

# LUNCH

PLEASE NOTE: MINIMUM 1 MEAL PER PERSON POLICY APPLIES.


## APPETIZERS

 **BUFFALO WINGS** 19.5  
Crispy chargrilled & tossed with spicy buffalo sauce

**ARANCINI** (VG) 19.5  
Black olive & basil arancini balls, heirloom tomatoes, soft rocket greens, smoked paprika dressing

 **MOZAMBIQUE PRAWNS** STARTER 25 / MAIN 44  
Sizzling tiger prawns, spicy rattlesnake sauce, rosemary rice

**GREEN LIPPED MUSSELS** STARTER 23 / MAIN 37  
Creamy dill sauce, sour dough

 **CALAMARI** 21.5  
Crispy tender calamari, soft herbs, Peri Peri mayo



*Yeebo!*

## SIDES

**FLAME MASH** 10.5 (Topped with red wine jus)

**SEASONAL GREEN VEGETABLES** SMALL 8 / LARGE 16

**FLAMES FAMOUS FRIES** 9.5

**FRAGRANT RICE PILAF** 7

## SAUCES

**FLAME MUSHROOM SAUCE** 5

**CREAMY MIXED PEPPERCORN SAUCE** 5

**RATTLESNAKE SAUCE** 5

**RED WINE JUS** 6

## SHARING BOARD

FOR 2 TO SHARE / 65

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

**JUST GOTTA TRY THE RIBS?**

Add on a quarter rack of ribs with any meal!

\$13.50

## SALADS

**CHICKEN CAESAR** 32

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

**BEETROOT & FETA SALAD**

(V) SMALL 14 / LARGE 22

Balsamic beets, greens, feta, red onion, honeyed walnuts, pomegranate vinaigrette

**CRUNCHY APPLE SLAW**

(V) SMALL 12.5 / LARGE 18

Mixed cabbage, apple, red onion, mint, roasted pine nuts, lemon mayo

**FLAME STEAK SALAD** 34

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

**WEDGE SALAD** (V) 14

Ice berg, buttermilk dressing with honey mustard & macadamia

**MIXED GREEN SALAD**

(VG) SMALL 12.5 / LARGE 18

Cherry tomatoes, cucumber, toasted seeds, pomegranate vinaigrette

## BURGERS

Served with Flame fries, choice of brioche or gluten free sweet potato bun (vg).

 **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 OR EGG 2.50**

**VEGETARIAN BURGER** (VG) 25.5

Panko crusted portobello mushrooms, beetroot horopito relish, red onion, pickles, tomato, lettuce, vegan aioli with your choice of brioche or sweet potato bun with a side of Flame fries

## 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 roasted baby potatoes with sour cream.



**MUST HAVE MUSHROOM SAUCE WITH ANY STEAK!**

 **RIB-EYE** 200g 42 / 350g 54

**SIRLOIN** 200g 40 / 250g 46

**EYE FILLET** 150g 37 / 200g 49

**TOP YOUR STEAK WITH OUR FLAME GRILLED PERI PERI PRAWNS (3 PRAWNS) 14**

## STICKY RIBS

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

 **FULL RACK** 55

**LUNCH RIBS** 27.5

½ Rack of our famous lunch ribs with Flame fries

**RIB & CHICKEN COMBO** 55

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

**RIB & STEAK COMBO** 59

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

**ROTISSERIE PERI**

**PERI CHICKEN** 36

Half chicken, garlic, lemon yoghurt sauce, served with spicy Peri Peri paste, Flame fries

## SKEWERED MEATS

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

**FRAGRANT LAMB**

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

\$42.50

**MUST HAVE**

**AROMATIC CHICKEN** 38

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 MIXED GRILL

1 / 65 FOR 2 TO SHARE / 120 **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, housemade Boerewors sausage and Chimichurri. Comes with your choice of Flame Fries or roasted baby potatoes.



= FLAME FAVOURITES

(V) = VEGETARIAN

(VG) = VEGAN

**Dietary requirements:** please ask your server.



# it began in Africa

**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 but all of our beef, lamb and chicken is Halal.



**FLAMEBARANDGRILL**



**FLAMEGRILLQUEENSTOWN**