



LUNCH

12PM – 3PM

Monday – Saturday



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

NON-ALCOHOLIC

Guinness 0.0% (Draught)

Pint - £ 5.00

Half Pint - £ 3.00

Heineken 0.0%

330ml Bottle - £ 4.00

Tanqueray 0.0%

Gin & Tonic - £ 6.75

Mocktails

Tropic Thunder - £ 5.00

Opal Fruits - £ 5.00

Virgin Cocktail - £ 5.00

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

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

£7.00

CRISPY CHILLI & SESAME CHICKEN WINGS

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

£8.00

PRESSED TERRINE OF HAM HOCK & CHICKEN

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

£9.00

TEMPURA OF CAULIFLOWER (VG)

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

£7.00

SELECTION OF ARTISAN BREAD ROLLS & OLIVES (V)

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

£7.00

SANDWICHES

OPEN PRAWN SANDWICH

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

£12.00

FLAT IRON STEAK SANDWICH

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

£16.00

SPECIALITY SANDWICH

See server for details.

- Add Soup - £5.00

£10 LUNCH

SALT & CHILLI BEEF

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

SUPERFOOD SALAD

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

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.



LUNCH

12PM – 3PM

Monday – Saturday



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

NON-ALCOHOLIC

Guinness 0.0% (Draught)
Pint - £ 5.00
Half Pint - £ 3.00

Heineken 0.0%
330ml Bottle - £ 4.00

Tanqueray 0.0%
Gin & Tonic - £ 6.75

Mocktails

Tropic Thunder - £ 5.00

Opal Fruits - £ 5.00

Virgin Cocktail - £ 5.00

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 & CHIPS **£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)

PORTAVOGIE SCAMPI **£14.00**
Chunky Chips, Mushy Peas & Tartare Sauce. (2, 5, 7, 9, 14)

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)

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.