

STONE-BAKED PIZZA

MARGHERITA PIZZA £10.50
Mozzarella cheese & tomato



CREATE YOUR OWN PIZZA
(£1.00 for each vegetable topping)
(£3.00 for each meat topping)

CHOICE OF TOPPINGS:
Rocket, onion, pineapple, olives, sweetcorn, chicken, spicy beef, anchovies, tuna, prawns, ham, parma ham, pepperoni, salami, extra mozzarella, mushrooms, jalapenos, caramelised onions, goats cheese

FLAMES SPECIAL PIZZA £16.95
BBQ chicken, spicy beef, pepperoni, parma ham with mozzarella cheese & tomato

PASTA

PENNE ARRABIATA £12.95
Tomato sauce, onions, pepperoni, garlic, chilli, parmesan cheese

PENNE CARBONARA £12.95
Bacon, free range egg, parmesan, cream

HOMEMADE MEAT LASAGNE £12.95

LOBSTER RAVIOLI £13.95
Pasta ravioli filled with lobster served with prawns, cream & tomato sauce & fresh basil

SIDES / EXTRAS

HOMEMADE CHIPS £3.00

CURLY FRIES £3.00

SWEET POTATO FRIES £3.50

HOMEMADE ONION RINGS £3.95

JACKET POTATO £3.50

MIXED ROAST VEGETABLES £3.95

HOUSE SALAD £3.00

ALSO AVAILABLE 2/3 COURSE MEAL OFFER FROM THE SET MENU
SUNDAY - 4.00pm - 9.00pm

TUESDAY - THURSDAY - 5.00pm - 10.00pm

CHILDREN'S MAIN MEAL FOR FREE*
SUNDAY 1.00PM-6.00PM

TUESDAY-THURSDAY 5.00PM-10.00PM

*1 main meal from children's menu-2 children per paying adult

 **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) £5.50

BANOFFEE MESS (HOMEMADE) £5.50

NEW YORK CHEESECAKE £5.50

CHOCOLATE FUDGE CAKE £5.50

STICKY TOFFEE PUDDING £5.50

TIRAMISU (HOMEMADE) £5.50

CHOCOLATE CREPES £5.95

CRUNCHY TOFFEE WAFFLES £5.50

TURKISH BAKLAVA £7.50

COFFEES

CAPPUCCINO £3.50

AMERICANO £2.70

ESPRESSO £2.50

LATTE £3.50

TEA £3.00

LIQUEUR COFFEES

IRISH COFFEE (JAMESON WHISKEY) £5.75

CALYPSO COFFEE (TIA MARIA) £5.75

DREAM COFFEE (DRAMBUIE) £5.75

BRANDY COFFEE £5.75

GAELIC COFFEE (IRISH CREAM) £5.75

CHEESE BOARD

Cheese selection £8.95

Olives, grapes, dry apricots, walnuts served with crackers

WHY DON'T YOU TRY OUR DESSERT COCKTAILS?

FLAMES SPECIAL £7.95

Strawberry Daiquiri with amaretto and ice-cream

B-52 (Fire shot) £4.50

Coffee liqueur, Irish cream, Grand marnier

CHOCOLATINI £7.95

Irish cream, vodka, chocolate liqueur, vanilla ice cream

KITCHEN TIMES

Tues - Thur 5.00pm till 10.00pm

Fri - Sat 5.00pm till 10.30pm

Sun 1.00pm till 9.00pm

BAR OPEN TILL LATE

Open all Bank Holidays (exl Boxing Day)



FLAMES STEAK CHART



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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
(British good quality steak)

Fillet steak 5 oz £18.95

Fillet steak 10 oz £32.95

Sirloin steak 10 oz £22.95

Rib eye steak 10 oz £22.95

T - Bone steak 22 oz £39.95

Tuna steak 10 oz £22.95

Chateaubriand 22 oz £65.95

STEP 2

Choose one of the following
sauces (extra £3.00)

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 FLAT BREAD (V)	£5.50
GARLIC FLAT BREAD TOMATO (V)	£5.70
GARLIC FLAT BREAD WITH CHEESE (V)	£5.80
MEXICANO FLAT BREAD (V) Tomato, chilli, onions	£5.80
MIXED MARINATED OLIVES Served with toasted bread, balsamic with olive oil	£4.90
HOMEMADE SOUP OF THE DAY Served with fresh bread	£5.50
SPARE RIBS IN BARBEQUE SAUCE	£7.50
CHICKEN WINGS IN PIRI PIRI SAUCE	£5.95
KING PRAWNS Seasoned in garlic, fresh chillies, tomato sauce, herbs & butter	£9.50
DEEP FRIED CALAMARI Calamari rings in breadcrumbs, served with tartar sauce	£7.50

