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APRES MENU 2PM - 5PM

## SNACKS + SIDES

### CHICKEN WINGS **GF** **DF**\*

Served with ranch dip. Choice of flavours - house BBQ, buffalo, honey garlic, mango habanero, sweet chilli, naked, Moroccan spice, reaper, creole lime spice

### PATATAS BRAVAS **GF** **V** **VE**\*

Crispy cocktail potatoes, mayo, parmesan, chili, chives  
+ add bacon  
+ add poached chicken breast

### CURLY CORN RIBS **GF** **DF** **VE**

Creole seasoning, lime

### POTATO CAKES (3) **DF** **VE**

Moroccan spiced salt

### CLASSIC CHIPS **GF** **DF** **VE**

House BBQ sauce

## KIDS ALL SERVED WITH CHIPS 17

Cheeseburger **GF**\* **DF**\*

Grilled chicken breast **GF** **DF**

Fried haloumi **GF** **V**

Roasted soybean falafels (3) **GF** **VE**

400G 25  
1KG 44

20

+6  
+8.5

16.5

9.5

14.5

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ME&U beacon on  
your table



## HEALTH BOWLS

### WINTER VEGETABLE, CHICKPEA & LENTIL CURRY **GF** **DF** **VE** 27

Served with coconut rice  
+ add poached chicken breast +8.5  
+ add roasted soybean falafels (3) +8.5

### POKE BOWL **LG** **DF** **VE** 23

Coconut rice, edamame, cucumber, seaweed, pickled cabbage, carrot & daikon, citrus wasabi dressing  
+ add poached chicken breast +8.5  
+ add soy sesame tofu +6  
+ add roasted soybean falafels (3) +8.5

### BUDDHA BOWL **GF**\* **DF** **VE** 20

Mixed ancient grains, maple pumpkin, rocket, herbs, toasted seed blend  
+ add Persian feta +6.5  
+ add poached chicken breast +8.5  
+ add roasted soybean falafels (3) +8.5

### EARTH BOWL **GF** **DF**\* **V** **VE**\* 22

Organic leaves, Mediterranean vegetables, Persian feta, pumpkin, candied walnut, maple balsamic dressing  
+ add poached chicken breast +8.5  
+ add roasted soybean falafels (3) +8.5

## SOMETHING SWEET

ULTIMATE BROWNIE maple toasted nuts, dulce de leche, ice cream 16

STICKY DATE PUDDING spiced rum butterscotch sauce, ice cream 16

KIDS ICE CREAM caramel or chocolate sauce 8

All sauces house made. All produce ethically sourced. **GF** gluten free **GF**\* gluten free on request  
**LG** low gluten **DF** dairy free **DF**\* dairy free on request **V** vegetarian **VE** vegan **VE**\* vegan on request.  
The Frying Pan Inn cannot guarantee an allergen free kitchen. Our kitchen contains nuts, gluten & dairy.