



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 - £2 PER ITEM OR ALL 3 FOR £5

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

STARTERS

SOUP

Freshly prepared soup, Irish wheaten & Abernethy butter (2,7)

CAULIFLOWER TEMPURA

Seasoned florets in a light crisp tempura with curried veganise & fresh herbs

CHICKEN WINGS

Hot pepper buffalo wings, sour cream (7)

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

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

PAN FRIED VEGAN STEAK

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

OPEN SIRLOIN STEAK SANDWICH

Clandyboye yoghurt & herb flatbread, iceberg, tobacco onions, mushroom ketchup (2, 7)

DESSERTS

STICKY TOFFEE PUDDING

Toffee sauce, vanilla ice cream (2, 7)

CHEESECAKE

Chantilly cream (2, 7)

LEMON & RASPBERRY TART BAR

Served with a raspberry sorbet (2,7,14)

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)

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

