



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

- | | |
|--|------|
| Light garlic and herb sauce, in a creamy base tossed with calamari, prawns & mussels | R215 |
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BUNS

All buns are served with fries

THE FLAME CLASSIC

R180

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

MUSHROOM MELT

R190

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

CHICKEN STACK

R170

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

THE WAGYU GUY

R199

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

LOBSTER ROLL

R320

Brioche roll filled with lobster & prawns in a creamy aioli

v FALAFEL

R140

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

OFF THE TANDOOR

LAMB SHEESH KEBAB

R180

Lamb mince seasoned with spices, skewered & chargrilled

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

R155

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



POTS

PRAWN CURRY

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

R395

FISH CURRY

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

R250

KASHMIRI LAMB CURRY

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

R335

BUTTER CHICKEN

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

R190

CHICKEN TIKKA MASALA

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

R190

v DHAL FRY

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

R110

v BRINJAL CURRY

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

R160

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

R550

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

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

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 R170
TEMPURA (4 PIECES)
Salmon California roll with a tempura prawn

TRADITIONAL SUSHI

MAKI ROLLS (8 PIECES)

(v) Avocado & Cucumber
Salmon
Tuna

R80
R120
R105

CALIFORNIA ROLLS (8 PIECES)

(v) Avocado & Cucumber & Rocket
Salmon
Tuna
Prawn

R80
R140
R120
R125

FASHION SANDWICHES (8 PIECES)

Salmon
Tuna
Prawn

R135
R125
R125

SASHIMI (5 PIECES)

Salmon
Spicy seared salmon
Tuna

R160
R160
R150

ROSES (4 PIECES)

Salmon
Tuna

R160
R150

NIGIRI (2 PIECES)

Salmon
Tuna
Prawn

R85
R80
R80

RAINBOW ROLLS RELOADED (8 PIECES)

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

R180