



FLAMEN**N**FORK

GRILL · STEAK · PASTA



@FLAMENFORKDEEWHY

FORK INTO THE FLAMES OF FLAVOUR

ENTREES

GARLIC BREAD (V) \$8

CHEESY GARLIC BREAD (V) \$10

GRILLED HALLOUMI (V, GF) \$12

Served with crispy capers, lemon oil and micro herbs.

BRUSCHETTA (V) \$14

Heirloom tomatoes, fresh basil, onion, olive oil and balsamic glaze.

FRIED CHICKEN WINGS \$15

Choice of Hot American Buffalo, BBQ or Southern Style. Served with blue cheese sauce

FRIED CALAMARI \$18

Served with garlic aioli and rocket

SAKE SCALLOPS \$20

Pan fried in soy, sake and garlic butter

GARLIC PRAWNS \$22

Served with chargrilled sourdough bread

MIDDLE EASTERN LAMB SKEWERS \$24

Served with hummus & tzatziki

FLAME TASTING BITES \$29

Grilled prawns, Hot American buffalo wings, grilled halloumi, chilli squid and rocket salad

BURGERS

ALL BURGERS COME WITH CHIPS OR SALAD.

BLACK ANGUS BEEF BURGER \$21

Black Angus beef, lettuce, pickles, cheese, onions and our signature burger sauce.

PORTUGUESE CHICKEN BURGER \$21

Marinated chicken breast, lettuce, tomato, pickles, cheese, onion and peri-peri sauce.

SCHNITZEL BURGER \$21

Crumbed chicken breast, lettuce, tomato, onion and spicy mayo sauce.

THE FLAME'S LOT \$24

Black Angus beef, cheese, bacon, eggs, onion, lettuce, pineapple, pickles and our signature burger sauce.

FALAFEL BURGER (V) \$18

Falafel, lettuce, onion, cucumber and yoghurt sauce.

STEAK SANDWICH \$24

Grilled South Prime steak, Swiss cheese, onion, lettuce and tomato on ciabatta.

GLUTEN-FREE BUN +\$2

SALADS

SUPERFOOD SALAD (V, GF) \$19

Kale, quinoa, crumbled feta, chickpea, avocado, cherry tomatoes, capsicum, beetroot, balsamic vinaigrette dressing.

AVOCADO SALAD (VG, GF) \$18

Mix leaf lettuce, cucumber, cherry tomatoes, red capsicum, olives, pepitas, honey mustard dressing.

CAESAR SALAD \$17

Lettuce, smoky bacon, croutons, egg and parmesan in a classic Caesar dressing.

ADD: HALLOUMI (V, GF) \$6 | CHARGRILLED CHICKEN BREAST (GF) \$8 | PRAWNS \$9



VEGETARIAN



GLUTEN FREE



VEGAN

Cakeage \$2 per person • Corkage \$5 per person • 10% Public Holiday Surcharge



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FLAME FAVOURITES

CHICKEN SCHNITZEL \$22

Served with creamy mushroom sauce, chips and salad.

CHICKEN PARMIGIANA \$24

Panko-crumbed chicken breast topped with sliced ham, napolitana sauce and mozzarella cheese, served with chips and salad.

GRILLED CHICKEN AND AVOCADO \$24

Served with creamy mushroom sauce, chips and salad.

FISH AND CHIPS \$24

Beer-battered fresh market fish served with chips, salad and homemade tartare sauce.

CRISPY SKIN SALMON (GF) \$29

Pan fried Atlantic salmon served with potato puree, kale, broccolini and beurre noisette.

BEEF NACHOS (GF) \$24

Mexican-spiced beef mince layered with beans, corn chips, guacamole, sour cream, jalapenos and cilantro salsa.

CHARGRILLED LAMB TOMAHAWKS \$39

Chargrilled Victorian premium lamb tomahawks served with rosemary chat potatoes, broccolini and chimichurri.

PIZZAS GLUTEN-FREE BASE AVAILABLE +\$4

MARGHERITA PIZZA (V) \$18

Cherry tomatoes, fresh basil, mozzarella and oregano on a tomato base.

VEGETARIAN PIZZA (V) \$20

Eggplant, artichoke, red onion, cherry tomatoes, feta, roasted capsicum, olives and mozzarella on a tomato base topped with truffle mayo.

PEPPERONI PIZZA \$21

Pepperoni and mozzarella on a tomato base.

HAWAIIAN PIZZA \$21

Smoked ham, pineapple and mozzarella on a tomato base.

MEAT LOVER PIZZA \$22

Bacon, smoked ham, pepperoni, ground beef and mozzarella on a BBQ base.

PERI-PERI CHICKEN PIZZA \$22

Marinated chicken, caramelised onion, green capsicum and mozzarella on a tomato base topped with peri-peri sauce.

