

Capital Pancakes : The name has changed, but not the cook.

Crepe cooking was learnt from my mother in the first part of the last century back in Watford just outside London. Pancake cooking was learnt in 1968 (aged 22) from an ol' fella from Copeka, Kansas.

In May 1969, I spent a night nailing down restaurant floorboards. Finishing at dawn, and without sleep, I switched into cook mode at Melbourne's first pancake restaurant.

From that opening morning, I ran the restaurant, including cooking and all cook training for the next six hectic years, though I did eventually get some sleep. A few months after we opened, I was invited to purchase a share in the business. Thus, at the age of 23, I became a restaurateur.

Sixteen years later, I drove to Canberra to inspect an inauspicious concrete walled basement warehouse in the middle of a bus intersection in the city. There was neither plumbing nor electricity - not even a street entrance. Five weeks later, just before Christmas in 1984, I opened the doors to Canberra's first pancake restaurant.

Thirty-three years later, and despite inducements to move, I am still in the same premises and still cooking. Canberrans would become disorientated if I moved.

And now we have changed, but only the name, not the cook.

Being hopelessly old-fashioned, all the food will be prepared in-house from only the best ingredients. What we serve will be restricted to what my family would eat at home and yes, I'm still training all the cooks.

Over the course of five decades, I have cooked pancakes in Adelaide, Melbourne, Sydney, Frankston, Geelong, Kuala Lumpur and Canberra.

Now is it that my pancakes are so light and fluffy?

There are many factors, but of most significance is the thickness of the steel hotplate providing stability of heat, the close array of gases providing evenness of heat, and a temperature that is hot enough to force the batter up. It's less the leavening agent than the air that gives the 'rise'. The pancakes gently ascend like a hot-air balloon.

When you place the pancakes in your mouth, ensure that you snap your lips shut quickly, lest they float out again.

Welcome to Capital Pancakes

Philip Barton
The Original Pancake Cook

Lunch, Dinner & Supper :

Blueberry Stacks :

Blueberry studded cinnamon pancakes served with whipped butter & syrup.
Two Blueberry - \$12.90 Three Blueberry - \$15.90 Four Blueberry - \$18.90

Buttermilk Pancakes with Syrup :

Served with your choice of whipped butter, cream or ice-cream.
Two Pancakes - \$9.90 Three Pancakes - \$12.40 Four Pancakes - \$14.90

Side Orders :

Extra cream, ice-cream or whipped butter - \$3.50
Warm chocolate fudge - \$4.00

Savoury :

Potato & Cheese Pancake :

Potato pancake with a golden cheese crust & topped with whipped butter.
Served with a salad - \$17.90 With bacon bits add \$3.50

Cheese Zucchini Pancake :

Potato and cheese pancake embedded with grilled zucchini slices.
Served with whipped butter & a salad - \$19.90

Mediterranean Pancakes :

Thinly sliced ham with melting cheese on two pancakes and
topped with Bolognese. Served with a salad - \$19.90

Crumbed Barramundi Fillet :

Fillet of fish on a potato pancake with
lemon butter or tartar sauce & a salad - \$21.90

Chicken Parmigiana :

Crumbed chicken breast served on a potato pancake & topped with
ham, melting cheese & Napoli sauce. With a salad - \$23.90

Swiss Chicken :

Crumbed chicken breast, plump with ham & cheese
& served on a potato pancake. Topped with lemon butter &
comes with fried chat potatoes & a salad - \$25.90

Cheese Kransky :

Two buttermilk pancakes with whipped butter, syrup,
two cheese kranskies & fried eggs - \$23.50

All Day Breakfast :

Two pancakes with whipped butter, syrup, bacon & either fried eggs, grilled bananas or grilled fresh pineapple - \$18.90
With all three - \$24.50

Share Fries :

Par-boiled chat potatoes cooked in butter & topped with melting cheese & crispy bacon bits. Sour cream on the side - \$17.90

Chicken Caesar Salad :

On a bed of cos lettuce with anchovy dressing, shaved parmesan, crispy bacon & a hard-boiled egg - \$22.90

Capital Crepes :

