



FLAME

FINE DINING RESTAURANT

SALADS

TRADITIONAL GREEK SALAD	R115
Butter lettuce, cucumber, heirloom tomato, creamy feta, tossed in a creamy herb dressing	
Add chicken	R60
HALLOUMI SALAD	R150
Grilled halloumi, rocket, avocado, tossed in a creamy herb dressing topped with roasted nuts	
BUTTERNUT AND AVO	R150
Butter lettuce, cucumber, grilled butternut, creamy avocado, assorted nuts & a honey mustard dressing	

APPETIZERS

MUSSELS	R120
Half shelled steamed mussels tossed in a garlic sauce	
SPICY EDAMAME	R105
Grilled Edamame beans tossed in 7 spice, served with lime	
HALLOUMI	R119
Grilled or fried, served with fresh lemon & sweet chilli	
GRILLED CALAMARI	R145
Succulent tubes grilled in lemon butter, perfected with a light lemon butter sauce	
CRISPY SQUIDS	R180
Flash fried served with a peri mayo dip	
CREAMY SHRIMP	R190
Tempura prawns with a creamy signature sauce, flamed at your table	
FIRECRACKER PRAWNS	R165
Spicy marinated prawns flash fried & coated in a firecracker sauce	
CHICKEN STRIPS	R150
Deep fried chicken strips served with a peri mayo dip	

SOUPS

v BUTTERNUT	R150
Creamy slow roasted butternut soup	
SOUP OF THE DAY	R180
Chefs choice	
CREAMY SEAFOOD BISQUE	R210
Creamy seafood base bisque with steamed prawn tails	

PASTA

v ARRABBIATA	R145
Pasta tossed in Flame pomodoro sauce with garlic and basil, tossed through tender rigatoni	
v NAPOLETANA	R135
Mediterranean tomato based sauce, infused with garlic and fresh herbs	
v ALFREDO	R150
Cream based sauce, with mushroom and Parmesan shavings	
Add chicken	R60
Add macon	R45
SEAFOOD	R215
Light garlic and herb sauce, in a creamy base tossed with calamari, prawns & mussels	

BUNS

All buns are served with fries

THE FLAME CLASSIC

Cheddar, lettuce, tomato, pickles, grilled onion, mayo & Flame basting on a burger bun

R180

MUSHROOM MELT

Juicy beef patty topped with cheddar & creamy mushroom sauce on a burger bun

R190

CHICKEN STACK

Grilled cajun-spiced chicken breast with cheddar, creamy mayo, butter lettuce

R170

THE WAGYU GUY

100g Wagyu Pattie, cheese, spicy mayo, caramelized onions, lettuce

R199

LOBSTER ROLL

Brioche roll filled with lobster & prawns in a creamy aioli

R320

v FALAFEL

Grilled falafel, cheddar, tomato, fresh herbs and tangy pickles, served with fries or a side salad

R140

OFF THE TANDOOR

LAMB SHEESH KEBAB

Lamb mince seasoned with spices, skewered & chargrilled

R180

TANDOORI PRAWNS

Spiced queen prawns chargrilled in a tandoor served with fries & lemon wedges.

- 4 Prawns

R220

- 6 Prawns

R330

- 10 Prawns

R480

CHICKEN TIKKA

Chargrilled 1/4 chicken, infused with aromatic Flame tandoori spices served with fries & flat bread

R155



POTS

PRAWN CURRY

R395

Tender prawns simmered in a rich spiced curry sauce with fragrant herbs, served with rice & sambals

FISH CURRY

R250

Fresh fish gently simmered in a spiced curry sauce infused with aromatic herbs, served with rice, sambals & papadum

KASHMIRI LAMB CURRY

R335

Slow cooked lamb in a spicy curry, served with traditional herbs, steamed rice or flat bread

BUTTER CHICKEN

R190

Tender chicken pieces, creamy spiced butter sauce, infused with garlic, served with rice or flat bread

CHICKEN TIKKA MASALA

R190

Deboned marinated chicken roasted in our smoked Flame tandoori spice, served with chutney & flat bread

v DHAL FRY

R110

Lentils cooked with aromatic spices, tempered with herbs, garlic & coriander

v BRINJAL CURRY

R160

A brinjal & potato curry tempered with whole spices, curry leaves & mustard seeds in a creamy turmeric & coconut sauce, served with rice or flat bread

FLAME CHARCOAL GRILLS

Seasoned with our signature Joe's dry rub or salt & pepper or bbq or masala basting

Served with your choice of fries, parmesan mash, onion rings or roasted vegetables

All grills are 21-day aged

PRIME BEEF FILLET 300g	R355
T-BONE 500G	R319
RUMP 300g	R260
SIRLOIN 200g/300g	R240 R290
LAMB CHOPS 300g	R330
TOMAHAWK	R395

ADD ON SAUCE

FLAME PERI PERI	R45
PEPPER	R45
MUSHROOM	R45
CHEESE	R45

ADD A TOPPING

FLAME MUSHROOM	R55
CREAMY MUSHROOM	R55
CHEESE & JALAPEÑO	R55

FLAME GRILLS

FLAME PERI CHICKEN	R180
3 piece deboned skin on thighs grilled in our Flame peri peri, served with fries & rice	