GARLIC PRAWN PIZZA \$24

Marinated garlic prawns, roasted capsicum, shallots and chilli flakes on a tomato base, topped with garlic aioli & lemon.

MEDITERRANEAN LAMB PIZZA \$26

Roast lamb, feta, olives, capsicum, rocket, onion and garlic chilli on a tomato base topped with mint yogurt.

PASTAS

AMATRICIANA PASTA \$23

Fettuccini cooked with bacon, olives, shallots, diced tomatoes and napolitana sauce.

GNOCCHI SORRENTINO (VG) \$22

Home-made gnocchi cooked in rich tomato sauce, basil and burrata cheese.

CREAMY CHICKEN PASTA \$24

Fettuccini tossed with chicken and creamy mushroom sauce.

POLLO PESTO \$24

Fettuccini cooked with chicken, Spanish onion, cherry tomatoes and avocado in creamy pesto sauce.

BOSCAIOLA \$24

Spaghetti cooked with bacon, mushroom and a creamy white wine sauce.

SPAGHETTI CHILLI PRAWN PASTA \$28

Yamba prawns cooked with cherry tomatoes, parsley, chilli, garlic & olive oil topped with freshly grated parmesan.

SPAGHETTI MARINARA \$33

Mixed seafood cooked in chilli, garlic, shallots & white wine rose sauce.



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STEAKS

ALL STEAKS COME WITH CHIPS, SALAD AND A SAUCE

200G GRAINGE BLACK ANGUS BEEF SIRLOIN (GF) \$34

120-day grain-fed Black Angus Beef from the fertile Riverina region of NSW.

250G WAGYU RUMP STEAK MB 6+ (GF) \$42

Tajima Australian grain-fed Wagyu beef, bred on the east coast, offering rich, buttery flavours.

300G PINNACLE SCOTCH FILLET MB 2+ (GF) \$45

Great Southern pinnacle, 100% grass-fed and MSA approved, with exceptional tenderness

400G RIB ON SIRLION PINNACLE MB2+ (GF) \$49

Great Southern pinnacle, 100% grass-fed and MSA approved, with exceptional tenderness

400G BLACK ANGUS RIBEYE (GF) \$59

120-day grain-fed Black Angus Beef from the fertile Riverina region of NSW,
served with herb compound butter.

SAUCES: CREAMY MUSHROOM / PEPPERCORN / CHIMICHURRI
HERB COMPOUND BUTTER / BLUE CHEESE SAUCE / BEEF JUS / AIOLI

RIBS

ALL RIBS COME WITH CHIPS AND SALAD

500G SMOKED PORK RIBS \$49

Byron Bay Berkshire whole rack of pork ribs, glazed
with pale ale smoky BBQ sauce.

450G BEEF SHORT RIBS \$49

Slow-cooked beef short ribs, glazed
with homemade BBQ sauce

500G SMOKED LAMB RACK \$49

Central West Victorian rack of lamb, slow cooked,
basted with homemade BBQ sauce.

FNF COMBO

WINGS AND RIBS \$42

Half rack of ribs and choice of wings (Hot
Buffalo/BBQ/Southern Style), served with
chips or salad.

SURF AND TURF (GF) \$46

200g sirloin and Yamba prawns, served with
chargrilled broccolini, creamy mash, beef jus
and bearnaise sauce.

STEAK AND RIBS (GF) \$56

200g sirloin and choice of half rack ribs
(Pork/Beef/Lamb), served with chips or salad.



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KIDS AVAILABLE FOR CHILDREN
12 YEARS & UNDER

ALL KIDS MEALS ARE \$12.

STEAK WITH FRIES

FISH AND FRIES

CHICKEN NUGGETS WITH FRIES

CHEESEBURGER WITH FRIES

KIDS PASTA WITH NAPOLITANA SAUCE (V)

GRILLED CHICKEN WITH SALAD (GF)

SIDES

CHIPS (V, GF) \$8

Served with garlic aioli.

POTATO MASH (V, GF) \$9

**ROSEMARY CHAT
POTATOES (V, VG, GF) \$9**

**CHARGRILLED
BROCCOLINI (V, GF) \$10**

Served with toasted almonds.

SAUCES \$3

Creamy Mushroom / Peppercorn / Chimichurri / Herb
Compound Butter / Blue Cheese Sauce / Beef Jus / Aioli

DESSERTS

GRAND MARNIER CREME BRULEE \$14

Served with vanilla ice cream.

CHOCOLATE BROWNIE \$12

Served with vanilla ice cream and chocolate sauce.

WARM STICKY DATE PUDDING \$14

Served with vanilla ice cream and butterscotch sauce.

SPANISH DONUT CHURROS \$12

Served with strawberries and chocolate sauce.

KIDS ICE CREAM \$6

Two scoops of vanilla ice cream with choice of sauce
(Chocolate/Caramel/Strawberry)



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