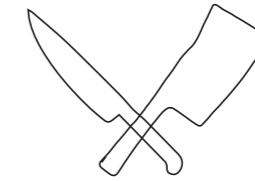


FRYPANINN.COM.AU



LUNCH MENU 12PM - 2PM

SNACKS + SIDES

CHICKEN WINGS GF* DF* 450G 26 | 1KG 48

CAULIFLOWER WINGS DF VE V 26

choice of flavours - served w ranch dip: buffalo", naked, creole lime ', moroccan ', salt + vinegar, lemon pepper, reaper ""

choice of flavours - not served w ranch dip: house BBQ, honey mustard, caesar, blue cheese, sweet chilli, korean gochujang" (not gf)

CLASSIC CHIPS GF DF VE 15

house BBQ sauce

CURLY CORN RIBS GF DF VE 17.5

creole seasoning, lime

WOODFIRED GRILL

ALL SERVED WITH CHIPS + CREAMY APPLE SLAW

BABY BACK PORK RIBS FULL RACK 600G+ 54

house BBQ sauce

HALF RACK 300G+ 35

PERI PERI CHICKEN THIGHS GF DF 38

fire grilled chicken thighs, basted in our house made peri peri sauce (choice of hot or mild) w peri peri mayo

250G HERB + SUNFLOWER CRUSTED LAMB TENDERLOINS GF DF 46

served with muhammara

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

honey mustard chicken schnitzel, lettuce, tomato, pickled onion, aioli on a milk bun

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

ORDER via the me&u beacon on your table



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HEALTH BOWLS

TOSTADA BOWL

coconut rice, pico di gallo, avocado crema, corn salsa, tostada chips, fresh tomatillo salsa

chicken or tofu or prawn 28

no protein 24

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, add chilled prawns + 9

FALAFEL BOWL V VE* 24

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

add poached chicken + 9, add chilled prawns + 9, add chargrilled broccolini + 6.5, add persian feta + 6.5

FPI'S BIG BEEF CHILLI GF V VE* 29

14hr slow cooked chilli con carne, rice, corn salsa, tomato, avocado lime crema + crispy shallots

Frying Pan Inn cannot guarantee an allergen free kitchen. Inform staff of any allergies and we will take extra care.

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