



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

- PORK SCRATCHINGS** With Smoked Salt, Burnt Apple Purée (7, 14)
- HALLOUMI FRIES (V)** With Chilli & Lime Mayo (2, 4, 7)
- IBERICO HAM & CHEESE CROQUETTES** Wholegrain Mustard & Chive Mayo (2, 4, 7, 9)
- SPICY VEGETABLE & SHIITAKE MUSHROOM GYOZA (VG)** Sesame, Soy & Ginger Dipping Sauce (1, 2, 12, 13)
- £ 6.50 SQUID INK CRACKERS** With Cured Sea trout, Salted Lemon (4, 5, 7, 8)
- £ 6.50 PRAWN TOAST** With Sesame Seeds, Wasabi Emulsion (2, 3, 5, 7, 12, 13)

SMALL TASTERS

- SOUP OF THE DAY** £ 7
Served with Homemade Stout Wheaten. (1, 2, 7)
- SELECTION OF IN-HOUSE BAKED BREADS (V)** £ 9
Glenilen Butter, Basil Pesto, Beetroot Hummus, Marinated Olives. (2, 7, 10, 12, 13) (Pine nuts)
- CRISPY COATED CHICKEN WINGS** £ 9
Kimchi, Chilli & Lemongrass Sauce, Toasted Sesame Seeds. (4, 5, 12, 13, 14)
- MUSHROOMS ON TOAST (V)** £ 9
Duxelle, Aged Parmesan, Sourdough. (2, 4, 7, 14)

£ 12 LUNCH

- CREAMY SEAFOOD CHOWDER** £12
Served with Stout Wheaten. (1, 2, 3, 5, 7, 14)
- CHILLI CON CARNE** £12
Spiced Rice, Sour Cream & Tortilla Chips. (2, 7)
- CHICKEN PARMIGIANA SLIDER** £12
Served with Skinny Fries. (2, 4, 7, 14)
- CRISPY CHICKPEA CAKES (VG)** £12
Curry Emulsion, White Beans & Roasted Red Peppers. (2, 9, 13, 14)

SANDWICHES

- CHICKEN TIKKA WRAP** £13
Shredded Iceberg, Mango Chutney, Mint Raita. (2, 7, 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** £20
Served Pink or Well Done.
Caramelised Onions, Gem Lettuce, Horseradish 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.

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MAINS

Sourced locally from Lisdergan Butchery, 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.	
Add Ons:	
- Add Blue Cheese - £3 (7)	
- Add Garlic Prawns - £6 (3, 7)	

	SMALL	LARGE
CHICKEN CAESAR SALAD	£12	£17
Roast Bacon Lardons, Herb Croutons, Poached Egg. (2, 4, 5, 7, 9)		
PORTAVOGIE SCAMPI	£12	£18
Chunky Chips, Mushy Peas & Tartare Sauce. (2, 3, 4, 7, 9, 12, 14)		
SHREDDED DUCK SALAD	£17	
Glass Noodles, Asian Salad, Toasted Peanuts, Sesame, Soy & Ginger Dressing (2, 7, 11, 12, 13)		
TRADITIONAL BEER BATTERED FISH & CHIPS	£20	
Mushy Peas, Tartare Sauce. (2, 4, 5, 7, 9, 14)		
FLAME GRILLED 6oz STEAKBURGER	£19	
Gem Lettuce, Dill Pickled Gherkin, Beef Tomato, Mature Cheddar Cheese, Roast Garlic & Chilli Mayo, Served with Chunky Chips. (2, 4, 7, 14) - Add On: Streaky Bacon – £2		
PREMIUM 8oz WAGYU BURGER	£24	
Gem Lettuce, Beef Tomato, Pickled Red Onion, Russian Dressing, Dubliner Cheese, Served with Chunky Chips. (2, 4, 7, 12, 14) - Add On: Streaky Bacon – £2		
CHARGRILLED CHICKEN & SMOKED BACON CARBONARA	£20	
With Pappardelle & Aged Parmesan, Cured Egg Yolk. (2, 4, 7, 12, 14)		
THAI RED VEGETABLE CURRY (VG)	£18	
Pak Choi, Snow Peas, Chestnut Mushrooms, Spiced Rice. (12, 13)		
SPICY BEAN BURGER (VG)	£18	
Smoked Garlic Veganaise, Gem Lettuce & Tomato, Served with Sweet Potato Fries. (2, 13)		

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)
- Creamed Leeks, Nutmeg & Herb Crumb (2, 7)
- Buttered Black Kale, Smoked Yoghurt, Toasted Almonds (7, 10)

SAUCES

- £2**
- Garlic Butter (7)
- Chimichurri (14)
- £3**
- Pepper Sauce (7, 14)
- Veal Jus (14)