



MENU AVAILABLE FROM 5.30AM TO 4PM



Highland Fling Deal – Bacon and Egg Roll, any sauce Regular / Large coffee	\$11.00/\$12.00
Bacon & Egg Roll with any sauce of your choice	\$7.80
Tobermory Brekkie Wrap Bacon, egg, halloumi, avocado, tomato, mushroom	\$12.50
The Turnberry – Two rashers of bacon and two eggs with toast & butter	\$15.00
The Dolan Traditional Scottish Breakfast – Two rashers bacon, two eggs, Square Sausage, Black Pudding, Housemade Tattie Scone 	\$22.00
The St Andrews Big Breakfast – Two rashers of bacon, two eggs, chipolatas, grilled tomato, mushrooms with sourdough	\$19.50
The Celtic Keto – Two eggs, halloumi, avocado, baby spinach, tomato, mushrooms	\$16.50
The Gleneagles – Two slices of black pudding topped with seasoned smashed avocado and two eggs	\$15.50
Traditional Scottish Porridge – with brown sugar and milk / add mixed berries	\$7.50/\$9.00
The Crabbit – Bacon, Egg, Cheese, Onion, with any sauce on a flat roll	\$9.50
Cliff-Hanger – Double Bacon, Egg, Cheese, Aioli and Tabasco on a flat roll	\$10.50
The Nessie - Smoked Salmon Bagel with cream cheese, shallots / add avocado	\$11.00/13.50
Tattie Scones housemade with butter / bacon or smoked salmon 	\$7.50/\$10.00
Tattie Scones housemade with black pudding or square sausage 	\$11.50
BLT / BLAT – Bacon, Lettuce, Tomato, any sauce on a flat roll / with avocado	\$7.80/\$9.50
Ella's BAM - Bacon, Avocado and Mayonnaise on a flat roll	\$8.50
BLAST – Bacon, Lettuce, Avocado, Smoked Salmon, Tomato, sauce on a flat roll	\$12.50
BEACH – Bacon, Egg, Avocado, Cheese, any sauce on a flat roll	\$11.00
SLEAT – Smoked Salmon, Lettuce, Egg, Avocado, Tomato, sauce on a flat roll	\$12.50
Beef Burger - with leaves & tomato / w lot bacon, egg, cheese, onion, beetroot	\$9.50/\$15.50
Croissants – Ham & Cheese, Cheese & Tomato / Ham, Cheese, Tomato	\$6.50/\$7.50
Beans on Toast Heinz Baked beans on 2 slices of buttered toast	\$8.50
Toasties – Cheese / Ham & Cheese, Cheese & Tomato, Ham & Tomato Ham, Cheese & Tomato/ Chicken, Cheese & Avocado	\$6.00/\$7.00 \$7.50/\$9.00
Raisin Toast 1 slice / 2 slices, buttered	\$4.00/\$6.00
Toast w Vegemite, Peanut Butter, Jam, Marmalade / Turkish, Sourdough, GF	\$6.00/\$8.00
Extras – Bacon, Egg, Cheese, Onion, Tomato, Beetroot, Tattie Scone, Mushrooms	\$2.50
Extras – Avocado, Smoked Salmon, Chicken, Baked Beans, Halloumi	\$3.00
Extras – Black Pudding, Square Sausage / Haggis 	\$3.50/\$4.00

