



PRE THEATRE MENU 5PM-6:30PM

MONDAY-SATURDAY

2 Course £18

3 Course £22

Add a glass of Shiraz £4.50

Add a glass of Pinot Grigio £4.50

Add a cocktail £6

Cosmopolitan

Margarita

Sherbet Dip

Raspberry Collins

Daiquiri

SNACKS - £2 PER ITEM

HOUSE MARINATED OLIVES

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. Served with roasted tomato & braised onion with a choice of side. (2, 10)

CLASSIC BEEF BURGER

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

DESSERTS

STICKY TOFFEE PUDDING

Toffee sauce, vanilla ice cream (2, 7)

BAKED SPICED RICE PUDDING

Almond milk, spiced poached plums (10, 13)

MERINGUE

Mixed berry compote, Chantilly cream (4, 7)

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 £1.50

Peppercorn (7)

Veal jus (14)

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

