



### OUR STORY

Flame. A secret South African BBQ recipe wrapped around amazing ribs and steaks. We're a restaurant of course but we pride ourselves on the welcoming and enthusiastic service we bring to every table. Entertainment from start to finish. The views are stunning, the team are hand-picked for their passion and our warm welcome is just the beginning of what we hope will be a long and happy friendship.

Flame Bar and Grill. Upstairs with the best lake views.

**SOUTH AFRICAN BRAAI BBQ**



Fire. South Africans are obsessed with it. It's a cooking staple as common as flour or rice. You're not having a proper meal until you've lit up a few logs and singed meat on their screeching hot embers.

In South Africa, a "braai", the local version of a barbecue, is a cultural phenomenon as popular as rugby. The locals take their braais very seriously: good wood, big hunks of meat, cooked properly over fire.

Here at Flame we emulate the Braai with searing hot specialised grills, charring the edges to perfection and producing the aroma around town that leads your nose to Flame.

In Otago we are lucky to have an abundance of locally grown produce, livestock and seafood. Bob Tovey lovingly grows our soft greens and herbs in Cromwell and Third Generation Butchers and brothers Stephen & Scott Flynn dry age with care our Finest Hereford Prime(TM) Beef. Wherever possible, we use locally sourced produce to support and celebrate our local farmers and producers.

3% Amex surcharge.  
Minimum spend charges may apply.

FACEBOOK.COM/  
FLAMEBARANDGRILL

WWW.FLAMEGRILL.CO.NZ

## APPETISERS

**GARLIC/CHEESY GARLIC LOAF 11**  
Delicious! Freshly baked and immersed in cheesy, garlic and herb goodness, ready to melt in your mouth. Too good to miss.

**GIANT FIELD MUSHROOMS 14.9**  
Flame-grilled and served on a sizzling skillet with sage garlic butter and a blend of cheddar and parmesan.

**MOZAMBIQUE PRAWNS 19.9**  
Prawns sautéed in rattlesnake sauce (creamy hot and spicy peri-peri reduction). Served in the pan with rice pilaf to mop up the sauce.

**CALAMARI 16.5**  
Tender scored calamari served with peri-naise.

**NZ GREEN-LIPPED MUSSELS 18.9**  
In our delicious dill cream sauce and served with warm ciabatta bread for soaking up the sauce.

**CHICKEN WINGS 15.5**  
Flame-grilled in our secret basting.

**BOEREWORS 15**  
A delicious homemade South African sausage made with a variety of herbs and spices. Served with South African chutney and polenta chips.

**SOUP OF THE DAY 12**  
Home-made soup made daily by our chefs, served with ciabatta.

**SEAFOOD CHOWDER 17.5**  
Delicious homemade seafood chowder.

**DURBAN SPICED SEARED BEEF CARPACCIO 16.9**

Seared eye fillet with Durban spice, served rare with baby rocket, parmigiana reggiano, balsamic glaze, extra virgin olive oil and lemon.

**TASTING PLATTER FOR 1 17**  
Little Tastes of South Africa - Beef Carpaccio, Spicy Portuguese Prawns, Calamari and Boerewors sausage (hand crafted daily)

**SHARING PLATTER SERVES 3-4 49.9**  
A large sharing platter including chicken wings, ribs, calamari and boerewors. Served with chips and accompaniments.

## CHICKEN

Served with a mixed green leaf garnish, chips or baby potatoes and sour cream.

**CHICKEN SCHNITZEL 29.5**  
Two pieces of tender chicken breast pan-fried in a parmesan, crispy bacon and thyme panko crumb. Served with smoked garlic aioli and lemon.

**CHICKEN BREAST 29.5**  
Flame basted tender butterflied chicken breast, grilled to perfection.

**FLAME BBQ PERI PERI CHICKEN**  
**HALF FOR 1 29.5 / WHOLE FOR 2 49.5**  
Flame basted spicy chargrilled half or whole chicken served with yoghurt, garlic and lemon. Can be made with a non-spicy basting on request.

## SEAFOOD

**FRESH MARKET FISH OF THE DAY**  
Ask your waiter about the day's fresh catch.

**MOZAMBIQUE PRAWNS 39.5**  
Prawns sautéed in rattlesnake sauce (creamy hot and spicy peri-peri reduction). Served in the pan with rice pilaf to mop up the sauce.

