



## LUNCH

12PM – 3PM

Monday – Saturday



www.flamorestaurant.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)

### SANDWICHES

**OPEN PRAWN SANDWICH** £12.00

Stout Wheaten, Baby Gem Lettuce, Salted Cucumber, Bloody Mary Rose (2, 7, 9, 14)

**FLAT IRON STEAK SANDWICH** £16.00

Caramelised Onions, Harissa Mayo, Served Pink, or Well Done with Skinny Fries. (2, 4, 7, 14)

**SPECIALITY SANDWICH**

See server for details.

- Add Soup - £5.00

### £10 LUNCH

**SALT & CHILLI BEEF**

Pickled Carrot, Kimchi & Asian Slaw. (4, 9, 13, 14)

**PORTAVOGIE SCAMPI**

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

**MOROCCAN & VEGETABLE TAGINE (VG)**

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

**SEAFOOD CHOWDER**

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

**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)

**TRADITIONAL BEER BATTERED FISH & CHIPS** **£16.00**  
Mushy Peas, Tartare Sauce (2, 5, 7, 9, 14)

**FLAME GRILLED BEEF BURGER** **£16.00**  
'Nduja Mayo, Sliced Gherkin, Cheddar Cheese, Tomato & Baby Gem (2, 4, 7, 9, 14)  
- **Add Streaky Bacon - £2.00**

**CHICKEN CAESAR SALAD** **£14.00**  
Roast Bacon Lardons, Herb Croutons, Poached Egg. (2, 4, 5, 9)

**VENISON SAUSAGES** **£16.00**  
Sweet Potato & Parsnip Mash, Carrot Crisps, Red Wine Gravy. (2, 4, 7, 14)

**OX CHEEK PAPPARDELLE** **£18.00**  
Wild Forest Mushrooms, Aged Parmesan, Cured Egg Yolk. (2, 4, 7, 13, 14)

**SUPERFOOD SALAD** **£10.00**  
Broccoli, Feta, Gem Lettuce, Sunflower & Pumpkin Seeds, Green Goddess Dressing. (7, 14)  
- **Add Chicken - £4.50**

## 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)

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