



**PRE-THEATRE  
5PM – 6:30PM**

**Monday - Friday**

**2 Course £28**

**3 Course £33**



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.

VG – Vegan

V – Vegetarian

**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. All service charges are shared amongst our team.

## 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

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

### CRISPY COATED CHICKEN WINGS

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

### CHICKEN LIVER PARFAIT

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

### SALT & CHILLI TOFU (VG)

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

## MAINS

### FLAME GRILLED 6oz STEAKBURGER

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**

### TRADITIONAL BEER BATTERED FISH & CHIPS

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

### CHICKEN TIKKA

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

- Add On: **Mini Naan – £3**

### KUNG PAO ROASTED CELERIAC (VG)

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

## DESSERTS

### STICKY TOFFEE PUDDING

Caramel Sauce, Jammie Dodger Ice-Cream. (2, 4, 7)

### LEMON POSSET

Blueberry Compote, Lemon Thyme Shortbread. (2, 4, 7)

### BIANCOMANGIARE (VEGAN PANNA-COTTA) (VG)

Mixed Berries, Hazelnut Brittle. (10)

### SELECTION OF IRISH CHEESE (V) – £3 Supplement

Fig & Red Onion Chutney, Artisan Crackers, Celery & Grapes. (1, 2, 4, 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)