

# FL

## ALL DAY TILL 3PM

### TOAST \$6.00

With butter & your choice of Strawberry Jam, Honey or vegemite.

- Ciabatta sourdough
- Rye sourdough
- Rustic fruit & nut
- Sliced white bread
- Gluten free (extra \$1.50)

### EGGS ON TOAST \$9.50

Your choice of toast topped with two eggs cooked to your liking.

### BACON & EGG SANDWICH \$10.50

Streaky bacon served with fried eggs and tomato sauce on sliced white bread or roll.

### BREAKFAST BAGEL \$15.50

Streaky bacon, hash browns and a fried egg served with hollandaise and tomato sauce.

### EGGS BENEDICT \$18.00

Poached eggs, double smoked ham and hollandaise served on a toasted English muffin.

### EGGS FLORENTINE \$16.50

Poached eggs, sautéed baby spinach and hollandaise served on a toasted English muffin.

### CORN FRITTERS \$18.50

House made corn fritters, poached eggs, smashed avocado and fetta, tomato salsa all served on a thick cut rye sourdough

### FLAVA BIG BREAKFAST \$21.50

Streaky bacon, cheese kransky, grilled tomato, sautéed mushrooms, hash brown all served on your choice of sourdough or white sliced bread with two eggs cooked to your liking.

### CROISSANT \$7.50

- Jam & cream
- Swiss cheese & tomato
- Ham & Swiss cheese

### BIRCHER MUESLI \$10.50

Spiced apricots, seasonal berries, honey yoghurt, julienne apple and a side of milk.

### MANGO CHIA PUDDING \$10.50

Black Chia and almond milk pudding served with pureed mango date and chopped macadamia nuts

### ADD ONS

- STREAKY BACON \$3.50
- CHEESE KRANSKY \$4.50
- GRILLED TOMATO \$2.50
- SAUTEED MUSHROOMS \$3.50
- SALMON \$4.00
- HASH BROWN \$3.00
- 1 EGG (COOKED TO YOUR LIKING) \$3.50
- AVOCADO & FETA \$3.50
- BAKED BEANS \$3.50
- SAUCE \$1.0

# AVA

## LUNCH FROM 11:30

### SWEET POTATO WEDGES \$9.50

Served with sour cream and sweet chili sauce.

### SUPER CRUNCH STEAK HOUSE CHIPS \$8.50

Served with tomato sauce and aioli.

### TOASTED OPEN BAGEL

- Smoked salmon, crème fraiche, red onion, fried capers. \$16.00
- Feta, heirloom cherry tomatoes, basil, candied balsamic & garlic infused olive oil. \$15.00

### DIPS PLATE \$15.50

Trio of house made dips served with pita bread.

### LAMB BURGER \$19.50

Juicy lamb patty, Bacon jam, Bacon, American Cheddar, American Mustard, Tomato sauce, pickles, mixed lettuce on a Brioche Bun served with sweet potato wedges

### ANGUS BEEF AMERICAN CHEESE BURGER SLIDERS (3) \$16.50

American cheddar, cornichons, tomato sauce and mustard served with super crunch chips.

### THAI BEEF SALAD \$19.50

MSA sirloin strips, bean shoots, carrot, cucumber, mint, coriander, cabbage, red chilli, toasted peanuts and fried shallots with a Nam Jim dressing.

### PASTA OF THE DAY \$17.50

### LEBANESE FATTOUSH SALAD \$18.50

Baby spinach, brown rice & quinoa, lentils, heirloom cherry tomatoes, tabouli, falafels with a tzatziki dressing and Zattar pita chips.

### WARM CHICKEN SALAD \$19.00

Grilled chicken strips, cucumber, Spanish onion, heirloom cherry tomatoes, toasted cashews and mixed lettuce served with a sundried tomato and avocado aioli.

### CHICKEN CEASER SALAD \$19.00

Grilled chicken strips, egg, lettuce mix, bacon, anchovies, croutons, parmesan cheese and house made dressing.

### PORT LINCOLN FLATHEAD \$21.50

Beer battered flathead served with super crunch chips a side salad and lemon aioli.

### SEAFOOD TRIO \$26.50

Port Lincoln flathead, Asian dusted squid and panko prawns served with super crunch chips, a side salad and lemon aioli.