SHELLFISH / LINEFISH

Coal grilled in our signature blend
Served with a choice of creamy lemon butter sauce
or peri peri

PRAWNS

Butterflied, grilled, served with our famous
lemon butter sauce or our house peri peri
Served with fries & rice

1kg queen	R680
12 prince	R310
6 queen	R330

LOBSTER

Grilled in a roasted garlic & herb butter,
served with fries or parmesan mash or roasted vegetables

R550

LANGOUSTINES

SQ

A sweeter crustacean, perfectly prepared to enhance our
signature flavours, served with fries or parmesan mash or rice

FISH & CHIPS

R215

Flash fried or grilled hake served with fries & tartar sauce

KINGKLIP FILLET

R375

Fresh fillet, pan fried in a lemon garlic butter sauce,
served with fries & rice

SURF & TURF

R495

300g fillet, 3 queen prawns, grilled calamari,
chargrilled vegetables & fries

CALAMARI

R195

Succulent tubes grilled in lemon butter, perfected
with a lemon butter sauce

PLATTERS

SEAFOOD PLATTER FOR TWO 12 prince prawns, kingklip fillet, calamari and mussels prepared in our Flame spices served with fries	R650
SHELLFISH PLATTER Lobster, 4 prawns & 2 langoustines perfectly prepared in lemon & garlic herb butter, served with fries & rice	R1200
FLAME MEAT PLATTER 300g fillet steak, lamb chops & 1/4 chicken tikka, served with fries	R680
MIXED GRILL PLATTER 6 Queen prawns, kingklip fillet, 300g fillet steak, served with fries & rice	R750

EXTRAS

LEMON BUTTER SAUCE	R45
FLAME PERI PERI	R45
FLAME HOT CHILLI	R45

SIDES

BASMATI RICE	R40
SAVOURY RICE	R40
FRIES	R40
BAKED POTATO	R40
PARMESAN MASH	R60
ROASTED VEGETABLES	R55
CREAMED SPINACH & BUTTERNUT	R80
FLAT BREAD	R35
ONION RINGS	R35
BREAD ROLL	R20

DESSERT

SAN SEBASTIÁN CHEESECAKE	R140
Served with belgian chocolate	
CRÈME BRÛLÉE	R90
BELGIAN CHOCOLATE BROWNIE	R105
Served hot with belgian chocolate & ice cream	
BELGIAN CHOC CHIP COOKIE	R160
Served hot with belgian chocolate & ice cream	
SAFFRON MILK CAKE	R160
ENQUIRE ABOUT OUR CAKES OF THE DAY	R105



SUSHI

SIGNATURE SUSHI

ROYAL GOLD ROLL (8 PIECES)	R480
Tempura prawn rainbow roll, cream cheese, salmon, avocado, peppadew, wrapped in Gold foil	
DRAGON ROLL (8 PIECES)	R180
Salmon rainbow roll, Tempura prawn, feta, avocado, Yakitori sauce	
TIGER ROLL (8 PIECES)	R180
Tempura prawn rainbow roll, avocado, cream cheese, Kewpie mayo	
TEMPURA ROSES (4 PIECES)	R280
Salmon roses with a tempura prawn and kewpie mayo	
NACHO CRUNCH (8 PIECES)	R160
Tear dropped shaped sushi roll, salmon, cream cheese, house creamy sauce, and crushed nachos	
CRISPY RICE (4 PIECES)	R170
7 spice flavored crispy rice, salmon, avocado, sriracha mayo	

FLAME SUSHI

FLAME ROLL (8 PIECES)	R180
Crispy California roll, salmon, jalapeño, kewpie mayo and our house creamy mayo	
PRAWN ROLL (8 PIECES)	R170
Crispy California roll, prawn, jalapeño, cream cheese and our house creamy mayo	
TUNA CRUNCH (8 PIECES)	R185
Tempura tuna california roll, cream cheese and crispy rice	
ROCK SHRIMP TEMPURA (4 PIECES)	R170
Salmon California roll with a tempura prawn	

TRADITIONAL SUSHI

MAKI ROLLS (8 PIECES)

(v) Avocado & Cucumber	R80
Salmon	R120
Tuna	R105

CALIFORNIA ROLLS (8 PIECES)

(v) Avocado & Cucumber & Rocket	R80
Salmon	R140
Tuna	R120
Prawn	R125

FASHION SANDWICHES (8 PIECES)

Salmon	R135
Tuna	R125
Prawn	R125

SASHIMI (5 PIECES)

Salmon	R160
Spicy seared salmon	R160
Tuna	R150

ROSES (4 PIECES)

Salmon	R160
Tuna	R150

NIGIRI (2 PIECES)

Salmon	R85
Tuna	R80
Prawn	R80

RAINBOW ROLLS

RELOADED (8 PIECES) R180

Salmon rainbow roll, avocado, Yakitori sauce, Kewpie mayo & caviar