



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

Add a premium soft drink to your lunch – served chilled in the iconic 330ml glass bottle for the perfect refreshment.



### 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)

### SMALL TASTERS

**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)

### £ 12 LUNCH

**LAMB KEEMA COTTAGE PIE** £12

Honey & Cumin Roasted Carrots. (7, 9, 13, 14)

**KATSU CHICKEN SLIDER** £12

Pickled Ginger served with Togarashi Fries. (2, 4, 5, 7, 12, 13, 14)

**TUSCAN PORK RAGU** £12

Served with Focaccia. (2, 9, 14)

**SALT & CHILLI TOFU** £12

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

### SANDWICHES

**CIDER BRAISED HAM HOCK RUBEN SANDWICH** £13

Served on Granary Bread. (2, 7, 9, 14)

- Add Soup - £5

**OPEN PRAWN SANDWICH** £14

With Stout Wheaten, Baby Gem Lettuce, Salted Cucumber, Bloody Marie Rose. (2, 3, 4, 7, 9, 14)

**FLAT IRON STEAK SANDWICH MELT** £20

Served Pink or Well Done.

Cheddar, Piperade, Rocket, Garlic & Herb Mayo, Served with Skinny Fries & Pepper Sauce. (2, 4, 7, 9)

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.

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## 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.

<b>10oz SIRLOIN</b>	<b>£34</b>
<i>This tender, flavourful classic, taken from the lower back, is perfect for any occasion. Best enjoyed medium to rare.</i>	
<b>10oz RIBEYE</b>	<b>£36</b>
<i>Richly marbled and full of bold flavour, this steak from the sirloin cap shines when cooked medium to rare.</i>	
<b>8oz FILLET</b>	<b>£38</b>
<i>The leanest and most tender cut, with no fat—a true indulgence. Best served rare to medium-rare for ultimate tenderness.</i>	
<b>16oz CÔTE DE BOEUF</b>	<b>£40</b>
<i>A show-stopping fore rib cut, with all the richness of ribeye and a ribcap of fat that melts for a juicy, succulent finish.</i>	
<b>16oz T-BONE</b>	<b>£42</b>
<i>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.</i>	
<b>Add Ons:</b>	
- Add Blue Cheese	- £3 (7)
- Add Garlic Prawns	- £6 (3, 7)

	SMALL	LARGE
<b>CHICKEN CAESAR SALAD</b>	<b>£12</b>	<b>£17</b>
Roast Bacon Lardons, Herb Croutons, Poached Egg. (2, 4, 5, 7, 9)		
<b>PORTAVOGIE SCAMPI</b>	<b>£12</b>	<b>£18</b>
Chunky Chips, Mushy Peas & Tartare Sauce. (2, 3, 4, 7, 9, 12, 14)		
<b>SUMMER SALAD</b>		<b>£18</b>
Broad Beans, Sweet & Sour Yellow Pepper, Cherry Tomato, Clonakilty Black Pudding, Streaky Bacon, Crispy Hens Egg, Honey & Mustard Dressing (2, 4, 9, 14)		
<b>TRADITIONAL BEER BATTERED FISH &amp; CHIPS</b>		<b>£20</b>
Mushy Peas, Tartare Sauce. (2, 4, 5, 7, 9, 14)		
<b>PREMIUM 8oz WAGYU BURGER</b>		<b>£24</b>
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		
<b>FLAME GRILLED 6oz STEAKBURGER</b>		<b>£19</b>
Gem Lettuce, Pickled Gherkin, Beef Tomato, Kasundi Tomato Relish, Smoked Applewood Cheddar Cheese. Served with Chunky Chips. (2, 4, 7, 14) - Add On: Streaky Bacon – £2		
<b>BRAISED BEEF SHOULDER RAGU</b>		<b>£20</b>
Pappardelle, Carrots, Broad beans, Celery, Pangrattato and Aged Parmesan. (1, 2, 4, 7, 13, 14)		
<b>KUNG PAO ROASTED CELERIAC (VG)</b>		<b>£18</b>
Roast Red Pepper, Spring Onion, Pak Choi, Toasted Sesame Seeds, Coconut, Garlic & Ginger Scented Basmati Rice. (12, 13, 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)