SANDWICH, ROLL & BAGUETTE MENU



FRESHLY MADE DAILY & AVAILABLE IN OUR DISPLAY FRIDGE

Egg Mayonnaise or Curried Egg and Lettuce	\$ 6.80
Crispy Bacon and Egg in a light mayonnaise	\$ 7.80
Vegetarian Smashed Avocado, Tomato, Brie, Pesto, Mixed Leaves	\$ 8.50
Cheese Salad , Tomato, Cucumber, Avocado, Shallots, Beetroot, Leaves, Mayo	\$ 8.00
Poached Chicken Breast, Celery, Toasted Almonds, Yoghurt Mayo	\$ 8.50
Poached Chicken Breast, Crispy Bacon, Tomato, Mixed Leaves, Aioli	\$ 8.50
Poached Chicken Breast, Avocado, Cheese, Tomato, Leaves, Aioli	\$ 9.00
Poached Chicken Breast, Tomato, Brie, Pesto, Leaves	\$ 8.50
Sweet Chilli Chicken breast, avocado, cheese, tomato, leaves on Turkish	\$12.50
Turkey Breast , Cream Cheese, Mixed Leaves, Cranberry	\$ 8.00
Leg Ham , Sharp Cheddar, Tomato, Mixed Leaves, Chutney	\$ 8.50
Rare Beef , Brie, Caramelised Onion, Tomato, Mixed Leaves, Aioli	\$ 9.50
Rare Beef , Wholegrain Mustard, Tomato, Leaves,	\$ 9.00
Tuna , Shallots, Lemon, Cucumber, Mayonnaise	\$ 8.00
Smoked Salmon , Cream Cheese, Cucumber, Lemon Zest	\$ 9.00
Ham/Beef/Poached Chicken Salad – Cheese, Tomato, Cucumber, Beetroot, Mayo	\$ 9.00
Prawn Mayonnaise with lemon zest and leaves	\$ 9.00
Baguettes – any of the above made to order	\$12.50
Gluten Free Bread, wraps, white and wholemeal rolls, sourdough, bagel	\$ 0.50
Turkish roll	\$ 2.00

Our sandwiches / baguettes are made freshly on the premises every day on a variety of wholemeal (WM), white (WT) & multigrain (MG) breads and packaged for convenience.

Sandwiches can be made to order subject to availability of ingredients.

SANDWICH & FRUIT PLATTERS ARE AVAILABLE TO ORDER WITH IDEALLY 24 HOURS NOTICE.

DIETARY REQUIREMENTS ARE CATERED FOR. ASK ANY OF OUR TEAM FOR MORE INFORMATION

OR Tel: 02 4861 5923 E: ALEX@HIGHLANDFLING.COM.AU



DRINKS



Our Coffee Blend – “Up Yer Kilt” roasted by 7 Miles

Short Black, Ristretto

\$3.00

Piccolo, Macchiato

\$3.80

Long Black

\$4.00 / \$4.50

Cappuccino, Flat White, Latte,

\$4.00 / \$4.80

Mocha, Chai, Hot Chocolate

\$5.00 / \$5.50

Organic Fairtrade “Nomad” Hot Chocolate, gluten free

\$5.50 / \$6.00

Iced Latte / Iced Mocha

\$5.00 / \$5.50

Iced Coffee / Iced Chocolate w ice cream and whipped cream

\$6.00/\$6.50

Syrups Hazelnut, Caramel, Vanilla

\$0.80

Extra shot, Decaf, Soy, Almond, Lactose free Milk,

\$0.50

Organic **Tumeric** Latte

\$4.50

SereniTEA Organic Leaf Tea

English Breakfast, Earl Grey, Darjeeling Green, Peppermint, Chamomile,
Spice Chai, Lemongrass and Ginger

\$4.50 per pot

Scottish Breakfast Tea 

\$4.50 per pot

Milkshakes – Chocolate, Strawberry, Caramel, Vanilla, Banana, Coffee


S \$4.50 / M \$5.50
L \$6.50

Smoothies – Mixed Berry, Mango, or Banana made with ice cream,
yoghurt, milk and honey

\$7.00

Noah’s Fruit Juices

\$4.50

Barr’s Irn Bru  Bundaberg Ginger Beer, Daily
Orange Juice

\$4.00

Alka Power Water 300ml /1.5L

\$3.50/\$5.00

Voss Sparkling Mineral Water

\$4.50

Coke, Diet Coke, Coke Zero

\$3.00