

Flame

LUNCH

12PM – 3PM

Monday – Saturday



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

Indulge after your meal with our Flame Favourites!

Espresso Martini

The rich Bewley's Coffee blend combined with key ingredients to product a silky-smooth cocktail.

Liqueur Coffees

Enjoy a liqueur of your choice mixed with coffee and topped with a generous layer of cream – our signature Irish Coffee is perfect!

Decadent Desserts

Treat your tastebuds to our in-house made desserts!

SNACKS

DUKKAH SPICED FLATBREAD STICKS With Hummus. (2, 10, 12)	£4
FRIED HALLOUMI BITES With Sriracha & Lime Mayo. (2, 4, 7)	£5
BUFFALO POPCORN With Blue Cheese Dip. (1, 7, 14)	£4
SQUID CRACKERS With Monkfish Tartare. (5, 7, 14)	£5
PORK SCRATCHINGS With Smoked Maldon Salt, Apple & Cider Puree. (14)	£4

SMALL TASTERS

SOUP OF THE DAY	£ 7.00
Served with Homemade Stout Wheaten. (1, 2, 7)	
SELECTION OF IN-HOUSE BAKED BREADS	£ 7.00
Glenilen Butter, Basil Pesto, Olive Tapenade, Marinated Olives. (2, 7, 10)	
DUCK LIVER PARFAIT	£ 9.00
Shallot & Pear Chutney, Toasted Sourdough. (2, 4, 7, 14)	
BURRATA HEIRLOOM TOMATO SALAD (V)	£ 9.00
Romesco Sauce, Thai Basil. (7, 10, 14)	
WILD MUSHROOMS ON TOAST (V)	£ 8.00
With Garlic & Parmesan, Toasted Sourdough. (2, 7)	

SANDWICHES

OPEN PRAWN SANDWICH	£12.00
With Stout Wheaten, Baby Gem Lettuce, Salted Cucumber, Bloody Mary Rose. (2, 7, 9, 14)	
FLAT IRON STEAK SANDWICH	£16.00
Served Pink or Well Done, with Gem Lettuce, Beetroot, Apple & Fennel Slaw, with a side of Skinny Fries. (2, 4, 7, 14)	
ACHARI CHICKEN WRAP	£10.00
Shredded Iceberg Lettuce, Tomato & Red Onion, Mint Riata Dip. (2, 7)	

£10 LUNCH

SEAFOOD CHOWDER	
Potato & Spring Onion, Fish Velouté, Stout Wheaten Bread. (1, 2, 3, 5, 7, 14)	
CRISPY SWEET & SOUR SESAME TOFU (VG)	
Served with Fragrant Rice. (12, 13, 14)	
CRISPY CHICKEN THIGHS	
Chilli, Garlic & Sesame, Kimchi Salad, Yuzu & Miso Mayo. (4, 12)	

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/Wheaten, 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 £38.00
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 6oz BEEF BURGER & CHIPS £16.00
'Nduja Mayo, Sliced Gherkin, Cheddar Cheese, Tomato & Baby Gem. (2, 4, 7, 9, 14)
- Add Streaky Bacon - £2.00
- Premium 8oz Wagyu Patty Upgrade - £4.00

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

CREAMY CHICKEN & CHORIZO RIGATONI £16.00
Served with Red Peppers & Parmesan. (2, 4, 7, 14)

TOMATO & WHITE BEAN STEW (VG) £14.00
Served with Salsa Verde. (1, 14)

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

SIDE ORDERS £5

Triple Cooked Chips
Sweet Potato Fries
Truffle & Parmesan Skinny Fries (4, 7)
Buttered Mash / Champ (7)
Crispy Onion Rings (2)
Charred Hispi Cabbage, Garlic Butter, Smoked Bacon Crumb. (7)
Buttered Chantenay Carrots, with Fennel & Honey (7)
House Salad (14)
Baby Caesar Salad (2, 4, 9)

SAUCES £2

Pepper Sauce (7)
Veal Jus (14)
Garlic Butter (7)
Chimichurri (14)

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