

LUNCH

PLEASE NOTE: MINIMUM 1 MEAL PER PERSON POLICY APPLIES.

APPETIZERS

MOZAMBIQUE PRAWNS STARTER 27.5 / MAIN 44
Sizzling tiger prawns, spicy rattlesnake sauce, rosemary rice

BUFFALO WINGS 21.5
Crispy chargrilled & tossed with spicy buffalo sauce

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

ARANCINI (VG) 21.5
Black olive & basil arancini balls, heirloom tomatoes, soft rocket greens, smoked paprika dressing

GREEN LIPPED MUSSELS STARTER 25 / MAIN 39.5
Creamy dill sauce, sour dough



Yeebo!

SIDES

FLAME MASH 11.5 (Topped with red wine jus)

SEASONAL GREEN VEGETABLES SMALL 12 / LARGE 19

FLAMES FAMOUS FRIES 9.5

FRAGRANT RICE PILAF 9.5

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?

\$14.50

Add on a quarter rack of ribs with any meal!

SALADS

CHICKEN CAESAR 34

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

BEETROOT & FETA SALAD

(V) SMALL 18 / LARGE 26
Balsamic beets, greens, feta, red onion, honeyed walnuts, pomegranate vinaigrette

CRUNCHY APPLE SLAW

(V) SMALL 14 / LARGE 21
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) 17

Ice berg, buttermilk dressing with honey mustard & macadamia

MIXED GREEN SALAD

(VG) SMALL 16 / LARGE 22
Cherry tomatoes, cucumber, toasted seeds, pomegranate vinaigrette

FLAME MIXED GRILL

1 / 67 FOR 2 TO SHARE / 125 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

BURGERS

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

MOZAMBIQUE CHICKEN BURGER 27.5

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

FLAME BEEF BURGER 27.5

House ground basted beef, red onion, pickle, tomato, lettuce, roasted tomato ketchup

ADD BACON OR EGG 2.50

VEGETARIAN BURGER (VG) 27.5

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.

RIB-EYE 200g 44 / 350g 62

SIRLOIN 200g 46 / 250g 54

EYE FILLET 150g 39.5 / 200g 53

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



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 roasted baby potatoes with sour cream.

FULL RACK 55

LUNCH RIBS 29.5

1/2 Rack of our famous lunch ribs with Flame fries

RIB & CHICKEN COMBO 59

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

RIB & STEAK COMBO 65

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

ROTISSERIE PERI PERI CHICKEN 39

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 SKEWER

\$45.50

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

MUST HAVE

AROMATIC CHICKEN SKEWER 42

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

SURF 'N' TURF SKEWER 55

200g medium rare eye fillet & Peri Peri tiger prawns

= 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