



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.

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 tastebuds to our in-house made desserts or end the evening with a cheeseboard- perfect for sharing!

Add a premium soft drink to your lunch for £3.50 – served chilled in the iconic 330ml glass bottle for the perfect refreshment.



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)

SMALL TASTERS

SOUP OF THE DAY

£ 7.00

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

SELECTION OF IN-HOUSE BAKED BREADS (V)

£ 8.00

Glenilen Butter, Basil Pesto, Olive Tapenade, Marinated Olives. (2, 7, 10 – Pine nuts)

CRISPY COATED CHICKEN WINGS

£ 9.00

Sweet Chilli & Lemongrass Sauce, Asian Slaw, Black Onion Seeds, Garlic & Lime Mayo. (4, 13)

£ 10 LUNCH

KATSU CHICKEN SLIDER

£10.00

Asian Slaw, Skinny Fries. (2, 5, 9, 12, 13)

SALT & CHILLI CRISPY BEEF BAO BUNS

£10.00

Asian Slaw, Sriracha & Lime Mayo. (2, 3, 4, 10, 13, 14)

CHICKEN FAJITAS

£10.00

Sour Cream & Guacamole. (2, 7)

CRISPY TOFU (VG)

£10.00

Sesame, Toasted Cashews, Fried Rice, Sweet & Sour Sauce. (10, 12, 13, 14)

SANDWICHES

OPEN PRAWN SANDWICH

£12.00

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

CHICKEN TIKKA WRAP

£12.00

Mango Chutney, Shredded Iceberg Lettuce, Mint Yoghurt Dip. (2, 7, 14)

- Add Soup - £5.00

FLAT IRON STEAK SANDWICH

£17.00

Served Pink or Well Done

Gem Lettuce, Honey & Mustard Slaw, Served with Pepper Sauce & Skinny Fries. (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 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.



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MAINS

10oz SIRLOIN

£33.00

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

10oz RIBEYE

£34.00

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

8oz FILLET

£36.00

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

£38.00

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

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

- Add Blue Cheese - £3.00 (7)
- Add Garlic Prawns - £5.50 (3, 7)

CHICKEN CAESAR SALAD

SMALL | LARGE
£12.00 | £16.00

Roast Bacon Lardons, Herb Croutons, Poached Egg. (2, 4, 5, 7, 9)

PORTAVOGIE SCAMPI

£12.00 | £18.00

Chunky Chips, Mushy Peas & Tartare Sauce. (2, 3, 4, 7, 9, 12, 14)

TRADITIONAL BEER BATTERED FISH & CHIPS

£18.00

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

FLAME GRILLED 6oz STEAKBURGER

£18.00

Gem Lettuce, Beef Tomato, Dill Pickled Gherkin, Mature Cheddar Cheese, Thousand Island Dressing, Served with Chunky Chips. (2, 4, 7, 9, 14)

- Add On: Streaky Bacon - £2.00

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

TOMATO & CONFIT DUCK RAGU

£18.00

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

Allergen Key overleaf