



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

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

PRAWN CRACKERS Wasabi & Lemon Shrimp Cocktail, Salted Lemon (2, 3, 4, 9, 13)

IBERICO HAM & CHEESE CROQUETTES Mustard & Chive Mayo (2, 4, 7, 9)

ROAST PADRON PEPPERS Romesco Sauce, Toasted Pine Nuts (10, 14)

£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, Roast Red Pepper Hummus, Marinated Olives. (2, 7, 10, 12, 13) (Pine nuts)

CRISPY COATED CHICKEN WINGS

£ 9

Kimchi, Korean Chilli & Lemongrass Sauce, Black Onion Seeds. (4, 5, 12, 13, 14)

CHICKEN LIVER PARFAIT

£ 9

Apple & Date Chutney, Toasted Sourdough. (2, 4, 7, 9, 14)

GARLIC, CHILLI & SMOKED PAPRIKA KING PRAWNS

£12

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

LAMB SHOULDER CROQUETTE

£11

Pickled Onion & Pomegranate, Basil & Mint Mayo, Shiso Cress. (2, 7, 14)

BURRATA

£10

Marinated Tomatoes, Truffle & Honey Balsamic Dressing, Summer Leaves, Crostini. (2, 7, 14)

SALT & CHILLI TOFU (VG)

£ 8

Marinated Stir-Fried Vegetables, Curried Veganaise, Crispy Vermicelli. (12, 14)

MAINS

Irish Beef Sourced through our local butchers, 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.

16oz T-BONE

£42

Two iconic cuts in one – the delicate tenderness of fillet meets the robust, beefy flavour of sirloin, joined by a T-shaped bone that brings extra depth. Best enjoyed medium-rare.

Add Ons:

- Add Blue Cheese - £3 (7)

- Add Garlic Prawns - £6 (3, 7)



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MAINS

SILVERHILL DUCK BREAST

£31

Confit Leg Pastilla, Sweet Potato Barrels & Purée, Pickled Cherries, Duck Reduction. (1, 2, 4, 7, 13, 14)

PORK BELLY

£28

Crispy Tuscan Sausage Croquette, Smoked Aubergine Purée, Summer Herb Gnocchi, Baby Leeks, Mustard Seed Jus. (1, 2, 4, 7, 9, 14)

CHICKEN TIKKA

£27

Roasted Vegetables, Tikka Sauce, Coconut, Ginger, Garlic & Coriander Rice, Served with Mango Chutney, Mint Raita & Mini Naan Bread. (2, 7, 9, 14)

PAN FRIED FILLET OF COD

£32

Herb Crushed Potatoes, Pea Purée, Broad Beans & Asparagus, Tempura of Prawn, Roasted Bone Velouté. (1, 2, 3, 5, 7, 14)

PREMIUM 8oz WAGYU BURGER

£24

Gem Lettuce, Beef Tomato, Dill Pickled Gherkin, Black Garlic & Bacon Mayonnaise, Dubliner Cheese. Served with Chunky Chips. (2, 4, 7, 12, 13)

- Add On: Streaky Bacon – £2

TRADITIONAL BEER BATTERED FISH & CHIPS

£20

Mushy Peas, Tartare Sauce. (2, 4, 5, 7, 9, 14)

BRAISED BEEF SHOULDER RAGU

£20

Pappardelle, Carrots, Broad beans, Celery, Pangrattato and Aged Parmesan. (1, 2, 4, 7, 13, 14)

SALT & CHILLI TOFU (VG)

£18

Marinated Stir-Fried Vegetables, Curried Veganaise, Crispy Vermicelli. (12, 14)

KUNG PAO ROASTED CELERIAC (VG)

£18

Roast Red Pepper, Spring Onion, Pak Choi, Toasted Sesame Seeds, Coconut, Ginger, Garlic & Coriander Rice. (12, 13, 14)

BROAD BEAN & PEA ORZO RISOTTO (V)

£18

Tomato, Sweet & Sour Yellow Peppers, Shaved Pecorino. (2, 4, 9, 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)
- Baby Boiled Potatoes with a Garlic, Mint & Rosemary Butter (7)

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. All service charges are shared amongst our team.