SPICY CHICKEN LIVERS Cooked in red wine, tomato sauce, peppers, onions & fresh chilli	£6.95
DEEP FRIED GOATS CHEESE Served with salad, toasted bread, caramelised onion and balsamic glaze	£6.95
CREAMY GARLIC MUSHROOMS Cooked in white wine butter garlic with cream & parsley	£5.95
BLACK PUDDING MERLOT Red wine gravy, chilli, sliced chorizo, toasted bread	£6.95
TURKISH SAUSAGE & HALLOUMI CHEESE Grilled Turkish sausage & halloumi cheese served with pitta bread	£7.95
MUSSELS MARINARA Mussels cooked in tomato, garlic, white wine and fresh herbs - Option to add chillies or creamy sauce instead tomato sauce	£8.95
TURKISH LAMB SHISH KEBAB Served with salad wrap bread, yogurt, mint and garlic dip	£7.95

MAINS FROM THE CHARGRILL (WE COOK FOR YOU)

STEAKS British good quality steak

10oz FILLET STEAK (CHARGRILLED) 10oz british beef fillet steak best cooked rare/medium-rare, topped with garlic and herb butter served with home chips, grilled tomatoes, sauteed mushrooms and onion rings.	£33.95
10oz SIRLOIN STEAK 10oz british sirloin steak best cooked medium rare, topped with garlic and herb butter, served with home chips, grilled tomatoes, sauteed mushrooms and onion rings.	£23.95
10oz RIB EYE STEAK 10oz british rib eye steak best cooked medium, topped with garlic and herb butter, served with home chips, grilled tomatoes, sauteed mushrooms and onion rings.	£23.95
MIXED GRILL 100g beef skewer 100g chicken skewer 5oz Ribeye Steak, 5oz lamb chop, spicy beef sausage and fried egg, grilled tomatoes, sauteed mushrooms and onion ring, served with chips and rice*.	£32.95
MIXED KEBABS 100g beef skewer 150g chicken skewer, served with grilled tomatoes, sauteed mushrooms and onion ring, served with chips.	£18.95
LAMB CHOPS Marinated lamb chops with sea salt, black pepper, mint and paprika, lemon zest and olive oil, served with boiled rice* and chips.	£19.95

GRILLED CHICKEN BREAST Marinated in our home made sauce served with grilled tomatoes, sauteed mushrooms and onion rings, served with chips.	£15.95
CHICKEN SKEWERS 300g marinated chicken skewers with peppers and red onions served with grilled tomatoes, sauteed mushrooms and onion rings, served with chips.	£17.95

CHOOSE ONE OF THE SAUCES BELOW

extra £3.00

Peppercorn • Blue cheese • Diane • Picante

CHICKEN STROGANOFF Chicken in a cream, french mustard, mushroom, onions in brandy served with rice*.	£16.95
BARBEQUE RIBS Slow cooked barbeque ribs served with chips.	£19.95

TO COMPLETE
YOUR STEAK extra £8.95
To make your steak
surf and turf
add 3 king prawns



*Boiled Rice Cooked with Butter

FLAMES SIZZLER SPECIAL

BEEF	£17.95
CHICKEN	£16.95
KING PRAWNS	£18.95

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

Sweet Chilli - Sweet and Sour with fresh Pineapple

With your choice of house chips or boiled rice*

*Boiled Rice Cooked with Butter



FISH DISHES

KING PRAWNS Seasoned in garlic, fresh chillies, tomato sauce, herbs & butter	£20.95
FRESH SEABASS Pan fried filleted seabass in fresh tomatoes, garlic, basil, asparagus and pesto sauce	£19.95
TUNA STEAK Pan fried tuna steak in cherry tomatoes, green and black olives, capers, asparagus, olive oil and lemon juice	£23.95
SALMON STEAK Tuscan style pan fried salmon steak in butter, lemon zest, fresh rosemary, asparagus and garlic	£18.95

CHOOSE ONE OF FOLLOWING SIDES

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

*Boiled Rice Cooked with Butter

BURGERS

THE CLASSIC BURGER	£13.95
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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

FLAMES FLAMING BURGER	£16.95
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Our delicious homemade marrow flavour beef burger chargrilled & layered crispy smoked bacon, hot dog sausage, cheddar cheese, lettuce, gherkin, tomato, jalapenos, caramalised onions & our Flames sauce served with chips

THE BIG TOWER BURGER	£19.95
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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	£14.95
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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	£15.95
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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

ALWAYS CHECK THE SPECIALS BOARD



KITCHEN OPENING TIMES: TUESDAY - THURSDAY 5.00pm - 10.00pm FRIDAY - SATURDAY 5.00pm - 10.30pm SUNDAY - 1.00pm - 9.00pm BAR OPEN TILL LATE