



LUNCH MENU

MONDAY - SATURDAY 12PM - 3PM

www.flamerestaurant.co.uk

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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

SNACKS - £2 PER ITEM

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

SMALL TASTERS

- Soup of the day - Irish wheaten & Abernethy butter (2, 7) **£7**
- Crispy coated chicken wings, soy, honey & chilli, garlic & sesame sauce (1, 4, 12, 13) **£8**
- House cured beetroot & lemon salmon gravalax, croutons, horseradish cream (5, 7, 9) **£9**
- Mushrooms on toast two ways, mushroom ketchup & fried wild garlic mushrooms (7) **£7.50**

SANDWICHES

- THE OPEN** **£9**
Classic open prawn cocktail on Guinness wheaten, Bloody Mary sauce, lettuce & cucumber (1, 2, 3, 7)
- THE WRAP** **£9**
Marinated tandoori chicken with grilled onions & tomatoes, cucumber & mint yoghurt dip (7)
- THE TOASTED** **£8**
Grilled margherita sandwich, beef tomato, buffalo mozzarella, oregano, basil & olive oil (2, 7)

SIDE ORDERS £4.50

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

SIDE ORDERS £6

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

SAUCES £2

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



Black pudding, bacon, soft boiled egg & mustard potato salad (1, 4, 7, 9)

Crispy Portavogie prawns & chips, mushy peas & seaweed tartare (2, 3, 7)

Chicken liver Pâté, thyme, garlic & red wine infused chicken livers with herb butter, blackberry & balsamic jam with toast (2, 4, 7, 14)

Twice baked sweet potato skins, spiced mixed beans, guacamole, vegan cheddar

THE MAIN EVENT

FLAME BURGER **£15**

Our own special beef recipe grilled over hot ash with melted cheddar, onion, tomato & gem lettuce, served with chunky chips (2, 7)

CHICKEN KIEV **£16**

Breast of chicken stuffed with garlic & herbs, golden fried breadcrumbs, spring onion mash, buttered greens (2, 7)

FISH & CHIPS **£14.50**

Ale battered haddock with chunky chips, seaweed tartare, mushy peas & lemon (4, 7)

SHORT HORN RIB OF BEEF **£16**

12-hour braised boneless beef rib, root vegetable mash, cabbage & baby onions with veal jus (1, 7, 14)

SPINACH & RICOTTA TORTELLINI **£16**

Sundried tomato, courgette & basil ragu, toasted pinenuts (2, 4, 10, 14)

100Z HERFORD SIRLOIN OR RIBEYE STEAK **£32**

Salted tomato, choice of side order & sauce

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.