10% PUBLIC HOLIDAYS SURCHARGE APPLIES TO ALL MENU ITEMS

KITCHEN CLOSSES DAILY AT 3PM



# FLAVOUR

## LUNCH FROM 11:30 11.30

### ASIAN DUSTED SALT & PEPPER SQUID \$21.00

Served with super crunch chips, a side salad and lemon aioli.

### PANKO CRUMBED PRAWNS \$22.50

Served with a side salad, super crunch chips and lemon aioli.

### STEAK SANDWICH \$16.50

Steak, bacon, American cheddar, BBQ sauce, fried onions, lettuce and sliced tomatoes served in a Turkish roll with super crunch chips.

### BLT \$11.50

Bacon, lettuce and tomato sandwiched in-between sour dough toast.

### BRUSCHETTA \$13.50

Sour dough toast topped with diced tomato, basil, garlic infused olive oil and feta cheese.

## KIDS MENU

(UNDER 12 ONLY)

### "BIG" KIDS BREAKFAST \$11.50

White sliced toast, bacon, eggs and a hash brown.

### ANGUS BEEF CHEESE BURGER SLIDERS \$11.50

American cheddar, tomato sauce and super crunch chips.

### TEMPURA DINOSAUR CHICKEN NUGGETS \$11.50

Served with super crunch chips and tomato sauce.

### BOWL OF CHIPS \$5.50

Crunchy steakhouse chips served with tomato sauce

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## DRINKS

TAKEAWAY AVAILABLE +\$1.0

	CUP	MUG		CUP	MUG
Cappuccino	\$4.0	\$5.0	Mocha	\$4.0	\$5.0
Latte	\$4.0	\$5.0	Decaf	\$4.0	\$5.0
Flat White	\$4.0	\$5.0	Spiced Chai Latte	\$4.0	\$5.0
Long Black	\$4.0	\$5.0	Hot Chocolate	\$4.0	\$5.0
Espresso	\$3.5		Piccolo Latte	\$4.0	
Macchiato	\$3.8		Baby Chino	\$1.0	
Espresso Shot	\$1.0		Soy, Zymil, Almond	\$0.7	
Vanilla, Caramel, hazelnut shot	\$0.7				

### TEA SELECTIONS

English Breakfast	\$4.0	Chamomile	\$4.0
Earl Gray	\$4.0	Spiced Chai	\$4.0
Green Tea	\$4.0	Lemongrass & Ginger	\$4.0
Peppermint	\$4.0	Pot for 1	\$4.50
		Pot for 2	\$7.50

### COLD DRINKS

600ml Coke Varieties	\$5.5	KERRI Juices	\$4.5
Mount Franklin Bottled water	\$4.0	MOJO Kombucha	\$4.8
Mount Franklin Sparkling bottled water	\$4.5	Mountain Fresh Bottled Juice Varieties	\$6.0
Lemon Lime Bitters	\$4.5	Lipton Iced Tea Varieties 330ml soft drinks	\$4.5

### SMOOTHIES

Iced Chai	\$7.0	Iced Coffee	\$7.0
Berry Bang	\$7.0	Iced Chocolate	\$7.0
Banana	\$7.0	Iced Mocha	\$7.5
Banana Espresso	\$7.5	Iced Long Black Latte	\$5.5

### ICED SELECTIONS

### SHAKES

Chocolate	\$7.0	Caramel	\$7.0
Strawberry	\$7.0	Lime	\$7.0
Vanilla	\$7.0	Banana	\$7.0

### BEER/CIDER

Hahn Super dry	\$8.0	Corona	\$8.5
Coopers Pale Ale	\$8.0	Cascade Light	\$7.0
Coopers Sparkling	\$8.5	Hills Apple or Pear Cider	\$8.5
Crown Lager	\$8.5		
Peroni	\$8.5		

### WINE/CHAMPAGNE

Grower Gate SA Sparkling Brut Cuvee	\$7.5 Glass/ \$29.0 Bottle
Reilly's Moscato	\$8.0 Glass/ \$33.0 Bottle
Reilly's Sauvignon Blanc	\$8.0 Glass/ \$33.0 Bottle
Richard Hamilton Chardonnay	\$8.0 Glass/ \$33.0 Bottle
Richard Hamilton McLaren Vale Cabernet Sauvignon	\$8.5 Glass/ \$33.0 Bottle
Willunga Creek Black Duck Shiraz	\$9.0 Glass/ \$35.0 Bottle