

FLAME BISTRO



MENU

STARTERS AND SMALL PLATES

	MEMBERS	VISITORS
Garlic Bread	\$10	\$11
Fresh Italian Burrata ^{GFA} ^V Rocket, cherry tomatoes, chives, basil emulsion, black salt & sourdough	\$20	\$21
Mushroom & Truffle Arancini ^V Piquillo pepper & cress	\$22	\$24
Salt & Pepper Calamari ^I Yuzu mayo, coriander and chilli	\$17	\$19
Beetroot Cured Salmon ^{DFA} ^{GFA} ^I Pickled shallot, fennel sour cream & dill sourdough toast	\$27	\$28
Sticky Chicken Wings ^{DFA} Celery & blue cheese dressing	\$20	\$23
Red Chilli Prawns ^I Jasmine rice, cream, charred lime & coriander	\$20	\$22
Loaded Truffle Fries Truffle oil, bacon, cheese and ranch dressing	\$17	\$19
Sweet Potato Wedges ^V ^{GF} ^{VG} ^{DFA} Sweet chilli and sour cream	\$16	\$17
Vegetable Spring Rolls ^V ^{GF} ^{VG} ^{DF} Sweet chilli sauce	\$18	\$20
Beef Nachos Beef mince, cheese, guacamole, sour cream, tomato, chipotle and jalapenos	\$23	\$25
Satay Chicken Skewers ^{GF} Chicken skewers served with coriander	\$17	\$19
Salmon and Prawn Skewers ^{GD} ^{DF} ^M Salmon and prawn skewers with a teriyaki glaze	\$22	\$24
Corn Ribs ^{GF} Spiced with smoked paprika and chives	\$17	\$19

HANDHELDS

Fried Fish Taco (3pc) Soft flour tortillas, lime & slaw	\$18	\$20
Wagyu Beef & Bacon Burger Charcoal brioche bun, lettuce, tomato, onion, bacon, cheese, mustard mayo and pickles with chips	\$27	\$30
Flamed Chipotle Chicken Burger Grilled chicken breast, lettuce, tomato, onion, cheese, and chipotle mayo with chips	\$23	\$25
Grilled Steak Sandwich Rocket, mushroom, cheese, caramelised onion, and mustard mayo with chips	\$25	\$27
Vegetarian Burger ^{VG} ^V ^{GF} ^{DFA} Patty, vegan mayo, lettuce, tomato, onion, cheese & chips	\$26	\$27
Lamb Burger Charcoal brioche bun, lettuce, tomato, onion, lamb pattie, cheese, mint mayo with chips	\$27	\$30

ADD-ONS

Extra Pattie	\$10	\$11
Add Avocado	\$4	\$5
Add Bacon	\$3	\$4
Add Egg	\$2	\$2

SIDES

Bowl of Chips with Gravy ^{GFA}	\$11	\$12
Garden Salad ^{GF} ^{VG} ^V ^{NF} ^{DF}	\$6	\$7
Steamed Vegetables ^{GF} ^{VG} ^V ^{NF} ^{DF}	\$9	\$10
Mashed Potato ^{GF}	\$9	\$10
Sauces Gravy ^{GF} ^{DF} , Mushroom ^{GF} , Dianne, Pepper ^{GF} , Bearnaise, Peri Peri ^{DF}	\$4	\$5
Bread Roll	\$3	\$4
Roasted Garlic Potatoes ^V	\$10	\$11
Steamed Rice Bowl ^V ^{GF}	\$7	\$8
Creamy Spinach	\$10	\$11

SALADS

Classic Caesar Salad Baby cos, bacon, egg, croutons, Parmesan and Caesar dressing	\$18	\$20
Rocket, Beetroot & Walnut Salad ^V ^{VG} ^{DF} Contains nuts. Baby rocket leaves & pomegranate, balsamic dressing, sliced apple, beetroot & spiced walnuts	\$20	\$22
Add aged Parmesan	\$2	\$2
Quinoa and Avocado Salad ^V ^{GFA} Red & white quinoa, pine seeds, pomegranate with yoghurt dressing	\$24	\$26

ADD ONS (FOR SALADS | 1 SIDE PER SALAD)

Garlic Prawn ^I	\$12	\$14
Grilled Chicken	\$7	\$8
Lamb Bites	\$12	\$14

^I Imported Seafood ^A Australian Caught Seafood ^M Mixed Origin

^V Vegetarian • ^{VG} Vegan • ^{GF} Gluten Free • ^{DF} Dairy Free ^{GFA} Gluten Free Available • ^{NF} Nut Free

Not all ingredients are listed. Please advise our team of any allergies.

