

# Flame

## Lunch

12PM – 3PM

Monday - Saturday



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

Indulge after your meal with our Flame Favourites!

### After Dinner Cocktails

Carefully crafted by our mixologists to offer favourites such as Espresso Martinis, whilst offering twists on classics and Something Special.

### Tablesides Liqueur Coffees

We invite you to try our liqueur coffees, prepared right in front of you at your table.

### Decadent Desserts

Whether you're sweet or savoury we have plenty of options! Treat your tastebuds to our in-house made desserts or end the evening with a cheeseboard- perfect for sharing!

## SNACKS

<b>DUKKAH SPICED FLATBREAD STICKS</b> With Sriracha Hummus. (2, 10, 12)	<b>£4</b>
<b>FRIED HALLOUMI STICKS</b> With Smoked Paprika & Lime Mayo. (2, 4, 7)	<b>£5</b>
<b>TEMPURA OF ANCHOVY</b> With Katsu Dip. (2, 4, 5, 12)	<b>£5</b>
<b>POPCORN</b> Coated with Buffalo Sauce, Blue Cheese Dip, Celery, Salt. (1, 4, 7, 14)	<b>£4</b>
<b>CRISPY COATED CHICKPEAS</b> With Cumin & Coriander. (2)	<b>£4</b>

## SMALL TASTERS

<b>SOUP OF THE DAY</b>	<b>£ 7.00</b>
Served with Homemade Stout Wheaten. (1, 2, 7)	
<b>SELECTION OF IN-HOUSE BAKED BREADS (V)</b>	<b>£ 8.00</b>
Glenilen Butter, Basil Pesto, Olive Tapenade, Marinated Olives. (2, 7, 10)	
<b>CHICKEN LIVER PARFAIT</b>	<b>£ 9.00</b>
Apple & Date Chutney, Toasted Sourdough. (2, 4, 7, 14)	
<b>PEA &amp; CHORIZO ARANCINI</b>	<b>£ 9.00</b>
Celeriac Remoulade and Bacon Jam. (2, 4, 7, 14)	
<b>CRISPY COATED CHICKEN WINGS</b>	<b>£ 9.00</b>
Chilli, Garlic & Sesame Dressing, Toasted Peanuts, Kimchi Salad, Garlic & Lime Mayo. (4, 10, 11, 12, 13)	
<b>POTATO &amp; CHICKPEA CAKES (VG)</b>	<b>£ 8.00</b>
Spiced Pea Purée, Puffed Quinoa. (2)	

## SANDWICHES

<b>OPEN PRAWN SANDWICH</b>	<b>£12.00</b>
With Stout Wheaten, Baby Gem Lettuce, Salted Cucumber, Bloody Mary Rose. (2, 7, 9, 14)	
<b>FLAT IRON STEAK SANDWICH</b>	<b>£16.00</b>
Served Pink or Well Done Balsamic Caramelised Onion, Horseradish Mayo, Gem Lettuce, with a side of Skinny Fries. (2, 4)	
<b>CHICKEN TIKKA WRAP</b>	<b>£12.00</b>
Shredded Iceberg Lettuce, Tomato & Red Onion, Mint & Cucumber Raita Dip. (2, 7)	

## MAINS

<b>10oz SIRLOIN</b>	<b>£32.00</b>
The most popular cut, tender & great everyday steak, taken from the lower back, best served medium to rare.	
<b>10oz RIBEYE</b>	<b>£32.00</b>
Taken from the cap of the sirloin on the lower back, packed with flavour, best served medium to rare.	
<b>8oz FILLET</b>	<b>£36.00</b>
The most lean & tender cut of the animal, no fat & the healthiest option, best served medium to rare.	
<b>16oz COTE DE BOEUF</b>	<b>£38.00</b>
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.	
<b>All served with a choice of Side, Roast Flat cap Mushroom, and a choice of Sauce.</b>	
- Add Blue Cheese - £3.00 (7)	
- Add Garlic Prawns - £5.50 (3, 7)	



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## MAINS

**PORTAVOGIE SCAMPI** £17.00  
Chunky Chips, Mushy Peas & Tartare Sauce. (2, 5, 7, 9, 14)

**TRADITIONAL BEER BATTERED FISH & CHIPS** £18.00  
Mushy Peas, Tartare Sauce. (2, 5, 7, 9, 14)

**CHICKEN CAESAR SALAD** £15.00  
Roast Bacon Lardons, Herb Croutons, Poached Egg. (2, 4, 5, 9)

**BEEF CHEEK PAPPARDELLE** £18.00  
Beef Ragù, Carrot & Celeriac, Aged Parmesan. (2, 4, 7, 14)

**FLAME GRILLED 6oz BURGER & CHIPS** £16.00  
Gem Lettuce, Tomato, Cheddar Cheese, Russian Dressing. (2, 4, 7, 9, 12)  
- Add On: Streaky Bacon - £2.00

**PREMIUM 8oz WAGYU BURGER & CHIPS** £22.00  
Served with Gem Lettuce, Monterey Jack Cheddar, Beef Tomato and Chipotle Mayo. (2, 4, 7, 9, 12)  
- Add On: Streaky Bacon - £2.00

**SWEET POTATO, SPINACH & PEANUT CURRY (VG)** £16.00  
With Spiced Coconut & Turmeric Rice. (11)

**TABBOULEH SALAD (V)** £12.00  
With Tenderstem, Grilled Halloumi, Pomegranate, Lemon & Honey Dressing. (7)  
- Add On: Chicken - £4.00

## SIDE ORDERS

### £5.00 Sides

Triple Cooked Chips  
Sweet Potato Fries  
Crispy Onion Rings (2)  
Baby Caesar Salad (2, 4, 9)  
Green Beans with Hot Sauce & Toasted Hazelnuts (7, 10)  
Rainbow Carrots with Smoked Hickory Yoghurt (7)

### £5.50 Sides

Truffle & Parmesan Skinny Fries (4, 7)  
Buttered Mash / Champ (7)  
House Salad with Romaine Lettuce, Pickled Carrots, Salted - Cucumber and Sundried Tomatoes (14)

## SAUCES - £2

Pepper Sauce (7, 14)  
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/Wheat, 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.