomegrante jewels & a lemon dressing

+ Glass Rose 25.5 +7

**SEARED YELLOW FIN TUNA (DF)(GF)(NF)** 29.5

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

+ Glass Rose 29.5 +8

**MOROCCAN CHICKEN SALAD (DF)(GF)(NF)** 25

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

+ Glass of La Villa Pinot Grigio 25 +8

**CHECK FRONT CABINET FOR OUR DESSERT SPECIALS**

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 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	5.5
Chamomile / Lemongrass & Ginger / Green / Peppermint	5.5
Freshly brewed loose leaf Prana Chai Cow's milk / Soy / Almond	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** 11.5

**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** 9

Oreo / Nutella / Chocolate / Strawberry

**ALCOHOL**

**BEER**

Furphy	10
Stone & Wood Pacific Ale	11
Peroni	10

**CIDER**

Arquiteka apple cider Yarra Valley, Vic	10
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**COCKTAILS**

Las Chicas Bloody Mary / Virgin	18 / 9
Mimosa Twist – Fresh orange & watermelon juice with sparkling wine	15
Espresso Martini	18

**COCKTAIL JUGS** 35

Bloody Mary  
Mimosa Twist

**WINE**

**SPARKLING**

Growers Gate Brut Cuvee South Australia	11 / 50
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**WHITE WINE**

Babich Sauvignon Blanc 2020 Malborough, NZ	11 / 50
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Terre di Chieti Pinot Grigio 2019 Cantina Tollo	11 / 50
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**ROSE**

Hahndorfd Hill 2019 Adelaide Hills, SA	11 / 50
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**RED WINE**

Cantina Tollo Montepulciano 2021 Abruzzo, Italy	11 / 55
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Riposte Pinot Noir 2022 Adelaide Hills, SA	12 / 60
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