



## 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 - £5

**HALLOUMI FRIES** With Chipotle Mayo (2, 4, 7)  
**MINI NAAN BREADS** With Mango & Coriander Hummus. (2, 7, 12)  
**IBERICO HAM CROQUETTES** With Smoked Paprika & Lime Mayo (2, 4, 7, 9)  
**TEMPURA OF TENDERSTEM BROCCOLI** With Toasted Sesame Seeds & Asian Style Dipping Sauce (2, 3, 12, 13)  
**SPICED TORTILLA CHIPS** With Guacamole & Sour Cream (2, 7)

### STARTERS

<b>SOUP OF THE DAY</b>	<b>£ 7.00</b>
Served with Homemade Stout Wheaten. (1, 2, 7)	
<b>SELECTION OF IN-HOUSE BAKED BREADS (V)</b>	<b>£ 8.00</b>
Glenilen Butter, Basil Pesto, Olive Tapenade, Marinated Olives. (2, 7, 10 – Pine nuts)	
<b>CHICKEN LIVER PARFAIT</b>	<b>£ 9.00</b>
Fig & Red Onion Chutney, Toasted Sourdough. (2, 4, 7, 14)	
<b>CRISPY COATED CHICKEN WINGS</b>	<b>£ 9.00</b>
Sweet Chilli & Lemongrass Sauce, Asian Slaw, Black Onion Seeds, Garlic & Lime Mayo. (4, 13)	
<b>SPICED IBERICO PORK SKEWERS</b>	<b>£10.00</b>
Ras El Hanout, Pearl Couscous, Salted Lemon, Roast Red Pepper, Hot Sauce, Smoked Yoghurt. (2, 7, 9)	
<b>LAMB KOFTA</b>	<b>£ 9.00</b>
Fennel & Pomegranate, Tzatziki Dressing. (4, 7, 9)	
<b>PRAWN PIL PIL</b>	<b>£11.00</b>
Smoked Paprika, Garlic & Coriander. Served with Toasted Focaccia. (2, 3)	
<b>CRISPY TOFU (VG)</b>	<b>£ 8.00</b>
Sesame, Toasted Cashews, Fried Rice, Sweet & Sour Sauce. (10, 12, 13, 14)	

### MAINS

<b>10oz SIRLOIN</b>	<b>£33.00</b>
This tender, flavourful classic, taken from the lower back, is perfect for any occasion. Best enjoyed medium to rare.	
<b>10oz RIBEYE</b>	<b>£34.00</b>
Richly marbled and full of bold flavour, this steak from the sirloin cap shines when cooked medium to rare.	
<b>8oz FILLET</b>	<b>£36.00</b>
The leanest and most tender cut, with no fat—a true indulgence. Best served rare to medium-rare for ultimate tenderness.	
<b>16oz CÔTE DE BOEUF</b>	<b>£38.00</b>
A show-stopping forerib cut, with all the richness of ribeye and a ribcap of fat that melts for a juicy, succulent finish.	
<b>Sourced locally from Lisdergan Butchery, all of the above steaks are served with your choice of side, a roasted flat cap mushroom, and a sauce of your choice.</b>	
- Add Blue Cheese - £3.00 (7)	
- Add Garlic Prawns - £5.50 (3, 7)	
<b>PREMIUM 8oz WAGYU RUMP</b>	<b>£40.00</b>
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.	
Served with Caramelised Onions, Mushroom Ketchup, Beef Fat Crumb, Choice of Side & Sauce. (2, 7, 14)	



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## MAINS

### DUCK BREAST £28.00

Golden Beetroot, Duck Leg Pastilla, Asparagus, Fondant Potato, Date Sauce, Pickled Blackberries. (1, 2, 4, 7, 14)

### RUMP OF SPRING LAMB £26.00

Courgette, Potato & Lamb Shoulder Terrine, Wild Garlic & Hazelnut Pesto, Lamb Jus, Olive Crumb. (1, 7, 10, 13, 14)

### PAN-FRIED SALMON £24.00

Mediterranean Stew, Crispy Squid, Chilli & Mint Gremolata. (5, 7, 8, 14)

### PREMIUM 8oz WAGYU BURGER £22.00

Gem Lettuce, Sundried Tomato & Mustard Mayo, Tomato, Dill Pickled Gherkin, Gouda Cheese, served with Chunky Chips. (2, 4, 7, 9, 12, 14)

- Add On: Streaky Bacon - £2.00

### CHICKEN TIKKA £19.00

Roast Peppers & Onions, Coconut, Ginger & Coriander Rice, Mint Yoghurt, Mango Chutney. (7, 13, 14)

- Add On: Mini Naan - £2.00

### TRADITIONAL BEER BATTERED FISH & CHIPS £18.00

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

### TOMATO & CONFIT DUCK RAGU £18.00

Pappardelle, Wild Mushrooms, Spinach & Parmesan. (2, 4, 7, 14)

### RISOTTO OF SPRING VEGETABLES (VG) £16.00

Piperade, Vegan Parmesan, Lemon Balm. (14)

### CRISPY TOFU (VG) £17.00

Spicy Gochujang & Peanut Ramen. (2, 11, 12, 13)

### FLAME NACHO MAN BURGER (V) £17.00

Gem Lettuce, Tomato & Sliced Gherkin, Sriracha & Lime Mayo.

Served with Sweet Potato Fries. (2, 4, 7, 14)

## SIDE ORDERS

### £5.00 Sides

Chunky Chips  
Skinny Fries  
Sweet Potato Fries  
Beer Battered Onion Rings (2)  
Baby Caesar Salad (2, 4, 7, 9)

### £5.50 Sides

Truffle & Parmesan Skinny Fries (4, 7)  
Buttered Mash / Champ (7)  
Truffle Mac & Cheese (2, 4, 7)  
House Salad (14)  
Tenderstem Broccoli, Peas, Togarashi & Smoked Paprika Butter (7)

## SAUCES - £2

Pepper Sauce (7, 14)  
Veal Jus (14)  
Garlic Butter (7)  
Chimichurri (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.