

## APPETISERS

### CHEESY GARLIC LOAF 11.5

Delicious! Freshly baked and immersed in cheesy, garlic and herb goodness, ready to melt in your mouth. Too good to miss.

### SIZZLING FIELD MUSHROOMS 15.5

Flame-grilled and served on a sizzling skillet with herb garlic butter and a blend of cheddar and parmesan.

### MOZAMBIQUE PRAWNS 21.9

Sautéed prawns smothered in rattlesnake sauce (creamy hot and spicy peri-peri reduction). Served in the pan with rice pilaf to mop up the sauce.

### CALAMARI 17.5

Crispy fried tender calamari served with peri-naise and soft herbs.

### NEW ZEALAND GREEN LIPPED MUSSELS 19.9

In our delicious dill cream sauce and served with warm ciabatta bread for soaking up the sauce.

### CHICKEN WINGS 16.5

Flame-grilled in our secret basting.

### BOEREWORS 15

A delicious homemade South African sausage coil made with beef, coriander, cumin and nutmeg - the best sausage you will ever have. Served with South African chutney and polenta chips.

### SOUP OF THE DAY 15

Home-made soup made daily by our chefs, served with ciabatta.

### SEAFOOD CHOWDER 19.5

Rich and creamy filled with NZ smoked fish, Mt Cook salmon and tail-on king prawns, garnished with a full shell green lip muscle and toasted ciabatta.

### LITTLE TASTES OF SOUTH AFRICA FOR ONE 17

Little Tastes of South Africa - Beef Carpaccio, Spicy Portuguese Prawns, Calamari and Boerewors sausage (hand crafted daily)

## APPETISER TASTE FOR 2

An appetizer sharing platter featuring three Flame favourites - basted chicken wings, crispy calamari and boerewors. 29

## FLAME BURGERS

Flame burger patties are freshly ground & hand rolled every morning. Flame Charred and Basted in Flame's famous secret basting sauce. Served with chips. All burgers cooked medium/well done.

**ADD ON STREAKY BACON TO ANY BURGER \$2.5**

### FLAME BURGER 20

Grass fed beef, red onion, pickle, tomato, lettuce, roasted tomato ketchup.

### SUNNY BURGER 22

Grass fed beef, fried egg, red onion, pickle, tomato, lettuce, roasted tomato ketchup, siracha aioli, cheese.

### CHEESE BURGER 21

Grass fed beef, cheese, red onion, pickle, tomato, lettuce, roasted tomato ketchup.

### MOZAMBIQUE CHICKEN BURGER 22.5

Chicken breast flame charred and basted, red onion, pickle, tomato, lettuce, roasted tomato ketchup and siracha aioli. Ask for extra heat.

### VEGETABLE BURGER 22

Char grilled field mushroom with garlic & lemon thyme butter, grilled Haloumi, red onion, guacamole, lettuce, roasted tomato ketchup, siracha aioli.

HIGHLY RECOMMENDED!

### FILLET ROYALE 25

Flame charred and basted Eye Fillet, famous mushroom sauce, sautéed red onion, roasted tomato ketchup, bacon crumb.

## SEAFOOD

### MOZAMBIQUE PRAWNS (MAIN) 39.5

Sautéed prawns smothered in rattlesnake sauce (creamy hot and spicy peri-peri reduction). Served in the pan with rice pilaf to mop up the sauce.

### NEW ZEALAND GREEN-LIPPED MUSSELS 33.5

In our delicious dill cream sauce and served with warm ciabatta bread for soaking up the sauce.

### MT COOK ALIPNE SALMON 37.5

Salmon from the glacial waters of Mt Cook lightly grilled and served on a selection of vegetables with a creamy lemon sauce and mixed greens.

### SEAFOOD PLATTER

FOR ONE 49 / FOR TWO TO SHARE 95

A platter of our signature seafood dishes. Includes mussels, Mt Cook salmon, calamari and peri peri prawns. Served with rice pilaf, salad and dipping sauces.

## CHICKEN

Served with a mixed green leaf garnish, chips or baby roasted potatoes and sour cream.

### FLAME BBQ/PERI PERI CHICKEN 29.5

Your choice of Flame basted or spicy Peri Peri marinated half chicken, served with garlic and lemon yoghurt.

### CHICKEN SCHNITZEL 29.5

Two pieces of tender chicken breast fried in a panko, parmesan, crispy bacon and thyme crumb. Served with smoked garlic aioli and lemon.

## VEGETARIAN

Herbivores are also catered for at Flame.

### VEGETARIAN GRILL 27.5

Flame grilled halloumi and field mushrooms topped with cheddar and parmesan cheese, seasonal vegetables sautéed in garlic butter, roasted rosemary baby potatoes, sour cream and soft greens.

**OTHER VEGETARIAN MEALS AVAILABLE.**

## SALADS

Order as an appetiser, side salad or as a large size for your table to share.

WANT MORE?  
ADD ON

### FLAME BASTED CHICKEN BREAST 8 PERI PERI PRAWNS (3) 10

### CAESAR SALAD

SMALL 14 / LARGE 22

Combination of cos lettuce, bacon and croutons tossed in Flame's Caesar dressing. Topped with parmesan cheese shavings and soft poached egg.

### ADD FLAME GRILLED CHICKEN BREAST 8

### SPINACH, BEET AND FETA SALAD 18

Balsamic poached beetroot with baby spinach, rocket and watercress salad with cow feta, Spanish onion, honeyed walnuts, pumpkin seeds and pomegranate vinaigrette.

