

## SIDES / EXTRA

HOMEMADE CHIPS	£3.00
SWEET POTATO FRIES	£3.00
JACKET POTATO	£3.00
MIXED ROAST VEGETABLE	£2.50
ONION RINGS	£3.00
HOUSE SALAD	£2.50

## ALWAYS CHECK THE SPECIALS BOARD



## FLAMES STEAK CHART



ALSO AVAILABLE 3 COURSE MEAL OFFER  
£16.99 FROM THE SET MENU  
SUN - THUR - ALL NIGHT - FRI 5-7PM

COCKTAILS AVAILABLE  
BAR OPEN TIL LATE

**Food Allergy?**  
Ask before you eat..

Please ask a member of staff about the ingredients in your meal before placing your order. Thank you.

## DESSERT & COFFEES

ETON MESS (HOMEMADE)	£4.75
BANOFFEE MESS (HOMEMADE)	£4.75
NEW YORK CHEESECAKE	£4.75
CHOCOLATE FUDGE CAKE	£4.75
MANGO SORBET	£4.75
STICKY TOFFEE PUDDING	£4.75
TIRAMISU (HOMEMADE)	£4.75
CHOCOLATE CREPES	£4.75
CRUNCHY TOFFEE WAFFLES	£4.75

## COFFEES

CAPPUCCINO	£2.30
AMERICANO	£2.20
ESPRESSO	£2.10
LATTE	£2.50
TEA	£2.10

## LIQUEUR COFFEES

IRISH COFFEE (JAMESON WHISKEY)	£4.75
CALYPSO COFFEE (TIA MARIA)	£4.75
DREAM COFFEE (DRAMBUIE)	£4.75
BRANDY COFFEE	£4.75
GAELIC COFFEE (IRISH CREAM)	£4.75

## CHEESE BOARD

Cheese selection £7.50  
Olives, grapes, dry apricots, walnuts served with crackers

## WHY DON'T YOU TRY OUR DESSERT COCKTAILS?

FLAMES SPECIAL Strawberry Daiquiri with amaretto and ice-cream	£5.95
ESPRESSO MARTINI Kahlua liqueur, espresso, vodka	£5.95
B-52 (Fire shot) Coffee liqueur, Irish cream, Grand marnier	£4.50
CHOCOLATINI Irish cream, vodka, chocolate liqueur, vanilla ice cream	£5.95

## OPENING TIMES

Tues - Sat 5.00pm till 10.00pm  
Sun 3.00pm till 10.00pm  
Bar open till late  
Open all Bank Holidays (excl Boxing Day)



Alfie, youngest to finish our chateaubriand!



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follow us on

## The hot rock dining experience

### SAFETY FIRST:



Our staff will explain how to cook your perfect steak on the lava rock. Remember do not touch the stone before or after your meal or leave any cutlery resting on the rock. The rock will burn you if you touch it. Correct operation of the rock enables you to cook your steak perfectly to your taste and enjoy an unrivalled social experience using the freshest of ingredients.

## STEAK ON A STONE

These steaks are seared and served on a slab of 350°C lava rock. Not only will your steak be delicious and hot right to the mouthful, but cooking on the stone you enhance all the delicate flavours. This also makes it a healthier way to cook, plus you can cook your steak at your own table - your way!

All Steak dishes served with Garlic Mayonnaise, Ketchup and English Mustard

### STEP 1

Choose your steak  
(British good quality steak)

Fillet steak 5 oz	£15.95
Fillet steak 10 oz	£23.95
Sirloin steak 10 oz	£18.95
Rib eye steak 10 oz	£18.95
T - Bone steak 22 oz	£27.95
Tuna steak 10 oz	£18.95

### STEP 2

Choose one of the following sauces (extra £2.50)

Peppercorn
Blue cheese
Diane
Picante sauce

### STEP 3

Choose one of the following sides

House chips
Jacket potato
Mixed roast vegetables
Mixed house salad

All food is freshly prepared to order, we would appreciate your patience. Thank you.

## APPETISER / STARTERS

GARLIC BREAD PLAIN	£3.80
GARLIC BREAD TOMATO	£3.85
GARLIC BREAD WITH CHEESE <i>Served on french bread</i>	£3.95
MIXED MARINATED OLIVES <i>Served with toasted bread, balsamic with olive oil</i>	£4.20
HOMEMADE SOUP OF THE DAY <i>Served with fresh bread</i>	£4.20
SPARE RIBS IN BARBEQUE SAUCE	£6.50
CHICKEN WINGS IN PIRI PIRI SAUCE	£5.95
KING PRAWNS <i>Seasoned in garlic, fresh chillies, tomato sauce, herbs &amp; butter</i>	£7.95
DEEP FRIED CALAMARI <i>Calamari rings in breadcrumbs, served with tartar sauce</i>	£6.95
SPICY CHICKEN LIVERS	£5.95

DEEP FRIED GOATS CHEESE <i>Served with salad, toasted bread, caramelised onion and balsamic glaze</i>	£6.50
GARLIC MUSHROOMS <i>Mushrooms cooked in garlic, white wine and herbs</i>	£5.95
FLAMES SHARING PLATTER - serves 2 <i>Barbecue ribs, chicken wings, Parma-ham, olives, chicken liver pate, grilled halloumi cheese and toasted bread</i>	£15.95
TURKISH SAUSAGE & HALLOUMI CHEESE <i>Grilled Turkish sausage &amp; halloumi cheese served with pitta bread and haydri</i>	£6.95
STUFFED BAKED PEPPER <i>Baked pepper stuffed with rice, mixed vegetables topped with mozzarella cheese and tomato sauce</i>	£6.20
MUSSELS MARINARA <i>Mussels cooked in tomato, garlic, white wine and fresh herbs - Option to add chillies or creamy sauce instead tomato sauce</i>	£7.95
FISH PLATTER - serves 2 <i>Scampi, deep fried calamari, baby octopus and baby cutles fish served with tartar sauce and seafood sauce</i>	£16.95

