

APPETIZERS

FLAME'S OCEAN FLAVOURS

Spicy Tuna maki roll with apple and ginger,
Oak smoked salmon with blinis and quail egg Tiger prawn 'cocktail'
Cappuccino of Crab with lobster biscuit Oyster 'shooter'
£14

Native oysters simply served by the dozen – Market price

SAUTEED MUSSELS WITH CHORIZO AND SAFFRON

Sauvignon Blanc and Dijon mustard jus (p)
£6.50

PRIME BEEF CARPACCIO WITH CHILLED LOBSTER SALAD

Seasonal leaves, citrus infused virgin olive oil
£9.50

ROASTED BEETROOT WITH PISTACHIO NUT CRUSTED GOATS CHEESE

Baguette chips, 'toast' oil and rocket leaves (v)
£7

THAI BASIL CRUSTED TUNA 'SASHIMI'

Honey wasabi foam, soy, tobiko caviar
£9

SEARED SCALLOPS WITH DORSET CRAB SALAD

Olive oil poached tomatoes, mixed baby cress and truffle vinaigrette
£9.50

FLAME CLASSIC CEASER SALAD

Olive oil crostini, shaved Parmesan, crisp pancetta (p)
£6.50

CHILLED DUCK LIVER WITH RHUBARB

Vanilla jus, crushed walnut and cinnamon brioche 'crumble'
£10.50

POACHED ORGANIC SALMON

Jersey potato 'salad' watercress, shaved fennel, garden herb dressing
£7

SOUP

SWEET CORN 'CHOWDER' WITH FRESH CRAB

Baby peas and lobster oil
£5.50

BABY SPINACH AND WATERCRESS SOUP

Goats cheese 'toast' and crispy pancetta (p)
£5

All of the products served in the club could contain nuts, traces of nuts or nut derivatives

(p) contains pork (v) vegetarian option



MAIN COURSE

POTATO WRAPPED TUNA WITH SEARED SCALLOP

Slow roasted fennel, sautéed chorizo and oven dried cherry tomatoes
£16

GRATIN OF JAPANESE MUSHROOMS

Morel glaze, wild spinach, truffle oil and cress salad (v)
£12

WILD HERB CRUSTED LAMB LOIN

Shiitake potato mash, goats cheese spring roll and spring peas
£17

CRISP FRIED CORNISH HADDOCK

Cooked in a real ale batter with fat chips
£12

IRISH KETTLE BEEF TENDERLOIN WITH BALSAMIC ROASTED SHALLOTS

Parmesan potatoes, sautéed cèpes and garlic confit
£18

SAFFRON RISOTTO WITH GRILLED RED MULLET

Sautéed mussels, clams and green asparagus
£15

CARAMELIZED FREE RANGE CHICKEN, MAPLE GLAZED BEETS

Potato purée, onion fondue
£14

FROM THE CHAR GRILL

Using USDA prime approved beef from Nebraska, hormone free and corn fed.

Kettyle beef is bred in Ireland and aged on the bone for 21 days. Served with your choice of wild mushroom sauce, Cabernet jus or Béarnaise sauce.

IRISH BEEF FILLET

Ladies cut 6oz - £17, 8oz - £19

USDA SIRLOIN 10oz

£22

USDA PRIME RIB EYE 10oz

£22

MARKET CATCH OF THE DAY

£15

ORGANIC SALMON FILLET

£14

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ON THE SIDE

Duck fat roasted baby potatoes
£3

Creamy truffle mash potatoes
£4

Green asparagus with Dijon butter
£4

Baby spinach with crème fraîche and garlic oil
£3

Balsamic roasted shallots
£3

Thick cut chips
£3

DESSERTS

MILK CHOCOLATE 'PANNACOTTA'

White chocolate foam and caramel popcorn
£5

WARM APPLE TARTE TATIN

Calvados ice cream, honey vanilla jus
£5

PEACH AND PECAN NUT SPRINGROLL

Honeycomb ice cream, vanilla syrup, candied ginger
£5

SLOW BAKED NEW YORK CHEESE CAKE

Berry glaze and clotted Devonshire cream
£5

FLAME CHEESE SELECTION

Please check with server for details
served with fruit chutney and walnut bread
£7

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