Classic Bolognese Crepes :

French crepes wrapped around a long-simmered and traditional soffritto-based Bolognese. Cooked in red wine & served with a salad - \$19.90

Cheese & Ham Crepes with Grilled Fresh Pineapple:

Two crepe tunnels filled with thinly sliced ham & melting cheese, & topped with grilled fresh pineapple. Served with a salad - \$21.90

Spinach & Feta Crepes :

A Mediterranean favourite. Seasoned spinach & feta cheese wrapped in two crepes, served with sour cream & a leafy salad - \$21.90

Spanish Chicken Crepes :

Speedily sautéed chicken pieces, in a mildly spiced mixture of cheese, tomato & beans. Served with sour cream & house-made taco sauce - \$22.90

Desserts :

Strauberry Pancakes :

fresh strawberries (when in season) served on two pancakes with a strawberry coulis & cream or vanilla ice-cream - \$18.90

Lucy in the Sky with Sprinkles :

Two pancakes with ice cream, liberally topped with chocolate fudge & sprinkles - \$15.90

Original Lemon & Sugar Pancakes :

fresh lemon with sugar & vanilla ice-cream on
two buttermilk pancakes - \$13.90

Strauberry Jam & Cream :

Two pancakes topped with strauberry jam & cream - \$13.90

Chocolate Chip Pancakes :

Two chocolate chip studded pancakes, topped with vanilla ice-cream
& chocolate fudge & topped with Belgian chocolate flake - \$17.90

Salted Caramel Pancakes :

Two pancakes topped with ice-cream
& home-made salted caramel sauce - \$15.90

Apple Shrapnel :

Warm, spiced apple with cream or ice-cream, dusted with
cinnamon sugar, served on two pancakes - \$15.90

Go Bananas :

Caramelised banana, on two buttermilk pancakes. Served with cream
or ice-cream dribbling with syrup and dusted with cinnamon sugar - \$17.90

Raspberry & Rhubarb :

Two pancakes topped with mascarpone,
raspberry/rhubarb & ice cream - \$18.90

Strauberry Valentine :

A chocolate pancake with fresh strauberries,
cream, ice-cream & hot chocolate fudge - \$18.90

The White Russian Blintz :

Warmed cream cheese with vanilla, fresh cream & plump sultanas
rolled in a french Crepe. Served with ice-cream - \$15.50

The Ice-Cream Parlour :

Banana Split with Chocolate fudge :

Three scoops of vanilla ice-cream, banana, hot chocolate fudge
& pure whipped cream - \$17.90

Chocolate fudge Sundae :

Three scoops of vanilla ice-cream with chocolate fudge
& pure whipped cream - \$15.50

Capital Balls with Warm Chocolate fudge :

Two scoops of vanilla ice-cream with a jug of warm chocolate fudge - \$9.90

Drinks :

Cappuccino or cafe latte - \$ 4.00

Short black or long black - \$ 3.70

Iced coffee: espresso coffee with ice-cream & pure whipped cream - \$ 6.20

Hot Cocoa with Marshmallows: made from our own homemade chocolate syrup - \$ 5.50

Iced chocolate: ice-cold milk, our famous chocolate syrup, ice-cream, pure whipped cream & chocolate dusting - \$ 6.20

Mega-sized malted milkshake: chocolate, vanilla, banana, caramel, lime, blue heaven or strawberry - \$ 8.90

Ice-cream spiders: coke, coke no sugar; raspberry, lemonade, lemon squash, lime or blue heaven - \$ 7.50

Coke or Coke no sugar - \$4.00

Apple cider in a mug - \$ 5.20

Ginger Beer in a mug - \$ 5.20

Lemon, lime & bitters - \$5.50

Home-made lemonade - \$ 5.50

Home-made lemon iced-tea with mint - \$ 5.50

Pineapple juice - \$ 5.20

Apple juice - \$ 5.20

Orange juice, freshly squeezed - \$7.40

Tea or herbal teas - \$ 5.00

Sparkling mineral water - \$5.00

Pancakes at home :
Order "take away" or use UberEats or Deliveroo.

- free wireless internet -