

CALL
020 8446 0266
EMAIL
flamesrestaurant@email.com
ADDRESS
3 Leisure Way, Finchley
London, N12 0QZ

FLAMES

MEDITERRANEAN RESTAURANT

Flames Restaurant
welcomes you to experience
& enjoy the true taste of the
Mediterranean way of
eating: both healthy & fun

COLD STARTERS

Mixed Olives (v)	£3.95
Homous (v)	£3.95
Chickpea, tahini, lemon & garlic dip	
Taramosalata (v)	£3.95
Smoked cod roe, onion, olive oil & lemon dip	
Tahini (v)	£3.95
Ground sesame seeds, olive oil & lemon dip	
Tzatziki (v)	£3.95
Yoghurt, cucumber & mint dip	
Feta (v)	£3.95
Greek soft cheese, drizzled with olive oil & oregano	
Beetroot Salad (v)	£3.95
With garlic, olive oil, lemon & parsley	
Grilled Aubergine & Pepper Salad (v)	£3.95
Grilled aubergine & pepper salad with olive oil, lemon juice & garlic	
Potato Salad (v)	£3.95
Tabbouleh Salad (v)	£3.95

HOT STARTERS

Calaman	£7.25
Rings of fresh squid deep fried in a light, seasoned batter.	
Octopus	£9.50
Charcoal grilled	
Whitebait	£7.50
Deep fried	
Seabass Fillet & Asparagus	£8.25
Charcoal grilled & drizzled with balsamic dressing	
Mediterranean Prawns	£7.25
Pan fried in garlic, butter & parsley	
Filo Parcels (v)	£5.50
Spinach & feta cheese parcels in filo pastry, deep fried	
Halloumi (v)	£5.50
Charcoal grilled Cypriot goat's cheese	
Portobello Mushrooms (v)	£4.75
Charcoal grilled & seasoned with olive oil, lemon & garlic dressing	
Vegetable Skewer with Halloumi (v)	£6.50
Charcoal grilled mixed vegetables	
Kefedes	£5.45
Mixed pork, potato, onion & mixed spices rolled into balls & deep fried	
Pastourma	£5.75
Charcoal grilled spicy beef sausage	
Loukanka	£5.75
Pork sausage marinated in wine & mixed spices, charcoal grilled	
Chicken Livers	£6.95
Sautéed with onions & wine	

BURGERS

Cheeseburger	£8.95
Aberdeen Angus beef served in a broche bun with melted mature cheddar.	
Deluxe Cheeseburger	£10.95
Aberdeen Angus beef, served in a broche bun with melted mature cheddar & crispy chargrilled bacon topped with onion rings.	
Deluxe Chicken Burger	£10.95
Chargrilled chicken breast served in a broche bun with melted mature cheddar, chargrilled bacon & onion rings.	
Grilled Halloumi Burger (v)	£7.95
Served in a broche bun.	
Chickpea Veggie Burger (v)	£7.95
Served in a broche bun.	

All of our burgers are served with crisp lettuce, sliced tomato, sliced onion, mayo & served with Flames fries.

PLATTERS TO SHARE

Cold Meze	£7.95
A selection of 10 cold dishes & dips served with hot pita.	
Hot Meze	£8.95
Selection of hot starters: loukanka, haloumi, kefedes, mushroom, & spanakopita served with hot pita bread & a dip of your choice	
Mixed Fish Platter	£17.50
Chefs selection of the freshest fish available	
Meat Meze	£22.50
A gastronomic feast consisting of chef's selection of cold & hot starters, followed by a selection of fish & culminating in a selection of meats, salad & rice	
Full Mixed Fish & Meat Meze	£27.50
A gastronomic feast consisting of chef's selection of cold & hot starters, followed by a selection of fish & culminating in a selection of meats, salad & rice	
Minimum of 2 persons for each platter. Prices are per person	

