



A LA CARTE MENU MONDAY-SATURDAY



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



McConnells is one of the oldest Irish Whisky brands on record, Enjoy the theatrics of our "table side" Irish coffee made at your table by our specially trained staff £9

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

FRESHLY BAKED BREAD	£6
Mixed Artisan bread rolls, Horny Bull wheaten bread, sundried tomato pesto (2, 7, 10, 12)	
SOUP OF THE DAY	£7
Horny Bull wheaten bread (2,7) (All our soups are made gluten free)	
CRISPY COATED CHICKEN WINGS	£8
Soy, honey & chilli, garlic & sesame sauce (1, 4, 12, 13)	
CHICKEN LIVER PATE	£8
Thyme, garlic & red wine infused chicken livers with herb butter, blackberry & balsamic jam with toast (2, 4, 7, 14)	
PRAWN PIL PIL	£9.50
Tapas style garlic and chilli prawns with fresh coriander served in our cooking clay pot, red onion focaccia (2,3)	
SALT & CHILLI CAULIFLOWER	£7
Chilli & lime veganaise, micro coriander	
SEAFOOD CHOWDER	£10
Gently poached pieces of smoked haddock, hake & sea trout in a creamy fish velouté, wheaten bread (1, 2, 5, 7, 14)	
SHARING MEZZE PLATTER	£18
Sliced Serrano ham, bresaola, roast red pepper hummus, mixed olives, feta cheese, crispy wings & artisan bread roll (2, 7)	

STEAKS

10^{OZ} HEREFORD SIRLOIN STEAK £32

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

10^{OZ} HEREFORD RIBEYE STEAK £32

Taken from the cap of the sirloin on the lower back, packed with flavour, best served medium to rare

8^{OZ} CENTRE CUT FILLET £36

The most lean & tender cut of the animal, no fat & the healthiest option, best served medium to rare

Add garlic king prawns (3, 7) £5.50

Add roasted Stilton cheese (7) £3

All steaks served with salt & vinegar crispy onions (2, 14), choice of peppercorn sauce / veal jus / garlic butter and choice of side (up to £4.50)

Add flavoured Abernethy butters £1.50

Smoked butter (7)
Black garlic butter (7)
Chipotle, chilli & smoked paprika butter (7)

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.





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MONDAY-SATURDAY



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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
Chef's unique recipe of chickpea-based steak, cooked with a coating of sweet organic maple & smoked paprika, topped with salt & vinegar crispy onions, served with a cashew & mixed peppercorn cream, choice of side (2, 10, 13, 14)
- CAULIFLOWER & QUINOA BURGER** £16
Charred pineapple, curry mayo, gem lettuce and tomato, served with sweet potato fries (2)
- ROAST SQUASH** £16
Black eyed beans, spinach & tamarind curry. Served with a coconut, garlic & coriander fragrant rice

MAINS

- CLASSIC BEEF BURGER** £17
Gem lettuce, tomato, pickle, caramelised onion jam & chipotle mayo, served with chips (2, 4, 7, 9, 14)
- CHICKEN PAKORA BURGER** £18
Marinated chicken fillet in a unique spice blend served with a coriander, peanut & mint dressing, served with chips (2, 7, 11)
- TANDOORI CHICKEN** £17
Tandoori chicken, baked in our clay oven served with marinated vegetables tossed in butter with coriander, raita dressing, lime pickle. Served with coconut, garlic & coriander fragrant rice (7) - **Add flatbread (2, 7) for £1.50**
- CHARGRILLED SUGAR CURED PORK CHOP** £20
Chorizo & potato croquettes, cauliflower confited in garlic oil, apple & sumac puree, red wine jus (2, 4, 7, 14)
- SEA TROUT** £22
Baked sea trout, braised fennel, romanesco, tempura mussels, bouillabaisse style sauce (1, 2, 3, 4, 5, 7, 8, 14)
- TRADITIONAL FISH & CHIPS** £16
Mushy peas and 'Flame's' unique tartchup, lemon & chips (2, 5, 9, 14)

SIDE ORDERS £4.50

Sweet potato fries
Chips
Creamy buttered mash/champ (7)
House salad (9, 14)
Broccoli florets, chilli & garlic butter, toasted almonds (7, 10)
Fried onion rings (2, 14)
Coconut, garlic & coriander rice

Short rib & horseradish mac & cheese (2, 4, 7, 9) £6
Parmesan potatoes with truffle mayo (7) £6

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SAUCES £2

Peppercorn (7)
Veal jus (14)
Garlic butter (7)

