

LUNCH

PLEASE NOTE: 1 MEAL PER PERSON, 1 BILL PER TABLE

APPETIZERS

BUFFALO WINGS 17
Crispy chargrilled & tossed with spicy buffalo sauce

ARANCINI (VG) 18.5
Black olive & basil arancini balls, heirloom tomatoes, soft rocket greens, smoked paprika dressing

MOZAMBIQUE PRAWNS STARTER 23.5 / MAIN 39.5
Sizzling tiger prawns, spicy rattlesnake sauce, rosemary rice

GREEN LIPPED MUSSELS STARTER 20 / MAIN 33.5
Creamy dill sauce, sour dough

CALAMARI 19.5
Crispy tender calamari, soft herbs, Peri Peri mayo



Yeebo!

SIDES

FLAME MASH 9.5 (Topped with red wine jus)

SEASONAL GREEN VEGETABLES 12.5

FLAMES FAMOUS FRIES 9

SAUCES

FLAME MUSHROOM SAUCE 4.9

CREAMY MIXED PEPPERCORN SAUCE 4.9

RATTLESNAKE SAUCE 4.9

RED WINE JUS 4.9

SHARING BOARD

FOR 2 TO SHARE / 65

A large tasting with four Flame favourites - our famous ribs, buffalo wings, crispy calamari, Peri Peri mayo, boerewors & chimichurri. Served with Flame fries.

JUST GOTTA TRY THE RIBS?

\$13.50

Add on a quarter rack of ribs with any meal!

SALADS

CHICKEN CAESAR 28.5
Flame basted chicken breast, cos, crispy bacon, croutons, soft egg, parmesan and Flames own Caesar dressing

BEETROOT & FETA SALAD (V) 18
Balsamic beets, greens, feta, red onion, honeyed walnuts, pomegranate vinaigrette

CRUNCHY APPLE SLAW
(V) SMALL 7.5 / LARGE 12
Mixed cabbage, apple, red onion, mint, roasted pine nuts, lemon mayo

FLAME STEAK SALAD 33
Flame basted eye fillet, mixed greens, cucumber, cherry tomatoes, honey roasted walnuts, crispy onions & pomegranate vinaigrette

WEDGE SALAD (V) 12.5
Ice berg, buttermilk dressing with honey mustard & macadamia

MIXED GREEN SALAD
(V) SMALL 9.5 / LARGE 15
Cherry tomatoes, cucumber, toasted seeds, pomegranate vinaigrette

BURGERS

Served with Flame fries, choice of brioche or gluten free sweet potato bun

MOZAMBIQUE CHICKEN BURGER 25.5

Peri Peri chicken breast, red onion, pickle, tomato, roasted tomato ketchup, sriracha aioli

FLAME BEEF BURGER 25.5
House ground basted beef, red onion, pickle, tomato, lettuce, roasted tomato ketchup

ADD BACON \$2.50.
ADD EGG, CHEESE OR CRISPY ONIONS \$1.50 EACH

VEGETARIAN BURGER (VG) 25.5
"Beyond meat" patty, chargrilled field mushrooms, red onion, pickle, tomato, lettuce, sriracha aioli

AWARD WINNING STEAK

Flame's finest **HANDPICKED 55 Day Aged Beef**; meticulously selected then precision aged, packing next level flavour, texture and tenderness.

Basted in our secret basting sauce, served with a choice of Flame fries or baby roasted potatoes.

RIB-EYE 200g 36 / 350g 47.5

SIRLOIN 200g 36 / 250g 41

EYE FILLET 200g 44

PETIT FILLET 150g 38.5

Served with seasonal vegetables and mushroom sauce

TOP YOUR STEAK WITH OUR FLAME GRILLED PERI PERI PRAWNS (3PCS) \$12



MUST HAVE MUSHROOM SAUCE WITH ANY STEAK!

STICKY RIBS

Our signature dish! Pork ribs basted in our unique rib sauce with your choice of Flame fries or baby roasted potatoes and sour cream

FULL RACK 52.5

LUNCH RIBS 24.5

½ Rack of our famous lunch ribs with Flame fries

RIB & CHICKEN COMBO 53

Half a rotisserie Peri Peri chicken with a half rack of pork ribs

RIB & STEAK COMBO 58

Carnivore's feast! Half rack of pork ribs and 150g eye fillet steak

PETITE CHICKEN 32.5

Rotisserie chicken, garden salad, pomegranate vinaigrette, Flame fries, Peri Peri paste

SKEWERED MEATS

Marinated chunks of tender char-grilled meat, served with crispy fries, mixed greens and pomegranate vinaigrette

FRAGRANT LAMB

\$38.50

Southland lamb rump marinated in rosemary, lemon & garlic, red onion, served with garlic and lemon yoghurt sauce

MUST HAVE

AROMATIC CHICKEN 34.5

Flame basted chicken thighs, red onion, dried apricots, served with garlic and lemon yoghurt sauce

SURF 'N' TURF 49.5

200g medium rare eye fillet, Peri Peri tiger prawns & spicy rattlesnake sauce

FLAME LUNCH MIXED GRILL

1 / 60 FOR 2 TO SHARE / 110 **UPGRADE 200GM FILLET \$12, RIB-EYE 350GM \$15**

Served on a board, this platter is fit for a king, our famous ribs, grilled sirloin steak, rotisserie Peri Peri chicken, boerewors, chimichurri choose Flame fries or baby roasted potatoes.

= FLAME FAVOURITES
(V) = VEGETARIAN
(VG) = VEGAN

Dietary requirements: please ask your server.