



www.flamerestaurant.co.uk  
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GOOD MORNING  
**TIME** for



**Breakfast**



MONDAY-FRIDAY 8AM-11AM  
SATURDAY 9AM-11AM

### BREAKFAST MENU

<b>FLAME FRY</b>	<b>£8</b>
Black hill pork sausage, grilled bacon, Clonakilty black pudding, fried hens' egg, fried potato bread, beans, grilled tomato & mushroom (2,4)	
<b>FILLED BUTTERMILK SODA</b>	<b>£6</b>
Black hill pork sausage, grilled bacon, fried hens' egg (2,4,7)	
<b>IRISH BOXTY £8</b>	
Potato & spring onion boxty (potato cake), grilled bacon & fried hens' egg (4,7)	
<b>PANCAKE STACK</b>	<b>£7</b>
2 large fluffy pancakes, streaky bacon, maple syrup, mixed berries & icing sugar (2,7)	
<b>SALMON</b>	<b>£8</b>
House cured beetroot & lemon salmon gravalax, smashed avocado 2 poached eggs, sourdough, lemon & herbs (4,5,7)	
<b>SCRAMBLED EGGS PARMA STYLE</b>	<b>£7</b>
2 hens' eggs, slices of cured Parma ham, grilled asparagus & tomato (4,7)	
<b>FLAME BREAKFAST BURGER</b>	<b>£8</b>
Hereford beef patty, toasted bun, grilled cheddar, fried hens' egg (2,4,7)	

### VEGETARIAN/ VEGAN

<b>MEXICAN BEANS</b>	<b>£8</b>
Spiced mixed beans on toast with smashed Avocado & coriander (2)	
<b>MUSHROOMS</b>	<b>£6.50</b>
Mushrooms on toast two ways, mushroom ketchup & fried garlic wild mushrooms (7)	

### SOMETHING SMALL

<b>HOMEMADE SCONE</b>	<b>£2</b>
Served with butter and jam (2,7)	
<b>FRESH PATISSERIE CROISSANT</b>	<b>£2</b>
Served with butter and jam (2,7)	
<b>HOMEMADE PORK &amp; BLACK PUDDING SAUSAGE ROLL (2,7)</b>	<b>£4</b>

### DRINKS

<b>AMERICANO</b>	<b>£2.80</b>
<b>TEA</b>	<b>£2.40</b>
<b>HERBAL TEA</b>	<b>£2.60</b>
<b>ESPRESSO</b>	<b>£2.40</b>
<b>CAPPUCCINO</b>	<b>£3.00</b>
<b>LATTE</b>	<b>£3.00</b>
<b>FLAT WHITE</b>	<b>£3.00</b>
<b>HOT CHOCOLATE</b>	<b>£3.00</b>
<b>FRESHLY SQUEEZED ORANGE JUICE</b>	<b>£4.00</b>
<b>MILKSHAKE</b>	<b>£4.00</b>



**ADD TOAST £1.50**

**ADD SAUSAGE, BLACK PUDDING,  
BACON, OR EGG £2.00**

**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.