

EAT. DRINK. SOCIALIZE.

CAFÉ 7

Monday - Friday | 7:00 am - 1:30 pm

Breakfast - 7am to 10am

Lunch- 11am to 1:30pm

FEB 2-6



RISE & SHINE

BREAKFAST SPECIALS

MONDAY-	bacon vegetable scramble cage free egg breakfast bowl	6.50
TUESDAY-	denver hash breakfast wrap	6.50
WEDNESDAY-	soy chorizo kale & sweet potato flatbread	6.50
THURSDAY-	nutella waffle with two any style eggs	6.50
FRIDAY-	smoked salmon egg benedict	8.50

MON

CREATE

crispy pork belly served with hoisin lo main noodles & fry roll



9.00

FLAME

grill chicken pesto panini with house chips

8.00

TUES

CREATE

chicken curry served with coconut jasmine rice & island vegetables



9.00

FLAME

mediterranean vegetable hummus spinach wrap

8.00

WED

CREATE

bbq beef, smashed potatoes & grill mix seasonal vegetables



9.00

FLAME

roasted pork fennel arugula with apple chutney on telera bread

8.00

THURS

CREATE

blackened shrimp penne pasta served with seasonal steam mix vegetables & garlic dinner roll



9.50

FLAME

orange sun rise chicken with french fries

8.00

FRI

CREATE

carne asada nachos with all toppings



9.00

FLAME

chickpea masala burger with grill red onion & waffle fries

8.00

CONNECT
WITH US

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Suggested healthy option

WEEKLY FEATURES

February 5th



SOUPS

MONDAY

thai coconut chicken



2.00/2.50/3.00

TUESDAY

garden vegetable



2.00/2.50/3.00

WEDNESDAY

chicken noodle

2.00/2.75/3.50

THURSDAY

mushroom beef

2.00/2.50/3.00

FRIDAY

seafood chowder

2.00/2.50/3.00