	MEMBERS	VISITORS
MAINS		
Grilled Lamb Souvlaki ^{GFA}	Chips, slaw, tzatziki, and soft tortilla bread	\$29\$32
Fish & Chips ^{DF} ^I	Beer battered fish, chips, salad and tartare sauce	\$25\$27
Peri-Peri Chicken ^{DF} ^I ^{GF}	Garlic baby potato, salad, lemon and cress	\$31\$34
BBQ Pork Ribs	Marinated & flame grilled, steamed veg & mashed potato	\$34\$37
Slow Cooked Beef Cheek Thai Red Curry	Eggplant, zucchini, capsicum, mushroom, toasted sesame, coriander & spring onion served with jasmine rice & soft tortilla bread	\$30\$33
Pan-Seared Salmon Fillet ^A	Crushed potato, peas, poached prawns and leek velouté	\$33\$35
Cajun & Garlic Prawns and Rice ^A	Cajun spiced prawns with rice and lemon	\$30\$32
Grilled Barramundi ^{GF} ^A	with buttered veg & creamy mash	\$33\$35
Sweet & Sour Chicken	with white rice	\$26\$28
Fresh Panko Crumbed Chicken Schnitzel	Panko chicken breast, chips, salad & gravy	\$26\$28
Parmigiana	Panko chicken schnitzel, sliced ham, tomato sauce and cheese with salad & chips	\$29\$32

PASTA		
Beef Spaghetti	House made beef bolognese sauce and parmesan cheese	\$25\$27
Sage & Parmesan Gnocchi	Char grilled chicken, peas, garlic cream sauce and bacon	\$27\$30
Spinach & Ricotta Tortellini ^V	Stuffed with spinach and ricotta, fresh spinach, tomato sauce, aged parmesan & basil oil	\$25\$27
Penne Arrabbiata ^{DFA}	with tomato sauce, garlic, parmesan, basil & chilli flakes	\$28\$30
Seafood Linguine ^I	Mixed seafood served with a creamy red sauce	\$30\$32

STEAK		
Our steaks are char grilled and brushed with our signature steakhouse glaze. Please ask for dairy free options. All steaks served with a choice of two sides: chips, salad, mash or vegetables, and your choice of sauce.		
250g Rump Steak ^{GF}	Riverina Black Angus Mb2+	\$35\$39
250g Eye Fillet ^{GF}	Southern Grain Black Angus Mb4+	\$52\$57
300g Scotch Fillet ^{GF}	Riverina Black Angus Mb2+	\$50\$55
SAUCES: Gravy, Mushroom, Pepper, Bearnaise, Garlic Butter		

ADD ONS		
Garlic Prawns ^I	\$12	\$14

PIZZA		
Hawaiian Pizza	Pineapple, ham & cheese	\$24\$25
Margherita Pizza	Ham, cheese, tomato and basil	\$22\$23
Truffle Pizza	Truffle oil & cheese	\$24\$25

ADD ONS		
Mushroom	\$2	\$2

KIDS CORNER 12 YEARS AND UNDER ONLY		
Small Cheeseburger	Wagyu patty, cheese, tomato sauce and lettuce	\$14\$15
Little Fish & Chips ^{DF} ^I	Beer battered fish, chips & salad	\$14\$15
Spaghetti Pasta	House made beef Bolognese sauce and parmesan cheese	\$14\$15
Little Schnitzel	Chips & salad	\$14\$15
Chargrilled Chicken Breast ^{GF} ^{DF}		\$14\$15
Chicken Nuggets & Chips ^{DF}		\$14\$15
Mac & Cheese		\$14\$15

WINE

WINE LIST BY THE GLASS

SPARKLING

Varichon et Clerc Blanc de Blancs	Savoie, FRANCE	\$11	\$13
Gio Prosecco Treviso Extra Dry DOC	Treviso, ITALY	\$11	\$13

WHITE

d'Arenberg Stump Jump Sauvignon Blanc	McLaren Vale, SA	\$9	\$10	\$11	\$13
Petal & Stem Sauvignon Blanc	Marlborough, NEW ZEALAND	\$11	\$13	\$14	\$16
Paracombe Pinot Gris	Adelaide Hills, SA	\$11	\$13	\$14	\$16
Aloft Moscato	Adelaide Hills, SA - VEGAN	\$11	\$13	\$15	\$17
d'Arenberg Stump Jump Chardonnay	McLaren Vale, SA	\$9	\$10	\$11	\$13
Geoff Merrill Georgie May Chardonnay	McLaren Vale, SA	\$11	\$13	\$14	\$16
Lu Celu, Pinot Grigion IGP,	Sicily, ITALY	\$10	\$12	\$14	\$16

ROSÉ

La Tonnelle Rosé	(Grenache, Syrah, Cinsault) Provence, FRANCE	\$12	\$14	\$15	\$17
Auroa Rose	(Merlot) Southern NSW	\$9	\$10	\$11	\$13

RED

Scotchmans Hill Jack & Jill Pinot Noir	Bellarine Peninsula, VIC	\$13	\$15	\$16	\$18
Round two Merlot	Rossa Valley, SA	\$12	\$14	\$15	\$17
d'Arenberg Stump Jump Shiraz	McLaren Vale, SA	\$9	\$10	\$11	\$13
d'Arenberg The Love Grass Shiraz	McLaren Vale, SA	\$13	\$15	\$16	\$18