**TIGER PRAWNS 39.5**  
Tiger prawns pan seared in garlic butter, with fresh dill, and finished in a brandy reduction. With rice pilaf.

**NEW ZEALAND GREEN-LIPPED MUSSELS 32.5**  
NZ green-lipped mussels in a tomato broth with fresh herbs. Served with crusty bread.

**STEWART ISLAND SALMON 36.5**  
River run salmon from Stewart Island (250gms) lightly grilled and served on a selection of vegetables with a creamy dill sauce and mixed greens.

**SEAFOOD PLATTER FOR 1 49 / FOR 2 TO SHARE 85**  
A platter of our signature seafood dishes. Includes mussels, NZ salmon, calamari and tiger prawns. Served with rice pilaf, salad and dipping sauces. **ASK ABOUT UPGRADING TO HALF A KARITANE BABY ROCK LOBSTER \$20.**

## SALADS

Order as an appetiser, side salad or as a main size for your table to share.

**WANT MORE? ADD ON**  
**FLAME BASTED CHICKEN BREAST 8 EYE FILLET STEAK 15**

**ROQUEFORT SALAD SMALL 15 / MAIN 22**  
A delicious fresh green salad tossed with honey roasted walnuts and poached pear. Topped with Roquefort blue cheese and Flame's own creamy dressing.

**CAESAR SALAD SMALL 14 / MAIN 22**  
Combination of cos lettuce, bacon, egg and croutons tossed in Flame's caesar dressing. Topped with parmesan cheese shavings.

**MEDITERRANEAN SALAD 17.5**  
Baby Bononcini, Kalamata Olives, cherry tomatoes, Spanish onion, baby spinach and rocket leaves, watercress, lemon vinaigrette with a slash of pesto mayonnaise.

**SPINACH AND BEET SALAD 16**  
Balsamic poached beetroot with baby spinach, rocket and watercress salad with cow fetta, Spanish onion, honeyed walnuts, pumpkin seeds and pomegranate vinaigrette.

**FLAME CRUNCHY SLAW 10**  
Red and white cabbage in a lemon and olive oil dressing. With apple, fresh mint and roasted pine nuts.

**FLAME HOUSE SALAD SIDE 10.5 / MAIN 17.5**  
Fresh greens tossed in a light dressing.

## MAIN COURSE FLAME SALADS

**CHICKEN SALAD 28.9**  
Flame basted chicken breast on Freekeh (African Pilaf) with mixed leaves, herbs and watercress salad, honeyed walnuts and lemon vinaigrette with a slash of roasted garlic aioli.

**BEEF SALAD 29.9**  
Flame basted eye fillet steak on Freekeh (African Pilaf) with mixed leaves, herbs and watercress salad, sautéed onions and lemon vinaigrette with a slash of honey mustard and macadamia nut dressing.

# MEAT STEAKS

All our BBQ meats are served with a choice of chips or baby roasted potatoes. A selection of additional sides is on offer.

**SIRLOIN 200G 29.5 250G 32.5**  
Also known as Porterhouse, this cut of meat is flavourful and firmly textured.

**RIB-EYE 350G 37.5**  
Also known as a scotch fillet. This cut is mouth-watering, succulent and juicy. It is highly marbled and can contain a bit of fat. (Recommended temperature medium).

**RIB-EYE ON THE BONE 450G 41.9**  
NZ's finest ribeye, grilled on the bone, for flavour and tenderness. (Recommend temperature medium rare/medium).

**FILLET 200G 37.5**  
The eye-fillet is lean and tender with a mild flavour. A must for the meat connoisseur.

**FILLET COMBO 150G 33.5**  
A petite fillet served with seasonal vegetables, mushroom sauce and chips or baby roasted potatoes.

**SURF 'N' TURF 43.5**  
Your choice of aged 200g Hereford Prime™ Tender Eye Fillet or flavoursome 350g Rib Eye, with sautéed tiger prawns. **UPGRADE TO HALF A KARITANE BABY ROCK LOBSTER \$20.**

**MONSTER T-BONE 550G 44.5**  
Fillet and sirloin on the bone; this is the best of both worlds. (Recommend temperature no more than medium).

**LAMB CUTLETS 39.5**  
New Zealand's finest tender, French-trimmed lamb rack, lightly basted then flame-grilled. (Recommend temperature medium rare/medium).

