



A LA CARTE

Monday - Saturday



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

SNACKS – £4 PER ITEM

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

DATES WRAPPED IN PARMA HAM With Devilled Mayonnaise (4)

SMOKED ALMONDS (10)

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)

CRISPY CHILLI & SESAME CHICKEN WINGS **£8.00**

With Kimchi Asian Salad, Miso + Yuzu Mayo. (4, 12, 13)

PRESSED TERRINE OF HAM HOCK & CHICKEN **£9.00**

Bourguignon Style, Onion & Fig Chutney, Toasted Sourdough. (2, 9, 14)

TEMPURA OF CAULIFLOWER (VG) **£7.00**

Peri Seasoning, Aubergine Puree, Smoked Almonds. (10, 12)

SELECTION OF ARTISAN BREAD ROLLS & OLIVES (V) **£7.00**

Tapenade and Basil Pesto served with Cuinneog Irish Butter. (2, 7, 10)

KING PRAWN PIL PIL **£10.00**

Toasted Focaccia (2, 3)

SEAFOOD CHOWDER **£10.00**

Potato & Spring Onion, Fish Velouté, Stout Wheaten Bread. (1, 2, 3, 5, 7, 14)

MAINS

BRAISED FEATHERBLADE OF BEEF **£20.00**

Parsley Mash, Mushroom Ketchup, Roast Parsnips, Braising Juices (7, 9, 14)

OX CHEEK PAPPARDELLE **£18.00**

Wild Forest Mushrooms, Aged Parmesan, Cured Egg Yolk. (2, 4, 7, 13, 14)

SUGAR CURED PORK CHOP **£22.00**

Guanciale Croquette, Charred Hispi Cabbage, Red Wine Jus. (2, 4, 7, 9, 14)

JAMAICAN JERK CHICKEN BREAST **£18.00**

Spiced Braised Rice, Smokey BBQ Sauce. (7, 13)

DUCK BREAST **£26.00**

Sweet Potato, Savoy Cabbage, Confit Leg, Anise Jus. (7, 9, 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.



A LA CARTE

Monday - Saturday



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

FISH

TRADITIONAL BEER BATTERED FISH & CHIPS £16.00

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

PAN SEARED MONKFISH CURRY £24.00

Baby Pak Choi, Shiitake Mushrooms, Prawn Samosa, Served with Spiced Rice. (1, 3, 6, 7, 9, 14)

WHISKEY CURED SALMON £22.00

Pearl Barley Risotto, Roasted Squash & Bacon, Lemon Oil. (1, 2, 5, 7, 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 £36.00

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, Roast Flat cap Mushroom, and a choice of Sauce.

- **Add Blue Cheese - £3.00** (7)

- **Add Garlic Prawns - £5.50** (3, 7)

FLAME GRILLED BEEF BURGER £18.00

'Nduja Mayo, Sliced Gherkin, Cheddar Cheese, Tomato & Baby Gem (2, 4, 7, 9, 14)
- **Add Streaky Bacon - £2.00**

VEGAN/VEGETARIAN

MOROCCAN VEGETABLE TAGINE (VG) £16.00

Served with Chickpeas, Garlic & Herb Flatbread, Puffed Quinoa. (2, 9)

PANEER, SPINACH & VEGETABLE CURRY (V) £16.00

Served with Spiced Rice (7)

WILD MUSHROOM PAPPARDELLE (V) £14.00

With Parmesan, Parsley & Tarragon (2, 4, 7)

SIDE ORDERS £5.00

Triple Cooked Chips

Sweet Potato Fries

Truffle & Parmesan Skinny Fries (7)

Buttered Mash / Champ (7)

Crispy Onion Rings (2)

Tenderstem Broccoli with Chilli & Garlic Butter (7)

Black Garlic & Cauliflower Smoked Cheese Mornay (2, 4, 7, 9)

House Salad (14)

Baby Caesar Salad (2, 4, 9)

SAUCES £2.00

Pepper Sauce (7)

Veal Jus (14)

Garlic Butter (7)

Chimichurri (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.