



A LA CARTE

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

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

STARTERS

SOUP OF THE DAY Served with Homemade Stout Wheaten. (1, 2, 7)	£ 7.00
SELECTION OF IN-HOUSE BAKED BREADS (V) Glenilen Butter, Basil Pesto, Olive Tapenade, Marinated Olives. (2, 7, 10)	£ 8.00
CHICKEN LIVER PARFAIT Apple & Date Chutney, Toasted Sourdough. (2, 4, 7, 14)	£ 9.00
PEA & CHORIZO ARANCINI Celeriac Remoulade and Bacon Jam. (2, 4, 7, 14)	£ 9.00
CAJUN SPICED PRAWNS Garlic & Lime, Toasted Focaccia. (2, 3)	£11.00
CRISPY COATED CHICKEN WINGS Chilli, Garlic & Sesame Dressing, Toasted Peanuts, Kimchi Salad, Garlic & Lime Mayo. (4, 10, 11, 12, 13)	£ 9.00
TOMATO GAZPACHO With Crab Crostini. (2, 3, 5, 7)	£10.00
POTATO & CHICKPEA CAKES (VG) Spiced Pea Purée, Puffed Quinoa. (2)	£ 8.00

MAINS

10oz SIRLOIN The most popular cut, tender & great everyday steak, taken from the lower back, best served medium to rare.	£32.00
10oz RIBEYE Taken from the cap of the sirloin on the lower back, packed with flavour, best served medium to rare.	£32.00
8oz FILLET The most lean & tender cut of the animal, no fat & the healthiest option, best served medium to rare.	£36.00
16oz COTE DE BOEUF 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.	£38.00
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)	

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, 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

TRADITIONAL BEER BATTERED FISH & CHIPS	£18.00
Mushy Peas, Tartare Sauce. (2, 5, 7, 9, 14)	
MONKFISH	£26.00
Red Pepper Purée, Courgette, Piccolo Cherry Tomatoes, White Bean & Basil, Parmentier Potatoes. (5, 7, 14)	
CRISPY PORK BELLY	£25.00
Apple & Raisin Purée, Ham Hock & Mustard Croquette, Rainbow Chard, Roast Chicken Reduction. (1, 2, 4, 7, 9, 14)	
CHICKEN TIKKA	£18.00
Spiced Coconut & Turmeric Rice, Mint & Cucumber Raita, Mango Chutney. (7, 9) - Add On: Naan Bread - £3.00	
BEEF CHEEK PAPPARDELLE	£18.00
Beef Ragu, Carrot & Celeriac, Aged Parmesan. (2, 4, 7, 14)	
PREMIUM 8oz WAGYU BURGER & CHIPS	£22.00
Gem Lettuce, Monterey Jack Cheddar, Beef Tomato and Chipotle Mayo. (2, 4, 7, 9, 12) - Add On: Streaky Bacon - £2.00	
MAC & CHEESE BURGER (V)	£17.00
Gem Lettuce, Tomato, Smoked Paprika Veganaise, Served with Sweet Potato Fries. (2, 7, 13)	
VEGAN CHILLI CON CARNE (VG)	£17.00
Guacamole, Spiced Rice, Tortilla Chips. (2)	
SWEET POTATO, SPINACH & PEANUT CURRY (VG)	£17.00
With Spiced Coconut & Turmeric Rice. (11)	

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)

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