WINE LIST BY THE BOTTLE

SPARKLING

Varichon et Clerc Blanc de Blancs,	Savoie, FRANCE	\$42	\$46
Gio Prosecco Treviso Extra Dry DOC,	Treviso, ITALY	\$44	\$48
Petit Jeté Sparkling Cuvée Brut,	Great Southern, WA	\$49	\$54
Laurent Perrier La Cuvée Champagne,	Tours-sur-Marne, FRANCE	\$140	\$150
De Perrière Dry Rosé,	Burgundy, FRANCE	\$40	\$42

WHITE

Man Chenin Blanc,	South Africa	\$35	\$38
Wilson Vineyard Watervale Riesling,	Clare Valley, SA	\$42	\$46
d'Arenberg Stump Jump Sauvignon Blanc,	McLaren Vale, SA	\$32	\$35
Petal & Stem Sauvignon Blanc,	Marlborough, NEW ZEALAND	\$42	\$46
Howard Park Miamup Sauvignon Blanc Semillon,	Margaret River, WA	\$46	\$49
Paracombe Pinot Gris,	Adelaide Hills, SA	\$42	\$46
Aloft Moscato	Adelaide Hills, SA VEGAN	\$33	\$35
Lu Celu, Pinot Grigion IGP,	Sicily, ITALY	\$33	\$35
d'Arenberg Stump Jump Chardonnay,	McLaren Vale, SA	\$32	\$35
Geoff Merrill Georgie May Chardonnay,	McLaren Vale, SA	\$42	\$46
Creamery Chardonnay,	California, USA	\$50	\$55
Bouchard Aîné & Fils Chablis AOC,	Burgundy, FRANCE	\$84	\$86

ROSÉ

Auroa Rose	(Merlot) Southern NSW	\$32	\$35
La Tonnelle Rosé	(Grenache, Syrah, Cinsault), Provence, FRANCE	\$42	\$46
Villa AIX, Rosé	(Grenache, Syrah, Cinsault), Provence, FRANCE	\$44	\$48

RED

Scotchmans Hill Jack & Jill Pinot Noir,	Bellarine Peninsula, VIC	\$48	\$52
Chard Farm River Run Pinot Noir,	Central Otago, NEW ZEALAND	\$64	\$68
Jericho GSM (Grenache Shiraz Mourvèdre),	McLaren Vale, SA	\$48	\$52
Round two Merlot,	Rossa Valley, SA	\$33	\$35
Poggiotondo Chianti Superiore DOCG,	Tuscany, ITALY	\$59	\$66
Capa Single Vineyard Tempranillo,	Castilla La Mancha, SPAIN	\$41	\$45
Pulenta Finca La Zulema Malbec,	Mendoza, ARGENTINA	\$41	\$45
Château Grand-Jean AOC Bordeaux Supérieur,	Bordeaux, FRANCE	\$41	\$45
Howard Park Miamup Cabernet Sauvignon,	Margaret River, WA	\$46	\$52
d'Arenberg Stump Jump Shiraz,	McLaren Vale, SA	\$32	\$35
d'Arenberg The Love Grass Shiraz,	McLaren Vale, SA	\$48	\$52
Paringa Estate Shiraz,	Mornington Peninsula, VIC	\$85	\$90
Greenock Creek Seppeltsfield ‘Casey’s’ Shiraz,	Barossa, SA	\$71	\$73
Trinity Hill, Merlot,	Hawkes Bay, New Zealand	\$44	\$47

COCKTAILS

\$20
MEMBERS

- Margarita
Salt rim, tequila blanco, Cointreau, fresh lime juice.
- Spicy Margarita
Chilli rim, tequila blanco, Cointreau, fresh lime juice, Tabasco.
- Espresso Martini
Vanilla vodka, fresh espresso, coffee liqueur.
- Aperol Spritz
Aperol, prosecco, soda water, orange.

\$22
VISITORS

- Limoncello Spritz
Limoncello, prosecco, soda water, lemon.
- Elderflower Spritz
French elderflower liqueur, gin, prosecco, soda water, mint, lime.
- Mango Margarita
Sugar rim, tequila blanco, Cointreau, fresh lime juice, Mango Puree

MOCKTAILS

\$14
MEMBERS

- Ginger Lime Fizz
Fresh lime juice, ginger beer, dash of sugar syrup.
- Cucumber Mint Refresher
Fresh cucumber, mint, lime juice, soda water.
- Strawberry Passionfruit Cooler
Strawberry purée, passionfruit, lime juice, lemonade.

\$16
VISITORS

- Lychee Spritz
Lychee Puree, soda water and lime juice
- Mango Mule
Mango Puree, Lime Juice, Ginger Beer, Cucumber Slices, Sugar Syrup