

# 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 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*

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

 @laschिकासafe

 @LasChicasBalaclava

**WWW.LASCHICAS.COM.AU**

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# B R E A K F A S T

**TOAST & SPREADS (V)** 4 / 8  
*All our bread contain seeds*  
 Sourdough white / Sourdough multigrain / Rye / Bagel,  
 Pumpkin & polenta <sup>+0.5</sup>, Gluten free multigrain<sup>+</sup>, Fruit toast<sup>+</sup>

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

**PORRIDGE** 16  
 Rolled oats with fresh berries, cinnamon, poached pear,  
 cranberries & a pistachio almond mix

**COCONUT BIRCHER (VG)** 16  
 Coconut bircher, organic goji berries, sunflower seeds,  
 pepitas, almonds, dates, apple compote & berries

**HOMEMADE PUMPKIN,  
 POLENTA & SUNFLOWER LOAF (V)(NF)** 21.5  
 Crushed avocado, Yarra Valley feta, pomegranate  
 jewels, fresh herbs & lemon

+ A poached egg +2

**CHARRED BREKKY GREENS (GF)(V)** 23  
 Broccoli, sugar snap peas, kale, beetroot hummus,  
 sumac dukkah & two poached eggs

**BUTTERMILK PANCAKES (V)(NF)** 23  
 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)(NF)** 23  
 Chickpea, zucchini & sweet corn fritters with grilled  
 broccolini, avocado, pickled radish, crumbed feta,  
 tomato relish & a poached egg

**BREAKFAST BRUSCHETTA** 23  
 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)** 23  
 Mushrooms sautéed in thyme and garlic butter, whipped  
 Yarra Valley feta, balsamic reduction & a poached egg on  
 multigrain toast

**MOROCCAN BAKED EGGS (V)** 23.5  
 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 chilli

**BIG BREKKY (NF)** 26.5  
 Two eggs your way, bacon, organic beef sausage, vine  
 ripened tomatoes, wilted spinach & buttered mushrooms  
 with white sourdough toast

**BIG BREKKY VEGETARIAN (V)(NF)** 26.5  
 Two eggs your way, grilled broccolini, avocado, vine  
 ripened tomatoes, wilted spinach & buttered mushrooms  
 with white sourdough toast

**CHICAS BENEDICT (NF)** 24  
 Wilted spinach, smoked salmon, two poached eggs  
 & hollandaise sauce on a toasted bagel

**BBB/BIKINI BLOWOUT BENEDICT (NF)** 23.5  
 Crushed avocado, bacon, two poached eggs  
 & hollandaise on a toasted bagel

**BREAKFAST BURRITO (NF)** 23.5  
 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 <sup>+0.50</sup>*

**FREE RANGE EGGS** 8 / 12.5  
*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 beef sausage  
 Potato rosti / Chorizo +5  
 Smoked salmon +6

## BURGERS & WRAPS

### VIK'S VEGAN WRAP (VG)(NF) 23

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 <sup>+0.50</sup>

+ Lemon Myrtle Kombucha +5

+ Small fries +4

### CHICKEN TORTILLA (NF) 23.5

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 <sup>+0.50</sup>

+ Glass rose +7

+ Small fries +4

### THE DOUBLE DOUBLE BURGER (NF) 23

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

+ Estrella Damm <sup>(sch)</sup> +5

### WAGYU BURGER (NF) 23

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

+ Estrella Damm <sup>(sch)</sup> +5

## SANDWICHES

### SMOKED SALMON BAGEL (NF) 16.5

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

+ Small fries +4

### CRISPY PRAWN ROLL (NF) 23

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

+ Small fries +4

### CLUB CHICAS (NF) 21

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

+ Add bacon +1

+ Small fries +4

### 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

+ Peroni +7



### SEE PHOTOS OF EVERY DISH!

Go to [mryum.com/laschicas](https://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

+ Small fries +4

## FRIES

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

Plain salt, herb salt or salt & vinegar

### SWEET POTATO FRIES 12.5

Aioli, tomato sauce

### CHILLI CHEESE FRIES 16

House made three cheese sauce, chilli sauce, spring onions, pickled jalapenos, fresh chilli and parsley

## SALADS

### HALLOUMI PUY LENTIL FREEKEH SALAD (V)(NF) 23

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

+ Glass rose +7

### SEARED YELLOW FIN TUNA (DF)(NF) 27

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

+ Glass rose +7

### MOROCCAN CHICKEN SALAD (DF)(GF)(NF) 24.5

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

+ Glass of La Villa Pinot Grigio +7

### SLOW ROASTED LAMB SALAD (GF)(NF) 25

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 +7

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

**COFFEE** - BY ST. ALI

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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	4.5
Chamomile / Lemongrass & Ginger / Green / Peppermint	4.5
Freshly brewed loose leaf Prana Chai Cow's milk / Soy / Almond	6 / 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, 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 / Snickers / Cherry Ripe

**ALCOHOL**

**BEER**

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

**CIDER**

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

Las Chicas Bloody Mary / Virgin	14 / 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
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**WHITE WINE**

Babich Sauvignon Blanc 2020 Marlborough, NZ	10 / 45
Terre di Chieti Pinot Grigio 2019 Cantina Tollo	10 / 45

**ROSE**

Hahndordf Hill 2019 Adelaide Hills, SA	10 / 50
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**RED WINE**

Quarisa Shiraz 2016 McLearn Vale, SA	9 / 40
Palliser 'pencarrow' Pinot Noir 2019 Martinborough, NZ	10 / 45

