

LUNCH

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.

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 mussel and toasted ciabatta.

CALAMARI SALAD 17.5

Tender calamari served with a house salad and perinaise.

CHICKEN WINGS 16.5

Flame grilled in our secret basting.

CAESAR SALAD 18

Traditional caesar salad topped with a poached egg.

ADD Flame grilled chicken **EXTRA 8**

ADD Peri Peri prawns(3) **EXTRA 10**

FLAME CHICKEN SALAD 21.5

Flame basted and char-grilled chicken with mixed soft greens, cucumber, cherry tomatoes, honey roasted walnuts with garlic vinaigrette.

FLAME STEAK SALAD 27.5

Flame basted 150grams eye fillet steak with mixed soft greens, cucumber, cherry tomatoes, honey roasted walnuts and crispy fried onions.

SHARING PLATTER FOR 2

SERVES 2 49

A large tasting platter including chicken wings, ribs, calamari and boerewors. Served with chips.

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 19

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

SUNNY BURGER 21

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

CHEESE BURGER 19.5

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

HIGHLY RECOMMENDED!

FILLET ROYALE 25

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

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 19

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

JUST GOTTA TRY THE RIBS?
ADD ON: QUARTER RACK OF RIBS

\$12.50

SAUCES

To complement your meal choose from our delicious home-made sauces.

FLAME FAVE!

OUR FAMOUS MUSHROOM SAUCE 4.9

Highly recommended

CREAMY MIXED PEPPERCORN SAUCE 4.9

ROQUEFORT BLUE CHEESE SAUCE 4.9

RATTLESNAKE SAUCE 4.9

A creamy peri-peri sauce with a sting

PERI-PERI SAUCE 4

A hot and spicy Mozambique speciality

SIDES

BBQ PERI-PERI PRAWNS (3) 10

CHIPS 6

POLENTA CHIPS 6

SEASONAL VEGETABLES 9

FLAME CRUNCHY SLAW 10

HOUSE SALAD 9.5

RICE PILAF 5.5

CHUTNEY, ONION JAM 0.5

MEAT

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!



Our steaks are basted in our secret basting sauce giving a unique, distinctive and succulent flavour. Unbasted steaks are available on request!

All our BBQ meats are served with chips. A selection of additional sides is on offer.

RIB-EYE 200G 29.5

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

PETITE FILET 150G 33.5

A petite fillet served with seasonal vegetables and mushroom sauce.



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.

LUNCH MIXED GRILL 45.5

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.

PLEASE NOTE:

1 MEAL PER PERSON POLICY APPLIES

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.

RIBS

Once you have tasted our flaming good pork ribs - you will be back. Basted in our unique rib sauce and served with Chips

FULL RACK SPECIAL 44.5

Full rack of ribs, chips and our famous must-have mushroom sauce.

RIBS & CHIPS 21.5

Our famous lunch ribs with chips

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.

SKEWERED

In South Africa these delicious morsels are one of the great Brai (BBQ) meats. We use big chunks of tender meat, marinated overnight and caramelised on our hot grill with our famous basting sauce.

Served with chips, mixed greens and pomegranate vinaigrette.

AROMATIC CHICKEN 29

Flame basted chicken thigh with red onion and apricots and served with yoghurt and garlic sauce.

FRAGRANT LAMB 32.5

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

TENDER VENISON 32.5

Lean, tender venison leg Flame grilled in or famous basting sauce, served with port wine jus.

JUST GOTTA TRY THE RIBS?
ADD ON: QUARTER RACK OF RIBS

\$12.50

NEW!



Our Story

Flame. A secret South African BBQ recipe wrapped around amazing ribs and steaks. We're a restaurant of course but we pride ourselves on the welcoming and enthusiastic service we bring to every table. Entertainment from start to finish. The views are stunning, the team are hand-picked for their passion and our warm welcome is just the beginning of what we hope will be a long and happy friendship.

Flame Bar and Grill. Upstairs with the best lake views.

South African Braai BBQ



In South Africa, a "braai", the local version of a barbecue, is a cultural phenomenon as popular as rugby. The locals take their braais very seriously: good wood, big hunks of meat, cooked properly over fire.

Here at Flame we emulate the Braai with searing hot specialised grills, charring the edges to perfection and producing the aroma around town that leads your nose to Flame.

3% Amex surcharge.
Minimum spend charges may apply.



WWW.FLAMEGRILL.CO.NZ

