



EARLY BIRD MENU 5PM-6:30PM

MONDAY-SATURDAY

2 Course £16

3 Course £20

Add a glass of red/
white wine - £4

Add a cocktail - £5

Cosmopolitan
Margarita
Sherbet Dip
Raspberry Collins
Daiquiri

SNACKS

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

STARTERS

SOUP

Freshly prepared daily soup, baked bread & butter (2, 7)

CAULIFLOWER TEMPURA

Turmeric & curried cauliflower, light tempura coating, lemon, caper & herb dipping sauce

SALT & CHILLI CHICKEN

Asian slaw, soy & chilli dressing (13)

CLASSIC PRAWN COCKTAIL

Guinness wheaten, Bloody Mary sauce, lettuce & cucumber (1,2,3,7)

MAINS

BEER BATTERED HADDOCK

Chunky chips, mushy peas & tartare sauce (2, 7)

TANDOORI CHICKEN FROM OUR CLAY TANDOORI OVEN

Marinated tandoori chicken, tossed in butter, roasted tandoori vegetables, lemon & coriander, served with steamed rice & minted yoghurt (7)

PAN FRIED SEITAN VEGAN STEAK

Smoked salted tomato & watercress served with side of your choice, mushroom sauce, cashew cream (7, 10)

OPEN SIRLOIN STEAK SANDWICH

Garlic flatbread, iceberg, tobacco onions, mushroom ketchup (2, 7)

DESSERTS

STICKY TOFFEE PUDDING

Toffee sauce, vanilla ice cream (2, 7)

CHEESECAKE

Chantilly cream (2, 7)

MINI LEMON MERINGUES

Chantilly cream, Raspberry sorbet (7)

SIDE ORDERS £3.50

Sweet potato fries
Chunky cut chips
Creamy buttered mash (7)
Tomato, olive & green bean salad
with mustard dressing (9)
Garlic sauté mushrooms (7)
Beer battered onion rings (7)
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

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

