



A LA CARTE MENU

MONDAY-SATURDAY



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

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

SNACKS - £2 PER ITEM OR ALL 3 FOR £5

HOUSE MARINATED OLIVES
ROQUITO PEARL PEPPERS
MIXED SALTED SPICED NUTS & RICE CRACKERS (2,10)

STARTERS

FRESH BAKED FOCACCIA & IRISH WHEATEN	£6
Abernethy butter, olive tapenade, basil pesto (2,7,10)	
SOUP OF THE DAY	£6
Freshly prepared soup, Irish wheaten & Abernethy butter (2,7) (All our soups are made gluten free)	
CAULIFLOWER TEMPURA	£7
Seasoned florets in a light crisp tempura with curried veganise & fresh herbs	
LAMB FLATBREAD	£8
Minced spiced lamb baked on a herb flatbread with yoghurt, chilli & fresh mint (2,7)	
CHORIZO & HALLOUMI SKEWER	£7
Spanish chorizo with salted halloumi grilled with honey & lime dressing (7)	
CHICKEN LIVER PATE	£7
Thyme, garlic & red wine infused chicken livers with herb butter, blackberry & balsamic jam with toast (2,4,7,14)	
PRAWNS PIL PIL	£9
Tapas style garlic & chilli prawns with fresh coriander served in our cooking clay pot (3)	
SHARING MEZZE BOARD	£14
Cured Parma ham, Milano salami, roasted pepper hummus, mixed olives, feta cheese, roquito peppers & artichokes, served with baked focaccia bread (1,2,7)	

FROM OUR ASADOR GRILL

10^{oz} HEREFORD SIRLOIN STEAK £28

Taken from the cap of the sirloin on the lower back, slightly tougher than the sirloin however packed with flavour, best served pink

10^{oz} HEREFORD RIBEYE STEAK £28

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

8^{oz} CENTRE CUT FILLET £30

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

Add garlic king prawns £4 **Add roasted blue Stilton cheese £2**

All served with a roasted tomato & braised onion, peppercorn sauce/veal jus/garlic butter & choice of side.

Please note: Fillet steaks ordered medium to well & over will be butterflied unless requested not to.



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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

VEGAN & VEGETARIAN OPTIONS

VEGAN STEAK

£16

Unique chefs' recipe of chickpea-based steak, cooked with a coating of sweet organic maple & smoked paprika, cashew peppercorn cream. (2,10)

Served with roasted tomato & braised onion with a choice of side

PANEER & SPINACH CURRY

£16

Indian curd cheese with baby spinach & vegetables, served in a coconut red curry with rice (7)

BEETROOT BURGER

£16

Grilled beetroot & kale burger served with lettuce, tomato & chutney, vegan mayo & sweet potato fries (1,2)

MAINS

FILLET OF PORK

£17

Cooked over wood. Chorizo & mixed bean cassoulet with kohlrabi & herbs

CHICKEN SUPREME

£17

Skin on chicken roasted in butter over wood, garlic & herb gratin potato, asparagus & beetroot with red wine sauce (7,14)

CLASSIC BEEF BURGER

£16

Chef's own recipe, seared on the grill and served with cheese, tomato & lettuce, tomato & onion chutney with chunky chips (2,7)

INDIAN STYLE BURGER

£17

Cuts of both beef & lamb, a secret blend of spices served with chunky tomato chutney, crispy onion bhaji, mint yoghurt, served with chunky chips (2,7)

TANDOORI CHICKEN

£16

Baked in our custom clay oven served with marinated vegetables, tossed in butter with coriander, raita dressing, lime pickle & fragrant rice (7)

Add flatbread for £1

MONKFISH

£22

Grilled tandoori spiced monkfish loin, coconut red curry, sesame seeds, vegetable samosa & rice (5,7,12)

SALMON FILLET

£20

Baked organic salmon with romesco sauce, courgettes, spinach & tomato with chickpeas, fresh herbs (5,7,10)

TRADITIONAL FISH & CHIPS (2,7)

£16

Beer battered haddock, mushy peas, seaweed tartare & lemon

SIDE ORDERS £3.50

Sweet potato fries
Chunky chips
Creamy buttered mash/champ (7)
Tomato & pickled onion salad (9)
Roasted portobello mushrooms (7)
Steamed fragrant basmati rice
Buttered greens (7)
Parmesan & truffle fried baby potatoes (7) £6
Caesar dressed leaves with parmesan (7)
Fried onion rings (2)

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 or more whereby a discretionary 10% service charge is added for your convenience.

SAUCES £1

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

Other sauces available on request, see server.