



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

HOUSE MARINATED OLIVES
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 (2,3)
- SHARING MEZZE BOARD** £14
Cured Parma ham, Milano salami, roasted pepper hummus, mixed olives, feta
cheese, roquito peppers, served with baked focaccia bread (1,2,7)

FROM OUR ASADOR GRILL

10^{0Z} HEREFORD SIRLOIN STEAK £30

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

10^{0Z} HEREFORD RIBEYE STEAK £31

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

8^{0Z} CENTRE CUT FILLET £35

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

Add garlic king prawns £5 **Add roasted blue Stilton cheese £3**

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



A LA CARTE MENU MONDAY-SATURDAY



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

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)
- SPINACH & RICOTTA TORTELLINI** £16
Spinach & ricotta tortellini, sundried tomato, courgette & basil ragu, toasted pinenuts (2, 4, 10, 14)

MAINS

- FILLET OF PORK** £18
Cooked over wood. Chorizo & mixed bean cassoulet with kohlrabi & herbs
- CHICKEN SUPREME** £20
Skin on chicken roasted in butter over wood, garlic & herb gratin potato, asparagus & beetroot with red wine sauce (7,14)
- CLASSIC BEEF BURGER** £17
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** £18
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** £17
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** (2,4,7) £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 of 6 or more whereby a discretionary 10% service charge is added for convenience.

SAUCES £1.50

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

Other sauces available on request, see server.