All our Southland sourced Beef is free range, grass fed Hereford Prime™. The beef is dry aged on the bone for two weeks and then wet aged for a further three weeks. We cut all our own steaks to a very high specification removing all surface fat. **Our steaks are basted in our secret basting sauce which gives a unique, distinctive and succulent flavour that our customers love. Unbasted steaks are available on request!**

# RIBS

Once you have tasted our Flaming Good Ribs, you will be back!! Choose a half rack or full. Basted in our unique rib sauce with your choice of chips or baby roasted potatoes with sour cream. A Flame bib will be supplied so you can really get stuck in.

**FULL RACK 39.5** The ultimate Flame experience! Our huge rack of pork ribs are our signature dish with the WOW factor.  
**RIB & CHICKEN COMBO 47.5** Hot and spicy peri-peri chicken quarter and pork ribs.  
**HALF RACK 28.5** All of the above but leaving you space for starters and dessert!  
**RIB & STEAK COMBO 49.5** Flame pork ribs with eye fillet steak.

## FLAME MIXED GRILL

**FOR 1 49.5 / FOR 2 TO SHARE 85**  
For the ravenous carnivore! Served on a board, this platter is fit for a king. A combination of ribs, sirloin steak, peri-peri chicken and boerewors. **UPGRADE: 250GM FILLET \$10, RIB-EYE 350GM \$15**

**TREAT YOURSELF! ADD A HALF KARITANE ROCK LOBSTER TO ANY DISH \$20**

## SAUCES

To fully complement your meat, choose from one of our delicious home-made sauces and sides:

**OUR FAMOUS MUSHROOM SAUCE 4.5** highly recommended  
**CREAMY MIXED PEPPERCORN 4.5**  
**ROQUEFORT BLUE CHEESE 4.5**  
**RATTLESNAKE 4.5** a creamy peri-peri sauce with a sting  
**PERI-PERI 3** a hot and spicy Mozambique speciality

## HOW WOULD YOU LIKE YOUR STEAK COOKED?

**BLUE:** For the real meat connoisseur  
**RARE:** Just grilled to perfection  
**MEDIUM RARE:** Grilled on the outside, still pink and juicy on the inside  
**MEDIUM:** Grilled through, still pink on the inside  
**MEDIUM WELL:** Cooked through, but drying out and the flavour diminishing  
**WELL DONE:** Destroyed, but if that's the way you like it, enjoy!

## BUILD A DELICIOUS BURGER

Topped with fancy lettuce, spanish onion, sweet dill pickle and homemade aioli. Served with chips or baked potatoes and sour cream. All burgers cooked medium unless requested.

**BASIC BEEF BURGER 20**  
200g burger pattie made from Flame's freshly ground Hereford Prime™.

**VEGGIE BURGER 18**

**CHICKEN BURGER 22**  
Choose between Flame basted or a spicy peri-peri basted tender BBQ chicken breast.

## SAUCES

To fully complement your burger, choose from one of our delicious home-made sauces:

## BURGER ADD-ONS

**EDAM CHEESE 1.5** **BLUE CHEESE 2.5**  
**STREASY BACON 2.5** **HALOUMI CHEESE 2.5**  
**PINEAPPLE 1** **ONION JAM 0.5**  
**BEETROOT 1** **CRISPY ONIONS 1**  
**FRIED EGG 1.5** **BLACK FIELD MUSHROOMS 1.5**  
**SOUTH AFRICAN CHUTNEY 0.5**

## SIDES

**FRAGRANT RICE PILAF 5.5**  
**SEASONAL VEGETABLES 8.5**  
**POLENTA CHIPS 6**  
**CHIPS 6**  
**ROASTED BABY POTATOES 6**  
In garlic butter and parmesan cheese

**CHILDREN'S MENU AVAILABLE.**

## VEGETARIAN

Herbivores are also catered for at Flame.

**VEGETARIAN GRILL 26**  
A delicious vegetarian platter. Flame grilled field mushrooms with parmesan, cheddar cheese, seasonal vegetables, haloumi cheese, baby potatoes with garlic butter and salad.

## SAVE ROOM FOR DESSERT!

When the sweet tooth comes knocking, here's a taste of a couple of our standout desserts.

**A Taste of South Africa** A tasting platter of three delicious South African inspired treats, ideal for sharing; **Peppermint Crisp Tart**; **Mars Bar Brulee**; and the **Amarula Chocolate Truffles**.

**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.



