



**PRE-THEATRE
5PM-6:30PM**

MONDAY-SATURDAY

2 Course £22

3 Course £27



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)

STARTERS

SOUP OF THE DAY

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

CHICKEN LIVER PARFAIT

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

PEA & CHORIZO ARANCINI

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

GRILLED GARLIC MUSHROOMS (VG)

Toasted Sourdough, Prosciutto Cheese. (2, 13)

MAINS

TRADITIONAL BEER BATTERED FISH & CHIPS

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

FLAME GRILLED BEEF BURGER

Gem Lettuce, Tomato, Red Onion, Cheddar Cheese, Tomato & Gherkin Relish,
Served with Chips (2, 4, 7, 9, 14)

- Add Streaky Bacon - £2.00

PORTUGUESE MARINATED CHICKEN

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

VEGAN MEATBALLS (VG)

Arrabbiata Sauce, Tagliatelle, Prosciutto Cheese. (2, 13)

DESSERTS

STICKY DATE & RAISIN CAKE (V)

With Pecan Toffee Sauce & Irish Liqueur Ice Cream (2, 4, 7, 10)

LEMON TART (V)

With Raspberries & Chantilly Cream (2, 4, 7)

WARM APPLE & CANDIED GINGER CRUMBLE (VG)

With Vegan Ice Cream (13)

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)

VG – Vegan

V-Vegetarian

SAUCES - £2.00

Pepper Sauce (7)

Veal Jus (14)

Garlic Butter (7)

Diane Sauce (1, 7, 9)

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.