### ROQUEFORT SALAD 19.5

A delicious fresh green salad tossed with honey roasted walnuts and poached pear. Topped with Roquefort cheese and Flame's own creamy blue cheese dressing.

### MEDITERRANEAN SALAD 19.5

Baby bocconcini, Kalamata olives, cherry tomatoes, pumpkin, Spanish onion, baby spinach and rocket leaves, watercress, lemon vinaigrette with a slash of pesto mayonnaise.

### FLAME CRUNCHY SLAW 10

Red and white cabbage in a lemon, olive oil and mayo dressing. With apple, red onion, fresh mint and roasted pine nuts.

### FLAME GREEN SALAD

SMALL 9.5 / LARGE 15

Soft mixed green leaves, cherry tomato and cucumber, julienne vegetable garnish, seeds and pomegranate vinaigrette.

## SIDES

### HONEY ROASTED ROOT VEGETABLES 8.5

### SEASONAL GREEN VEGETABLES 9

### FRAGRANT RICE PILAF 5.5

### POLENTA CHIPS 6

### CHIPS 6

### ROASTED BABY POTATOES 6

In garlic butter and parmesan cheese

# MEAT

## STEAKS

Our steaks are basted in our secret basting sauce giving a unique, distinctive and succulent flavour. Served with a choice of chips or baby roasted potatoes. Unbasted steaks are available on request!

### FLAME SIGNATURE STEAK

### RIB-EYE ON THE BONE \$11/100G

The finest cut of ribeye, grilled on the bone for flavour and tenderness. (Recommended temperature medium rare/medium). Ask your server for available sizes.

### RIB-EYE 350G 42.5

This cut is mouth-watering, succulent and juicy. Recommended temperature medium.

### SIRLOIN 200G 32.5 250G 39.5

Also known as Porterhouse, this cut of meat is flavourful and firmly textured.

### FILLET 200G 39.5

Melt in your mouth eye-fillet is lean and tender with a mild flavour.

### PETITE FILLET

COMBO 150G 36.5

A petite fillet served with seasonal vegetables, mushroom sauce.

### SURF 'N' TURF 47.5

Your choice of aged 200g tender Eye Fillet or flavoursome 350g Rib Eye, with Peri Peri tiger prawns.

## LAMB

### LAMB CUTLETS 42.5

New Zealand's finest tender, French-trimmed lamb rack, lightly basted then flame-grilled. (Recommend temperature medium rare/medium).

Flame's finest HANDPICKED 55 Day Aged Beef is committed to two quality pursuits - marbling and ageing. Highly experienced, arguably obsessive Master Butchers search for the very finest marbled beef and only a small portion make the HANDPICKED grade. The meat is then aged for no less than 55 days to create unprecedented levels of flavour, tenderness and succulence. The HANDPICKED beef is so special, it picked up Gold and Bronze at the World Steak Challenge in Great Britain this year!

## FLAME MIXED GRILL

FOR 1 49.5 / FOR 2 TO SHARE 90

For the ravenous carnivore! Served on a board, this platter is fit for a king. A combination of ribs, sirloin steak, peri-peri or Flame basted chicken and boerewors.

**UPGRADE: 200G FILLET \$10, RIB-EYE 350GM \$13**

## SKEWERED

NEW!

In South Africa these delicious morsels are one of the great Brai (BBQ) meats. They are not just any skewers, we use big chunks of tender meat, marinated overnight - we then caramelize them on our hot grill with our famous basting sauce.

### FRAGRANT LAMB 32.5

Tender Southland lamb rumps marinated in rosemary, lemon and garlic with red onion.

### CHICKEN 29

Flame basted chicken thigh with red onion and apricots.

Served with chips, yoghurt and garlic sauce with mixed greens and pomegranate vinaigrette.

**JUST GOTTA TRY THE RIBS?  
ADD ON: QUARTER RACK OF RIBS \$12.50**

# RIBS

Once you have tasted our Flaming Good Ribs, you will be back!! Choose a half rack or full. Basted in our unique rib sauce with your choice of chips or baby roasted potatoes with sour cream.

### FULL RACK 42.5

The ultimate Flame experience! Our huge rack of pork ribs are our signature dish with the WOW factor.

### HALF RACK 29.5

All of the above but leaving you space for starters and dessert!

### RIB & CHICKEN COMBO 47.5

Half a peri-peri or Flame basted chicken and pork ribs.

### RIB & STEAK COMBO 49.5

Flame pork ribs with eye fillet steak.

## HOW WOULD YOU LIKE YOUR STEAK COOKED?

**RARE:** Very red, soft and cool center.

**MEDIUM RARE:** Warm red, juicy center.

**MEDIUM:** Pink center.

**MEDIUM WELL:** Slightly pink center, drier.

**WELL DONE:** Cooked throughout, no pink.

## SAUCES

FLAME FAVE! OUR FAMOUS MUSHROOM SAUCE 4.9

Highly recommended

CREAMY MIXED PEPPERCORN 4.9

ROQUEFORT BLUE CHEESE 4.9

RATTLESNAKE 4.9

A creamy peri-peri sauce with a sting

PERI-PERI 4

A hot and spicy Mozambique speciality

INDEMNITY / DISCLAIMER NOTICE:

Guests enter and dine in this establishment at their own risk. Many of our recipes contain nuts. We do not have a nut-free kitchen. We cannot guarantee that any bought-in ingredients are produced in a nut-free environment. If you have any dietary requirements please discuss with the restaurant manager or executive chef and we will endeavour to meet your requests. We do not have a Halal kitchen.