



LUNCH MENU

MONDAY - FRIDAY 12PM - 3PM

SATURDAY 12PM - 4PM

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



COPELAND

DISTILLERY

DONAGHADEE COUNTY DOWN

COPELAND IRISH GIN, GARNISHED WITH
ORANGE & MINT, TONIC WATER £6.95

COPELAND IRISH GIN COCKTAIL £7.00

SNACKS

House marinated olives, sundried tomatoes & anchovies (5)	£4
In-house baked bread & salted butter (2,7)	£4

SMALL TASTERS

Hot pepper buffalo wings, sour cream (7)	£7
Crispy pork belly tempura, bean sprout & watercress, char siu dip (13)	£7
House cured beetroot & lemon salmon gravalax, croutons, horseradish cream (5,7,9)	£8
Mushrooms on toast two ways, mushroom ketchup & fried wild garlic mushrooms (7)	£6.50

SANDWICHES

THE OPEN	£8
Classic open prawn cocktail on Guinness wheaten, Bloody Mary sauce, lettuce & cucumber (1,2,3,7)	
THE WRAP	£8
Marinated tandoori chicken with grilled onions & tomatoes, cucumber & mint yoghurt dip (7)	
THE TOASTED	£7
Grilled margherita sandwich, beef tomato, buffalo mozzarella, oregano, basil & olive oil (2,7)	

SIDE ORDERS £3.50

Sweet potato fries	Steamed rice
Golden chunky chips	Buttered broccoli, asparagus & carrots (7)
Creamed mash/champ (7)	Beer battered onion rings (2)
Tomato, olive & green bean salad with a mustard dressing (9)	

**ADD GLASS OF WINE £4
& COCKTAIL £5**

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.



Black pudding, bacon, soft boiled egg & mustard potato salad (1,4,7,9)

Crispy Portavogie prawns & chips, mushy peas & seaweed tartare (2,3,7)

Cheese & jalapeno fritters, roast pepper chutney & pea shoots (2,4,7)

Twice baked sweet potato skins, spiced mixed beans, guacamole, vegan cheddar

THE MAIN EVENT

FLAME BURGER	£14
Our own special beef recipe grilled over hot ash with melted cheddar, onion, tomato & gem lettuce, served with chunky chips (2,7)	
CHICKEN KIEV	£14
Breast of chicken stuffed with garlic & herbs, golden fried breadcrumbs, spring onion mash, buttered greens (2,7)	
FISH & CHIPS	£13.50
Ale battered haddock with chunky chips, seaweed tartare, mushy peas & lemon (4,7)	
SHORT HORN RIB OF BEEF	£13
12-hour braised boneless beef rib, root vegetable mash, cabbage & baby onions with veal jus (1,7,14)	
SWEET POTATO & TOFU CURRY	£11
Curried velouté with sweet potatoes & tofu, Asian vegetables with sesame seeds, served with steamed rice (12,13)	
100Z HEREFORD SIRLOIN OR RIBEYE STEAK	£28
Salted tomato, choice of side order & sauce	

DESSERTS £5

Dark chocolate, honey & oat protein bon bons, strawberry yoghurt (2, 7, 10)

Lemon drizzle sponge with raspberry sorbet, white chocolate sauce (2, 4, 7)

Warm chocolate brownie chocolate crumb, honeycomb, Draynes vanilla bean ice cream (2, 7)

Cheesecake of the day (see server), served with Chantilly cream, berries (7)