



**LUNCH**  
**12PM-3PM**  
**MONDAY-SATURDAY**



[www.flamerestaurant.co.uk](http://www.flamerestaurant.co.uk)  
T: 028 9033 2121

## 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)

## SMALL TASTERS

- |  |              |
|--|--------------|
| <b>SOUP OF THE DAY</b><br>Served with Stout Wheaten Bread and Butter. (1, 2, 7)  | <b>£7.00</b> |
| <b>PEA &amp; CHORIZO ARANCINI</b><br>Romesco Sauce, Pea Shoots. (2, 4, 7, 9, 10)   | <b>£8.00</b> |
| <b>CHICKEN LIVER PARFAIT</b><br>Date & Apple Chutney, Toasted Sourdough. (2, 4, 7, 14)                                       | <b>£8.00</b> |
| <b>PORK &amp; CHILLI WONTONS</b><br>Asian Vegetables, Chow Mein Sauce, Toasted Peanuts. (2, 3, 11, 12, 13)                   | <b>£9.00</b> |
| <b>CURED SALMON</b><br>Potato & Pickled Summer Vegetables, Horseradish Crème Fraiche, Watercress Puree & Dill. (1, 5, 7, 14) | <b>£9.00</b> |
| <b>GRILLED GARLIC MUSHROOMS (VG)</b><br>Toasted Sourdough, Prosciutto Cheese. (2, 13)  | <b>£7.00</b> |
| <b>SELECTION OF BREADS &amp; BUTTER</b> (2, 7)   | <b>£6.00</b> |

## £8 Lunch

- KEEMA SPICED SHEPHERDS PIE**  
Mixed Leaf Salad. (4, 7, 14)
- SMOKED COLEY**  
Pea & Broadbean Risotto, Curry Oil. (5, 7, 9)
- CRISPY SPICED TOFU (VG)**  
Toasted Sesame Seed, Braised Rice, Pickled Pomegranate, Sriracha Veganise. (12, 13, 14)

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.



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## MAIN EVENT

|   |               |
|---|---------------|
| <b>10oz SIRLOIN</b>   | <b>£32.00</b> |
| The most popular cut, tender & great everyday steak, taken from the lower back, best served medium to rare. |               |
| <b>10oz RIBEYE</b>  | <b>£32.00</b> |
| Taken from the cap of the sirloin on the lower back, packed with flavour, best served medium to rare.       |               |
| <b>Both served with a choice of Side, Watercress, and a choice of Sauce.</b>                                |               |
| - <b>Add Blue Cheese - £3.00</b> (7)  |               |
| - <b>Add Garlic Prawns - £5.50</b> (3, 7)   |               |

|   |               |
|---|---------------|
| <b>TRADITIONAL BEER BATTERED FISH &amp; CHIPS</b>   | <b>£16.00</b> |
| Mushy Peas, Tartare Sauce. (2, 5, 7, 9, 14)   |               |
| <b>FLAME GRILLED BEEF BURGER</b>  | <b>£16.00</b> |
| Gem Lettuce, Tomato, Red Onion, Cheddar Cheese, Tomato & Gherkin Relish, Served with Chips (2, 4, 7, 9, 14)<br>- <b>Add Streaky Bacon - £2.00</b> |               |
| <b>CHICKEN CAESAR SALAD</b>   | <b>£14.00</b> |
| Roast Bacon Lardons, Herb Croutons, Poached Egg. (2, 4, 5, 9)   |               |
| <b>BBQ SHORT RIB OF BEEF</b>  | <b>£17.00</b> |
| Sweetcorn & Red Pepper Relish, Sliced Potato Wedges. (1, 9, 14)   |               |
| <b>VEGAN MEATBALLS (VG)</b>   | <b>£16.00</b> |
| Arrabbiata Sauce, Tagliatelle, Prosciutto Cheese. (2, 13)   |               |
| <b>RUMP OF LAMB</b>   | <b>£28.00</b> |
| Herb Gnocchi, Shallots, Broad Beans & Peas, Spinach Puree, Crisp Sweetbreads Lamb Sauce.<br>(1, 2, 4, 7, 14)                                      |               |
| <b>SPECIALITY SANDWICH</b>  |               |
| See server for details.<br>- <b>Add Soup - £5.00</b> (2)  |               |

## 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)

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