



FLAMEN**N**FORK

GRILL · STEAK · PASTA



@FLAMENFORKDEEWHY

FORK INTO THE FLAMES OF FLAVOUR

ENTREES

GARLIC BREAD (V) \$9

CHEESY GARLIC BREAD (V) \$11

WEDGES (V) \$12

Seasoned potato wedges served with sweet chilli and sour cream.

GRILLED HALLOUMI (V, GF) \$14

Served with crispy capers, lemon oil and micro herbs.

BRUSCHETTA (V) \$14

Freshly diced tomatoes, spanish onion, basil and feta with balsamic glaze on chargrilled sourdough.

FLAME CHICKEN WINGS \$16

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

SALT & PEPPER CALAMARI \$18

Served with garlic aioli.

GARLIC PRAWNS \$22

Yamba prawns, garlic, shallots and chilli cooked in EVOO, served with chargrilled sourdough.

MIDDLE EASTERN LAMB SKEWERS \$24

Served with hummus & tzatziki.

FLAME TASTING BITES \$33

Grilled prawns, Hot American buffalo wings, Grilled halloumi, Squid garnished with salad.

BURGERS

All burgers come with chips or salad.

BLACK ANGUS BEEF BURGER \$22

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

PERI-PERI CHICKEN BURGER \$23

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

SCHNITZEL BURGER \$22

Crumbed chicken breast, lettuce, tomato, onion and Peri Mayo Sauce.

THE FLAME'S LOT \$26

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

FALAFEL BURGER (V) \$18

Falafel, lettuce, onion, cucumber drizzled with tzatziki sauce.

STEAK SANDWICH \$26

Grilled South Prime steak, Swiss cheese, caramelised onion, lettuce and tomato on ciabatta, drizzled with BBQ mayo.

Gluten-free bun +\$2

SALADS

GARDEN FRESH SALAD (V, GF) \$12

Mesclun leaves, carrots, cherry tomatoes, raddish, cucumber & onion, drizzled with housemade 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) \$7 | CHARGRILLED CHICKEN BREAST (GF) \$10 | PRAWNS \$9



VEGETARIAN



GLUTEN FREE



VEGAN

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



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FLAME FAVOURITES

CHICKEN SCHNITZEL \$23

Served with creamy mushroom sauce, chips and salad.

CHICKEN PARMIGIANA \$25

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) \$34

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

BEEF NACHOS (GF) \$24

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

LAMB SHANKS \$36

Slow-braised lamb shanks served with creamy mash, seasonal greens and gremolata.

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 garlic aioli.

PEPPERONI PIZZA \$21

Pepperoni and mozzarella on a tomato base.

HAWAIIAN PIZZA \$21

Smoked ham, pineapple and mozzarella on a tomato base.

MEAT LOVERS PIZZA \$24

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

PERI-PERI CHICKEN PIZZA \$22

Marinated chicken, 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.

PASTAS

GNOCCHI SORRENTINO (VG) \$23

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

CREAMY CHICKEN PASTA \$24

Fettuccini tossed with chicken and creamy mushroom sauce.

CHICKEN PESTO \$26

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

BOSCAIOLA \$24

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

SPAGHETTI CHILLI PRAWN PASTA \$29

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

CREAMY PRAWN FETTUCINI \$29

Yamba prawns, garlic, onion, shallots, cooked with creamy mushroom sauce.



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STEAKS

All steaks come with chips, salad and a sauce

200G GRAINGE BLACK ANGUS BEEF SIRLOIN (GF) \$36

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

250G WAGYU RUMP STEAK MB 6+ (GF) \$46

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

300G PINNACLE SCOTCH FILLET MB 2+ (GF) \$48

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

400G T-BONE PINNACLE MB 2+ (GF) \$56

A hearty Great Southern pinnacle T-bone steak, 100% grass-fed and MSA approved, with a perfect flavour and tenderness, boasting a marble score of 2+.

400G BLACK ANGUS RIBEYE (GF) \$63

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

SAUCES: CREAMY MUSHROOM / PEPPERCORN / SMOKY BBQ SAUCE / AIOLI
HERB COMPOUND BUTTER / BLUE CHEESE SAUCE / BEARNAISE

RIBS

All ribs come with chips and salad

500G SMOKED PORK RIBS \$52

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

450G BEEF SHORT RIBS \$55

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

500G SMOKED LAMB RACK \$52

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

FNF COMBO

WINGS AND RIBS \$46

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

SURF AND TURF (GF) \$49

200g sirloin and Yamba prawns, served with chargrilled broccolini, creamy mash and bernaie sauce.

STEAK AND RIBS (GF) \$59

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



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KIDS Available for children
12 years & under

FISH AND FRIES \$13

STEAK WITH FRIES \$16

CHEESEBURGER WITH FRIES \$14

CHICKEN NUGGETS WITH FRIES \$12

KIDS PASTA WITH NAPOLITANA SAUCE (V) \$12

SIDES

CHIPS / FRIES (V, GF) \$8

Served with garlic aioli.

POTATO MASH (V, GF) \$8

**SEASONED CHAT
POTATOES (V, VG, GF) \$8**

**CHARGRILLED
BROCCOLINI (V, GF) \$12**

Served with toasted almonds.

SAUCES \$3

Creamy Mushroom / Peppercorn / Smoky BBQ / Herb
Compound Butter / Blue Cheese Sauce / Peri Mayo / Aioli

DESSERTS

GRAND MARNIER CREME BRULEE \$16

Served with berry coulis and vanilla ice-cream.

RICH CHOCOLATE BROWNIE \$13

Served with vanilla ice cream and chocolate sauce.

WARM STICKY DATE PUDDING \$16

Served with vanilla ice cream and butterscotch sauce.

CHURROS \$14

Served with strawberries and chocolate sauce.

KIDS ICE CREAM \$6

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



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