



FLAME BISTRO



MENU

STARTERS AND SMALL PLATES

	MEMBERS	VISITORS
Garlic Bread	\$10	\$11
Fresh Italian Burrata ^{GFA} ^I ^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} ^I ^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

^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.

ROSÉ

	MEMBERS	VISITORS
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 Superieur, 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.	Limoncello Spritz Limoncello, prosecco, soda water, lemon.	\$22 VISITORS
	Spicy Margarita Chilli rim, tequila blanco, Cointreau, fresh lime juice, Tabasco.	Elderflower Spritz French elderflower liqueur, gin, prosecco, soda water, mint, lime.	
	Espresso Martini Vanilla vodka, fresh espresso, coffee liqueur.	Mango Margarita Sugar rim, tequila blanco, Cointreau, fresh lime juice, Mango Puree	
	Aperol Spritz Aperol, prosecco, soda water, orange.		

MOCKTAILS

\$14 MEMBERS	Ginger Lime Fizz Fresh lime juice, ginger beer, dash of sugar syrup.	Lychee Spritz Lychee Puree, soda water and lime juice	\$16 VISITORS
	Cucumber Mint Refresher Fresh cucumber, mint, lime juice, soda water.	Mango Mule Mango Puree, Lime Juice, Ginger Beer, Cucumber Slices, Sugar Syrup	
	Strawberry Passionfruit Cooler Strawberry purée, passionfruit, lime juice, lemonade.		

SIDES

	MEMBERS	VISITORS
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
<i>Add aged Parmesan</i>	\$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

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PIZZA

	MEMBERS	VISITORS
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
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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

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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

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	\$12	\$14
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^I Imported Seafood ^A Australian Caught Seafood ^M Mixed Origin

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

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