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DINNER MENU 5PM - 8:30PM

HEALTH BOWLS

ROASTED TOMATO, KALE, WINTER VEGETABLE & CHICKPEA CURRY **GF DF VE** 28

Served with coconut rice and crispy shallots

+ add poached chicken +9

+ add soy sesame tofu +6.5

+ 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 +9

+ add chargrilled broccolini +6.5

+ add roasted soybean falafels (3) +8.5

+ add soy sesame tofu +6.5

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

Mixed organic leaves, Persian feta, mediterranean vegetables, tomato, cucumber, pickled onion, maple balsamic dressing & candied walnut

+ add poached chicken breast +9

+ add chargrilled broccolini +6.5

+ add roasted soybean falafels (3) +8.5

+ add Persian feta +6.5

NICKS BULKING BOWL **GF* DF** 28

Coconut rice, poached chicken breast, chargrilled broccolini, topped with crispy shallots, sweet soy glaze

+ add roasted soybean falafels (3) +8.5

CREAMY TOMATO, BASIL & COCONUT SOUP **GF* DF VE** 18

Served with freshly baked baguette (GF bun +2)

FALAFEL BOWL **V** 20

Housemade roasted soybean falafels (3), tzatziki dip, house salad w/toasted garlic pita bread

+ add poached chicken +9

+ add chargrilled broccolini +6.5

+ add Persian feta +6.5

SNACKS + SIDES

CHICKEN WINGS **GF* DF*** 400G 25

Served with ranch dip.

1KG 44

CAULIFLOWER WINGS **DF VE V** 26

CHOICE OF FLAVOURS: MUST SELECT 1 FLAVOUR

Buffalo**

BBQ

Naked,

Creole Lime*

Moroccan*,

Honey mustard,

Teriyaki,

Sweet chili*

Lemon pepper

Korean red dragon** (not GF)

Reaper****

PATATAS BRAVAS **GF V** 20

Crispy cocktail potatoes, mayo, parmesan, chili, chives

+ add bacon +6

+ add Persian feta +6

+ add poached chicken +9

CLASSIC CHIPS **GF DF VE** House BBQ sauce 15

CURLY CORN RIBS **GF DF VE** Creole seasoning & lime 17

ORDER via the ME&U beacon on your table 

#STEVELEEFIGHTBACK. A percentage of all tips through Me&U ordering go directly to support the recovery of Steve Lee for more information go to <https://fryingpaninn.com.au/steve-lee-fight-back/>

KIDS MEALS

ALL SERVED WITH CHIPS 18.5

Grilled chicken breast **GF DF**

Fried haloumi **GF V**

Roasted soybean falafels **GF VE**

SOMETHING SWEET

ULTIMATE BROWNIE 17

maple toasted nuts, dulce de leche, ice cream

STICKY DATE PUDDING 17

spiced rum butterscotch sauce, ice cream

KIDS ICE CREAM 8

caramel or chocolate sauce

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 and dairy.

Please inform our staff of any allergies and we will take extra care.

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