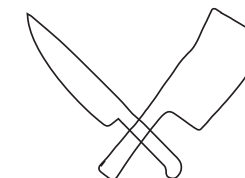


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LUNCH MENU 11:30AM - 2PM

## SNACKS + SIDES

SOURDOUGH GARLIC BREAD 12

CHEESY GARLIC BREAD 15

CHICKEN WINGS **GF** **DF**\* 450G 26 | 1KG 47.5

CAULIFLOWER WINGS **DF** **VE** **V** 26

choice of flavours - served w ranch dip: buffalo ", house BBQ, naked, creole lime', moroccan', salt & vinegar, sweet chilli, lemon pepper, reaper ""

choice of flavours - not served w ranch dip: honey mustard, korean gochujang "(not gf)

CHARGRILLED BROCCOLINI **GF** **DF**\* **V** **VE**\* 18.5

lemon, toasted almonds, persian feta

CLASSIC CHIPS **GF** **DF** **VE** 16

house BBQ sauce

CURLY CORN RIBS **GF** **DF** **VE** 17

creole seasoning, lime

CHILLI CHEESE FRIES **GF** **DF**\* 22.5

slow cooked chilli con carne, cheese, avocado crema

PATATAS BRAVAS **VE**\* **GF**\* **DF**\* 22

crispy cocktail potatoes, bravas sauce, dice tomato, parmesan, parsley  
add bacon +6, add poached chicken + 9, add persian feta +6.5

## WOODFIRED GRILL

ALL SERVED WITH APPLE SLAW AND FRIES

BABY BACK PORK RIBS **GF** **DF** FULL RACK 600G+ 54

house BBQ sauce

CREOLE GRILLED CHICKEN THIGHS **GF** **DF** 38

creole & lime spice rub

300G DUKKAH CRUSTED LAMB BACKSTRAP **GF** **DF** 48

served w/cheremoula

## BURGERS

ALL SERVED WITH CHIPS | GF BUN +2

BOGONG BURGER **GF**\* **DF**\* 29.5

fire grilled 100% beef patty, bacon, american cheese, pickles, house mac sauce

MCKAY CHICKEN BURGER **GF**\* **DF**\* 29.5

fire grilled creole chicken, avocado crema, apple slaw, pickled onion, tomato

NELSE BURGER **VE** **GF**\* 29.5

roasted soybean falafel, tomato relish, pickled onion, lettuce, vegan spicy mayo  
on a potato bun

## KIDS

ALL SERVED WITH CHIPS 18.5

HAMBURGER **GF**\* **DF**\*

CHEESEBURGER **GF**\* **DF**\*

GRILLED CHICKEN BREAST **GF** **DF**

ROASTED SOYBEAN FALAFELS **VE** **GF**

## HEALTH BOWLS

POKE BOWL **LG** **DF** **VE** 24

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**\* 24

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

add poached chicken + 9, add chargrilled broccolini + 6.5, add roasted soybean falafels (3) + 8.5

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

FALAFEL BOWL **V** **VE**\* 24

house made roasted soybean falafels (3), tzatziki dip, garden salad, with toasted garlic pita bread

add poached chicken + 9, add chargrilled broccolini + 6.5, add roasted soybean falafels (3) + 8.5

FPI'S BIG BEEF CHILLI **GF** **V**\* **VE**\* 28

14hr slow cooked chilli con carne, rice, corn salsa, tomato, avocado lime crema & crispy shallots w/ pita chips

CHAR SIU PORK BOWL 30

fire grilled char siu pork belly, chinese broccoli, crispy shallots, coconut rice

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ORDER via the  
ME&U beacon on your table



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.