



# FLAMEN N FORK

GRILL · STEAK · PASTA



@FLAMENFORKDEEWHY

FORK INTO THE FLAMES OF FLAVOUR

## ENTREES

**GARLIC BREAD (V) \$10**

**CHEESY GARLIC BREAD (V) \$12**

**DIRTY FRIES (V) \$17**

Loaded fries topped with crispy bacon, melted American cheese, house smoky BBQ and garlic mayo.

**GRILLED HALLOUMI (V, GF) \$16**

Served with crispy capers, lemon oil and micro herbs.

**FOUR CHEESE ARANCINI BALLS \$18**

Australian made arancini balls with perfect combination of cheddar mozzarella, ricotta and parmesan served with tomato relish.

**BRUSCHETTA (V) \$15**

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

**FLAME CHICKEN WINGS (8PCS) \$18**

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

**SALT & PEPPER CALAMARI \$20**

Served with garlic aioli.

**PRAWN KATSU \$22**

Panko Crumbed prawns served with garden salad and tartare.

**FLAME'S SHARING PLATE \$33**

Panko crumbed prawns, Hot American buffalo wings, Squid & Four cheese arancini balls aioli garnished with salad.

## BURGERS

**SERVED WITH FRIES**

**ADD CHOICE OF YOUR 3pcs WINGS FOR \$5  
ADD BACON \$3**

**BLACK ANGUS BEEF BURGER \$22**

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

**ADD EXTRA BEEF PATTY \$6**

**PORTUGUESE CHICKEN BURGER \$23**

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

**SOUTHERN FRIED CHICKEN BURGER \$25**

Butter-Milked Southern style Coated chicken, American cheese House Slaw, Pickles and smoked bbq aioli.

**THE FLAME'S LOT \$27**

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

**STEAK SANDWICH \$27**

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

**HAWAIIAN CHICKEN SANDWICH \$26**

Grilled chicken, Pineapple, Ham, Swiss cheese, Onion, lettuce and tomato on ciabatta, drizzled w house mayo

**GLUTEN-FREE BUN \$2**

## SALADS

**HALOUMI SALAD (V, GF) \$21**

Mesclun leaves, Grilled Haloumi, carrots, cherry tomatoes, raddish, cucumber & onion, drizzled with housemade balsamic vinaigrette dressing.

**CHICKEN & AVOCADO SALAD (VG, GF) \$24**

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

**CAESAR SALAD \$18**

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

**ADD:** HALLOUMI (V, GF) \$7 | CHARGRILLED CHICKEN BREAST (GF) \$10 | PRAWNS (6PCS) \$12



VEGETARIAN



GLUTEN FREE



VEGAN

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



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## FLAME'S FAVOURITES

### CHICKEN SCHNITZEL \$23

Served with creamy mushroom sauce, chips and salad.

### CHICKEN PARMIGIANA \$26

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

### GRILLED CHICKEN AND AVOCADO \$25

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 \$38

Pan fried Atlantic salmon served with mash potato, broccolini and tartare sauce.

### CONE BAY BARRAMUNDI \$36

Pan sheared barramundi served with seasoned chats, chargrilled corn and seasonal veggies.

### BEEF NACHOS (CF) \$24

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

### LAMB SHANKS \$38

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

## PIZZAS

Gluten-free base available • \$4

### MARGHERITA PIZZA (V) \$21

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

### PEPPERONI PIZZA \$22

Pepperoni and mozzarella on a tomato base.

### HAWAIIAN PIZZA \$23

Smoked ham, pineapple and mozzarella on a tomato base.

### BBQ MEAT LOVERS PIZZA \$26

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

### PERI-PERI CHICKEN PIZZA \$24

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

## PASTAS

### GNOCCHI SORRENTINO (VG) \$24

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

### CREAMY CHICKEN PASTA \$25

Fettuccini tossed with garlic, caramelized onion, spinach & chicken on classic creamy mushroom sauce.

### PESTO VEGETERIAN \$22

Fettuccini cooked with, spanish onion, chilli, garlic cherry tomatoes and Olives in creamy rosé pesto mushroom sauce.

### SPAGHETTI BOLOGNESE \$21

Spaghetti cooked with napolitana and reduced meat sauce topped with grana padano.

### SPAGHETTI CHILLI PRAWN PASTA \$29

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

### CREAMY PRAWN FETTUCINI \$29

Fettuccini tossed with yamba prawns, garlic, onion, shallot, spinach, 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 5+ (GF) \$46

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

## 300G PINNACLE SCOTCH FILLET MB 2+ (GF) \$49

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

## 350G BLACK ANGUS RIBEYE (GF) \$59

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

**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 \$56

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

### 450-500G BEEF SHORT RIBS \$58

Slow-cooked beef short ribs, glazed 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) \$46

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

### STEAK AND RIBS (GF) \$59

200g sirloin and choice of half rack ribs (Pork/ Beef ), served Chargrilled corn, Chips and salad



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**KIDS** Available for children  
12 years & under

**FISH AND FRIES \$15**

**STEAK WITH FRIES \$17**

**CHEESEBURGER WITH FRIES \$16**

**CHICKEN NUGGETS WITH FRIES \$14**

**KIDS PASTA WITH NAPOLITANA SAUCE (V) \$14**

## SIDES

**CHIPS/ FRIES (V, GF) \$8**

Served with garlic aioli.

**POTATO MASH (V, GF) \$8**

**COLESLAW \$8**

**CHARGRILLED CORN \$6**

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

Served with toasted almonds.

**GARDEN SALAD \$7**

**SEASONED CHAT POTATO \$8**

**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 \$15**

Served with vanilla ice cream and chocolate sauce.

**WARM STICKY DATE PUDDING \$16**

Served with vanilla ice cream and butterscotch sauce.

**CHURROS WITH NUTELLA \$16**

Dusted in cinnamon sugar, served with  
warm nutella dipping.

**KIDS ICE CREAM \$5**

Two scoop of ice cream with choice of your topping



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