



## A LA CARTE MENU

TUESDAY – SATURDAY

At Flame Restaurant we work instinctively with fire, using kiln dried ash wood & charcoal tandoori oven bringing together the best of locally sourced produce.

### STARTERS

- FRESHLY PREPARED BREADS** £6  
In-house baked breads, chefs own marinated olives & oil (2,7)
- SOUP** £6  
Freshly prepared daily soup, baked bread & butter (2,7)
- CHEESE & JALAPEÑO FRITTERS** £8  
Spiced creamed cheese & mozzarella herb fritters, roasted pepper chutney (2,4,7)
- CAULIFLOWER TEMPURA** £7  
Turmeric & curried cauliflower, light tempura coating, lemon, caper & herb dipping sauce
- PRAWN & CHORIZO SKEWER** £9  
Marinated garlic prawns, Spanish chorizo cooked over kiln dried wood, garlic, cucumber & lime aioli, with chickpeas (3,4,7)
- GRILLED PESTO CHICKEN CAESAR** £8  
Charred chicken, lightly dressed baby gem, parmesan crisp, bacon lardons, herb croutons (7,10)

### MAINS

- TANDOORI CHICKEN FROM OUR CLAY TANDOORI OVEN** £16  
Marinated tandoori chicken, tossed in butter, roasted tandoori vegetables, lemon & coriander, served with steamed rice & minted yoghurt (7)
- MONKFISH** £22  
Cuts of marinated monkfish fillet, Bombay potatoes, curry velouté & salmon samosa (2,5,7)
- LAMB** £20  
Clay oven baked garlic lamb, Bombay carrot & raisin salad, coriander chutney, lemon & buttered flat bread (2,7)

#### FROM OUR ASADOR GRILL

##### 10<sup>02</sup> HEREFORD SIRLOIN STEAK £28

The most popular cut, tender & great everyday steak, taken from the lower back, best served medium to rare

##### 10<sup>02</sup> HEREFORD RIBEYE STEAK £28

From the lightly worked upper rib cage area, it's marbling fat makes it very good for fast and hot cooking (Chef recommendation)

##### 8<sup>02</sup> CENTRE CUT FILLET £30

The most lean & tender cut of the animal, no fat & the healthiest option

Add garlic king prawns £4

Add roasted gorgonzola cheese £2



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A selection of our menu items are powered and flavoured by fire, cooked to order to showcase the natural beauty of wood fired cooking.

**BEEF BRISKET BURGER** **£16**  
Our very own beef patty recipe cooked over wood, topped with slow braised beef brisket, finished with cheddar cheese, lettuce, tomato, toasted bun, onion chutney. Served with chunky chips (2,7)

**SWEET CURED PORK** **£18**  
Slices of smokey cured pork loin, colcannon crushed baby potatoes, spinach & wild mushroom cream sauce (7,9)

### VEGAN AND VEGETARIAN OPTIONS

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**TARTE TATIN** **£14**  
Beetroot & red onion baked tarte, served with vegan style cheese & peppery leaf salad, house olives & tomatoes (2)

**PAN FRIED SEATAN VEGAN STEAK** **£16**  
Smoked salted tomato & watercress served with side of your choice, mushroom sauce, with cashew cream

### SIDE ORDERS £3.50

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Sweet potato fries  
Chunky cut chips  
Creamy buttered mash (7)  
Tomato, olive & green bean salad with mustard dressing (9)  
Garlic sauté mushrooms (7)  
Steamed rice  
Buttered broccoli, asparagus & carrots (7)  
Garlic flat bread (7)  
Loaded fried baby potatoes (7) £5  
Bacon bits with cheese, spring onions & sour cream (7)

### SAUCES £1

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48hr veal gravy (14)  
Creamy peppercorn (7)

Other sauces available on request, see server.

Allergy Key  
1-Celery, 2-Gluten, 3-Crustaceans, 4-Eggs, 5-Fish, 6-Lupin, 7-Dairy, 8-Molluscs,  
9- Mustard, 10-Nuts, 11- Peanuts, 12- Sesame Seeds, 13-Soya, 14-Sulphur Dioxide

Please note that we cannot guarantee that any dish is completely free from allergens, please inform your server of any allergies.

Please note: Our staff share in our belief that a tip is to be earned and not expected, therefore our prices do not include a service charge; our only exception are for parties of 6 or more whereby a discretionary 10% service charge is added for your convenience.



www.flamerestaurant.co.uk T: 028 9033 2121