MAIN DISHES

Caesar Salad with Grilled Chicken Breast	£9.95
Chicken Skewers	£11.50
Marinated & charcoal grilled skewers of chicken with peppers & onions. Served with rice or fries.	
Lamb Skewers	£12.50
Marinated & charcoal grilled skewers of prime lamb. Served with rice or fries	
Pork Skewers	£11.50
Marinated & charcoal grilled skewers of prime pork. Served with rice or fries	
Half Chicken Marinated & Flame Grilled	£11.95
Served with fries, coleslaw & optional Pan Pan sauce	
Mousakka	£11.95
A famous oven baked Greek dish of potato, aubergine, courgettes, beef mince, béchamel & cheese sauce, served with salad.	
Lamb Cutlets	£15.95
Succulent & marinated prime best end lamb cutlets with rosemary, served with sautéed potatoes.	
Kleftiko	£14.95
Traditional, slowly oven cooked lamb shank. Served with rice, mash or roast potatoes	

PASTAS

Spaghetti Aglio E Olio (v)	£8.95
Spaghetti with olive oil, garlic, parsley & parmesan	
Spaghetti Bolognese	£9.50
Seafood Linguine	£11.95
Mushroom Risotto (v)	£9.50

STEAK & CHOPS

Tender Scotch Sirloin (10oz)	£21.95
Scotch T-Bone (17oz)	£24.95
Brizola	£14.95
Giant pork chop	

All of our steaks are certified Scottish Aberdeen Angus & are served with a portobello mushroom, vine tomatoes & Flames fries.

FISH & SEAFOOD

Octopus	£17.95
Charcoal grilled fresh & tenderised octopus, with a lemon & olive oil dressing. Served with salad.	
Calaman	£13.95
Rings of fresh squid deep fried in a light, seasoned batter or charcoal grilled whole. Served with Flames Fries.	
Mediterranean King Prawns	£14.95
Marinated in a virgin olive oil & garlic, charcoal grilled. Served with salad.	
Swordfish Skewers	£15.95
Skewers of fresh swordfish with onions, peppers, courgettes & dressed with an olive oil & lemon, charcoal grilled. Served with salad.	
Swordfish Skewers with King Prawns	£17.95
Served with salad	
Seabass	£17.95
Charcoal grilled. Served with salad	
Salmon Steak	£15.95
Pan fried or charcoal grilled. Served with sautéed potatoes	

MUSSELS

Mussels Marinère & la Crème	£12.50
Mussels cooked in parsley, garlic, butter, white wine & cream served with pommes frites	
Mussels with Pesto	£12.50
Olive oil, garlic, white wine & basil pesto. Garnished with parsley, served with pommes frites	

HOUSE SPECIALITIES

Mixed Grill Platter	£15.95
Chicken skewer, pork skewer, lamb cutlet, kefedes, loukanka & mushroom. Served with rice	
Lamb Souvlia	£15.95
Marinated rack of lamb (on the bone) slowly spit roasted over charcoal. Served with roast potatoes	
Chicken Souvlia	£12.95
Marinated cuts of chicken slowly spit roasted over charcoal. Served with rice or fries	
BBQ Ribs	£15.95
Baby back ribs with sticky BBQ sauce served with coleslaw & jacket potato.	

SIDE DISHES

Greek Salad (feta optional) (v)	Large £5.95 Small £4.95
Shopska Salad (v)	£5.95
Finely chopped cucumber, tomato, green peppers & grated feta cheese topped with finely sliced red onion	
Tomato, Onion & Feta Salad (v)	£4.95
With oregano, lemon & olive oil	
Rice (v)	£3.00
Long grain rice mixed with vegetables	
Flames Fries (v)	£3.00
Hand cut deep fried Cypriot potatoes sprinkled with rock salt & oregano	
Flames Feta Fries (v)	£3.50
Hand cut deep fried Cypriot potatoes served with heaped grated feta cheese	
Courgette Fries (v)	£4.00
Lightly battered and deep fried	
Flames Roast Potatoes (v)	£3.00
Sautéed Spinach with Garlic (v)	£3.00
Sweet Potato Mash (v)	£3.00
Sweet Potato Fries (v)	£3.00
Mash Potato (v)	£3.00
Broccoli (v)	£3.00
Asparagus (v)	£4.00

Please inform us of any allergies | All parties catered for | (v) = vegetarian | All prices include VAT | An optional service charge of 10% will be added to your bill.
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