



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.

Tableside 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 taste buds to our in-house made desserts or end the evening with a cheeseboard – perfect for sharing!

SNACKS - £5.50

PORK SCRATCHINGS With Smoked Salt, Burnt Apple Purée (7, 14)

HALLOUMI FRIES (V) With Chilli & Lime Mayo (2, 4, 7)

IBERICO HAM & CHEESE CROQUETTES Chorizo & Chipotle Jam (2, 4, 7, 14)

SWEET POTATO FALAFEL (VG) Baba Ganoush, Pickled Pomegranates (2, 7, 9, 13)

£6.50 BUFFALO MAC & CHEESE BITES (V) Blue Cheese Dressing (2, 7, 9, 13)

STARTERS

SOUP OF THE DAY

£ 7

Served with Homemade Stout Wheaten. (1, 2, 7)

SELECTION OF IN-HOUSE BAKED BREADS (V)

£11

Glenilen Butter, Basil Pesto, Beetroot Hummus, Marinated Olives. (2, 7, 10, 12, 13) (Pine nuts)

CRISPY COATED CHICKEN WINGS

£ 9

Kimchi, Chilli & Lemongrass Sauce, Toasted Sesame Seeds. (4, 5, 12, 13, 14)

CHICKEN LIVER PARFAIT

£ 9

Fig & Red Onion Chutney, Crispy Chicken Skin, Toasted Sourdough. (2, 4, 7, 9, 14)

CHORIZO & GARLIC KING PRAWNS

£12

Served with Focaccia. (2, 3, 7, 14)

MOROCCAN SPICED LAMB KOFTA

£10

Spiced Tomato Couscous, Pickled Cucumber, Salted Lemon, Harissa Yoghurt Dressing. (2, 7, 14)

SALMON & HADDOCK FISH CAKE

£10

Chowder Sauce, Poached Egg. (1, 2, 4, 5, 7, 14)

TEMPURA OF MARINATED CHICORY (VG)

£ 8

Daag Masala, Chickpeas, Coconut & Black Onion Seed Crumb. (14)

MAINS

Sourced locally from Lisdergan Butchery, all our steaks are served with a roasted flat cap mushroom, and your choice of side, and sauce.

10oz SIRLOIN

£34

This tender, flavourful classic, taken from the lower back, is perfect for any occasion. Best enjoyed medium to rare.

10oz RIBEYE

£36

Richly marbled and full of bold flavour, this steak from the sirloin cap shines when cooked medium to rare.

8oz FILLET

£38

The leanest and most tender cut, with no fat—a true indulgence. Best served rare to medium-rare for ultimate tenderness.

16oz CÔTE DE BOEUF

£40

A show-stopping fore rib cut, with all the richness of ribeye and a ribcap of fat that melts for a juicy, succulent finish.

Add Ons:

- Add Blue Cheese - £3 (7)
- Add Garlic Prawns - £6 (3, 7)

8oz Wagyu Rump £47

A premium cut, prized for its rich marbling and intense beef flavour. This melt-in-your-mouth steak offers a luxurious texture and is best enjoyed medium-rare.

With Caramelised Carrot Purée, Beef Fat Carrot, Pickled Onion Rings. Served with a Sauce & Choice of Side. (2, 7, 14)



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MAINS

RUMP OF SPRING LAMB	£30
Pressed Shoulder, Wild Garlic Potato Purée, Baby Rainbow Carrots, Lamb Reduction. (1, 2, 4, 7, 13, 14)	
SUGAR CURED PORK CHOP	£27
Spiced Belly Sausage Roll, Creamed Cabbage with Smoked Bacon, Chorizo Dauphinoise Potato, Red Wine Jus. (1, 2, 3, 4, 7, 9, 13, 14)	
SPANISH STYLE CHICKEN SUPREME	£28
Chorizo, Tomato and Cannelloni Bean Ragù, Patatas Bravas. (2, 7, 9, 14)	
PAN FRIED SALMON	£27
White Bean & Timur Berry Purée, Spring Greens, Salmon & Prawn Croquette, Lemon & Chervil Cream. (1, 2, 3, 4, 5, 7, 14)	
PREMIUM 8oz WAGYU BURGER	£24
Gem Lettuce, Beef Tomato, Truffle & Guanciale Mayo, Monterey Jack Cheese, Served with Chunky Chips. (2, 4, 7, 12, 14) - Add On: Streaky Bacon – £2	
TRADITIONAL BEER BATTERED FISH & CHIPS	£20
Mushy Peas, Tartare Sauce. (2, 4, 5, 7, 9, 14)	
DUCK RAGU	£20
Porcini Mushroom, Tuscan Sausage, Carrot, Celeriac with Orecchiette. (1, 2, 4, 7, 13, 14)	
TEMPURA OF SALT & CHILLI TENDERSTEM BROCCOLI (VG)	£18
Pickled Kohlrabi, Roasted Peppers, Chilli & Coriander Bulgur Wheat, Sriracha & Yuzu Dressing. (2, 5, 12, 13, 14)	
CRISPY TOFU (VG)	£18
Spiced Rice, Pak Choi, Ginger, Soy & Sesame Dressing. (12, 13, 14)	
SPRING VEGETABLE RISOTTO (V)	£18
Crispy Feta, Orange & Cardamom Dressing. (2, 7, 14)	

SIDE ORDERS - £6

- Chunky Chips
- Skinny Fries
- Sweet Potato Fries
- Beer Battered Onion Rings (2)
- Baby Caesar Salad (2, 4, 7, 9)
- Truffle & Parmesan Skinny Fries (4, 7)
- Buttered Mash / Champ (7)
- House Salad, Pickled Cucumber, Heirloom Tomatoes, Salted Lemon, Dijon & Honey Dressing (9, 14)
- Tenderstem Broccoli, Garden Peas Chilli & Garlic Butter (7)
- Buttered Rainbow Carrots, Wild Garlic Pesto (7, 10)

SAUCES

- £2**
- Garlic Butter (7)
- Chimichurri (14)
- £3**
- Pepper Sauce (7, 14)
- Veal Jus (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, 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.