



SNACKS - £2 PER ITEM

DUKKAH SPICED FLATBREAD STICKS With Hummus (2, 10, 12)

DATES WRAPPED IN PARMA HAM With Devilled Mayonnaise (4)

MARINATED HOUSE OLIVES

SMOKED PAPRIKA FRIED PICKLES with Hot Sauce (2, 14)

PORK SCRATCHINGS, Smoked Maldon Salt, Apple & Cider Puree (14)

STARTERS

SOUP OF THE DAY **£7.00**

Served with Stout Wheaten Bread and Butter. (1, 2, 7)

PEA & CHORIZO ARANCINI **£8.00**

Romesco Sauce, Pea Shoots. (2, 4, 7, 9, 10)

CHICKEN LIVER PARFAIT **£8.00**

Date & Apple Chutney, Toasted Sourdough. (2, 4, 7, 14)

PORK & CHILLI WONTONS **£9.00**

Asian Vegetables, Chow Mein Sauce, Toasted Peanuts. (2, 3, 11, 12, 13)

CURED SALMON **£9.00**

Potato & Pickled Summer Vegetables, Horseradish Crème Fraiche, Watercress Puree & Dill. (1, 5, 7, 14)

GRILLED GARLIC MUSHROOMS (VG) **£7.00**

Toasted Sourdough, Prosociano Cheese. (2, 13)

SELECTION OF BREADS & BUTTER (2, 7) **£6.00**

MAINS

BBQ SHORT RIB OF BEEF **£18.00**

Sweetcorn & Red Pepper Relish, Sliced Potato Wedges. (1, 9, 14)

RUMP OF LAMB **£28.00**

Herb Gnocchi, Shallots, Broad Beans & Peas, Spinach Puree, Crisp Sweetbreads Lamb Sauce.

(1, 2, 4, 7, 14)

PORK BELLY **£24.00**

Salted Baked Celeriac Fondant, Baby Leeks, Potato & Bacon Crumb, Pommery Mustard Sauce. (1, 2, 7, 9, 14)

PORTUGUESE MARINATED CHICKEN **£18.00**

Braised Rice with Peas, Homemade Peri-peri Sauce, Roast Vegetables. (1, 7, 14)

FISH

TRADITIONAL BEER BATTERED FISH & CHIPS **£16.00**

Mushy Peas, Tartare Sauce. (2, 5, 7, 9, 14)

PAN FRIED SCALLOPS **£30.00**

Carrot, White Bean & Bacon Stew, Lemon Puree, Sea Herbs. (1, 3, 7, 14)

SMOKED COLEY **£22.00**

Pea & Broadbean Risotto, Curry Oil. (5, 7, 9)

VG – Vegan

V-Vegetarian

Please note: Some dishes may be possible to do in a Vegetarian or Vegan style. Please consult your server for any queries.

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: 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 is for parties of 6 or more whereby a discretionary 10% service charge is added for your convenience.

A LA CARTE

MONDAY-SATURDAY



www.flamerestaurant.co.uk

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VEGAN/VEGETARIAN

- VEGAN MEATBALLS (VG)** £16.00
Arrabbiata Sauce, Tagliatelle, Prosciutto Cheese. (2, 13)
- RISOTTO OF SUMMER VEGETABLES (VG)** £16.00
Basil Oil, Micro Herbs. (14)
- CRISPY SPICED TOFU (VG)** £16.00
Toasted Sesame Seeds, Braised Rice, Pickled Pomegranate, Sriracha Veganise. (2, 12, 13, 14)

FROM THE GRILL

- 10oz SIRLOIN** £32.00
The most popular cut, tender & great everyday steak, taken from the lower back, best served medium to rare.
- 10oz RIBEYE** £32.00
Taken from the cap of the sirloin on the lower back, packed with flavour, best served medium to rare.
- 8oz FILLET** £36.00
The most lean & tender cut of the animal, no fat & the healthiest option, best served medium to rare.
- 16oz COTE DE BOEUF** £38.00
Cote de Boeuf is the forerib of beef with all the marbling and flavour of the ribeye with the ribcap of fat which renders down for a succulent finish.
- All served with a choice of Side, Watercress, and a choice of Sauce.**
- **Add Blue Cheese - £3.00** (7)
 - **Add Garlic Prawns - £5.50** (3, 7)

- FLAME GRILLED BEEF BURGER** £18.00
Gem Lettuce, Tomato, Red Onion, Cheddar Cheese, Tomato & Gherkin Relish, Served with Chips (2, 4, 7, 9, 14)
- **Add Streaky Bacon - £1.50**

- GRILLED CHICKEN CAESAR** £16.00
Roast Bacon Lardons, Herb Croutons, Poached Egg. (2, 4, 5, 9)

SIDE ORDERS £5.00

- Triple Cooked Chips
Sweet Potato Fries
Baby Potatoes, Rosemary & Mint Butter (7)
Kale with Smoked Salt & Chestnuts (7, 10)
Baby Caesar Salad (2, 4, 9)
Crispy Onion Rings (2)
Buttered Mash / Champ (7)
Roast Button Mushrooms with Thyme (7)
House Salad (14)

SAUCES £2.00

- Pepper Sauce (7)
Veal Jus (14)
Garlic Butter (7)
Diane Sauce (1, 7, 9)

VG – Vegan V-Vegetarian

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