## MAINS FROM THE CHARGRILL (WE COOK FOR YOU) STEAKS *British good quality steak*

10 oz FILLET STEAK (CHARGRILLED) <i>10oz british beef fillet steak best cooked rare-medium rare, topped with garlic and herb butter, served with home chips, grilled cherry tomatoes, sauteed mushrooms and onion rings</i>	£24.95
10 oz SIRLOIN STEAK <i>10oz british sirloin steak best cooked medium rare, topped with garlic and herb butter, served with home chips, grilled cherry tomatoes, sauteed mushrooms and onion rings</i>	£19.95
10 oz RIB EYE STEAK <i>10oz british rib eye steak best cooked medium, topped with garlic and herb butter, served with home chips, grilled cherry tomatoes, sauteed mushrooms and onion rings</i>	£19.95
MIXED GRILL <i>100g beef fillet, 100g chicken skewer, 5 oz rib eye steak, 4 oz lamb chops, chorizo and fried egg. - Served with onion rings, sauteed mushrooms and grilled tomatoes</i>	£25.95
MIXED KEBABS <i>100g beef fillet and 200g chicken skewers served with grilled cherry tomatoes, sauteed mushrooms and onion rings</i>	£16.95
LAMB CHOPS <i>Marinated lamb chops with sea salt, black pepper, mint and paprika, lemon zest and olive oil, served with boiled rice and salad</i>	£16.95

GRILLED CHICKEN BREAST <i>Marinated in our home made sauce served with grilled cherry tomatoes, sauteed mushrooms and onion rings</i>	£13.50
CHICKEN SKEWERS <i>300g marinated chicken skewers with peppers and red onions served with grilled cherry tomatoes, sauteed mushrooms and onion rings</i>	£13.95
BARBEQUE RIBS <i>Slow cooked barbeque ribs served with steak chips</i>	£15.95
BEYTI KEBAB <i>Wrapped Kofte served with yogurt and tomato sauce</i>	£15.95



CHOOSE ONE OF THE SAUCES BELOW extra £2.50  
Peppercorn • Blue cheese • Diane • Picante

TO COMPLETE YOUR STEAK extra £5.95  
To make your steak surf and turf add 3 king prawns



## FLAMES SIZZLER SPECIAL

BEEF	£15.95
CHICKEN	£13.95
KING PRAWNS	£15.95

All cooked with onions, peppers, garlic, fresh coriander in a sauce of your choice

Sweet Chilli - Sweet and Sour with fresh Pineapple

With your choice of house chips or boiled rice

## FISH DISHES



KING PRAWNS <i>Seasoned in garlic, fresh chillies, tomato sauce, herbs &amp; butter</i>	£16.95
FRESH SEABASS <i>Pan fried filleted seabass in fresh tomatoes, garlic, basil and pesto sauce</i>	£15.95
TUNA STEAK <i>Pan fried tuna steak in cherry tomatoes, green and black olives, capers, olive oil and lemon juice</i>	£19.95
SALMON STEAK <i>Tuscan style pan fried salmon steak in butter, lemon zest, fresh rosemary and garlic</i>	£14.95

CHOOSE ONE OF FOLLOWING SIDES

House chips, mixed roast vegetables, jacket potato, mixed house salad or boiled rice

VEGETARIAN TOWER	£10.95
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Baked jacket potato with goats cheese, tomato, herbs, balsamic glaze and pomegranate seeds

## BURGERS

THE CLASSIC BURGER	£11.95
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Our homemade 8 oz marrow flavoured beef burger chargrilled with lettuce, tomato, red onion, gherkin and our own Flames sauce served with house chips

Extra added for £1

Bacon • Cheddar • Blue cheese • Onion rings  
Fried egg • Avocado

THE BIG TOWER BURGER	£15.95
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A tower of 2 of our homemade 8 oz marrow flavoured beef burgers chargrilled and layered with cheddar, crispy smoked bacon, lettuce, avocado, gherkin, tomato, onion rings and our own Flames sauce served with house chips

THE CLASSIC CHICKEN BURGER	£11.95
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Chargrilled chicken breast, lettuce, tomato, red onion, gherkin and our own Flames sauce served with house chips

PIRI-PIRI CHICKEN BURGER	£12.95
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Chargrilled chicken breast cooked in our homemade PIRI-PIRI sauce, lettuce, tomato, red onion, avocado and gherkin and our own Flames sauce served with house chips

THE VEGETARIAN BURGER	£10.95
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Our delicious homemade vegetarian burger is made with carrots, onions, chilli, garlic, thyme, mixed beans and Cajun spice, bread crumbs, lightly fried and oven baked to finish. Topped with blue cheese, lettuce, tomato, gherkin and our own Flames sauce served with house chips



KITCHEN OPENING TIMES: TUESDAY - SATURDAY 5.00PM - 10.00PM SUNDAY 3PM - 10.00PM BAR OPEN TILL LATE