



# Flames

# MAIN MENU

## APPETISERS

<b>BBQ WINGS</b>	<b>£5.45</b>
4pcs grilled chicken wings smothered in BBQ sauce	
<b>BUFFALO WINGS</b>	<b>£5.45</b>
4pcs fried crispy, tender and saucy buffalo wings with ranch sauce	
<b>BBQ CHICKEN STRIPS</b>	<b>£5.45</b>
5pcs fried crispy, tender and saucy BBQ strips with ranch sauce	
<b>CHINESE WOK WINGS</b>	<b>£5.45</b>
4pcs pan fried wings with vegetables	
<b>HOT CHICKEN STRIPS</b>	<b>£5.45</b>
5pcs Fried crispy, tender and saucy hot chicken strips	
<b>VEGETABLE SPRING ROLLS</b>	<b>£3.45</b>
Served with sweet chilli sauce	
<b>SAMOSA (MEAT/VEGETABLE)</b>	<b>£3.45</b>
with sweet chilli sauce	
<b>TORPEDO PRAWNS</b>	<b>£5.95</b>
4pcs serve with sweet chilli sauce	
<b>GAMBUS</b>	<b>£5.95</b>
3pcs King prawn cooked with flour coat served with aioli	
<b>NACHOS</b>	<b>£8.95</b>
Onion, jalapeno flames sauce, guacamole and aioli	
<b>FLAMES PLATTER</b>	<b>£13.95</b>
2pcs BBQ wings, 2pcs BBQ strips, 2pcs vegetable samosa, 2pcs meat samosa, 2pcs torpedo prawns	



## GRILL

**CHOOSE YOUR PERI PERI HEAT**  
Roasted Chilli • Hot • Medium • Lemon & Chilli • Plain

<b>CHICKEN WINGS</b>	<b>£6.95</b>
4pcs grill wings, served with chips	
<b>CHICKEN SHASLIK</b>	<b>£8.95</b>
Chicken, green pepper, red pepper, onion and tomatoes marinated in a special sauce cooked on the grill and served with chips	
<b>QUARTER CHICKEN</b>	<b>£6.95</b>
Served with chips	
<b>HALF CHICKEN</b>	<b>£10.95</b>
Served with chips and 2pcs garlic bread	
<b>FULL CHICKEN</b>	<b>£19.95</b>
Served with chips and 4pcs garlic bread	

## COMBOS

<b>BBQ or BUFFALO WINGS TO SHARE</b>	<b>£9.95</b>
10pcs wings of your choice	
<b>GRILL PACK for 2</b>	<b>£16.95</b>
1 half chicken, 4 BBQ or buffalo wings, 2 chips, 2 coke 330ml	
<b>COMBO PACK FOR 2</b>	<b>£24.95</b>
2 classic burgers chicken or beef, 4 BBQ or buffalo wings, 2 chips	
<b>GRILL PACK FOR 4</b>	<b>£29.95</b>
1 Full chicken, 1 shashlik, 8 BBQ or buffalo wings, 2 chips, 1.5Ltr coke	
<b>COMBO PACK FOR 4</b>	<b>£44.95</b>
4 classic burgers chicken or beef, 8 BBQ or buffalo wings, 2 chips, 1.5Ltr coke	

## KIDS

ALL KIDS MEALS ARE SERVED WITH CHIPS

<b>CHICKEN NUGGETS</b>	<b>5pcs</b>	<b>£6.95</b>
<b>CHICKEN STRIPS</b>	<b>5pcs</b>	<b>£6.95</b>
<b>BEEF BURGER</b>		<b>£6.95</b>
<b>CHICKEN STRIPS BURGER</b>		<b>£6.95</b>

## Noodles



## FLAMES SPECIAL

<b>MALAYSIAN CHICKEN</b>	<b>£7.95</b>
Egg noodles, chicken, egg, chilli paste, soya sauce, ketchup, tamarind, oil, white pepper, spring onion	
<b>CRISPY SWEET CHILI CHICKEN</b>	<b>£7.95</b>
Egg noodles, chicken, garlic and ginger paste, soya sauce, brown sugar, egg white, spring onion, corn flour and sunflower oil	
<b>CARAMEL CHICKEN</b>	<b>£7.95</b>
Egg noodles, chicken, garlic and ginger paste, soya sauce, oyster sauce brown sugar, egg white, spring onion, sriracha, corn flour, sesame oil, sesame seeds, rice vinegar, and sunflower oil	
<b>TERIYAKI CHICKEN</b>	<b>£7.95</b>
Egg noodles, chicken, garlic and ginger paste, soya sauce, brown sugar, egg white, rice vinegar, brown sugar, spring onion, corn flour and sunflower oil	

### EXTRA SAUCE - £0.75

Soya Sauce • Sweet Chilli Sauce  
Oyster Sauce • Roasted Red Chilli

<b>CHICKEN SAVERS BOX</b>	<b>£8.95</b>
Egg noodles, egg, chicken, capsicum, mushroom, cabbage, spring onions, carrots	
<b>BEEF SAVERS BOX</b>	<b>£9.95</b>
Egg noodles, egg, beef, capsicum, mushroom, spring onions, carrots	
<b>VEGGIE SAVERS BOX</b>	<b>£8.95</b>
Rice noodles, tofu, pakchoi, broccoli, cabbage, soya, carrots, spring onion (gluten-free optional)	
<b>COMBO BOX</b>	<b>£10.95</b>
Egg noodles, egg, beef, chicken, capsicum, mushroom, cabbage, spring onions, asparagus, carrots	
<b>PROTEIN BOX</b>	<b>£10.95</b>
Rice noodles, egg, chicken, beef, baby corn, spring onion, cabbage	
<b>SEAFOOD BOX</b>	<b>£10.95</b>
Egg noodles, egg, shrimp, salmon, asparagus, capsicum, cabbage	

## SIDES

<b>CHIPS</b>	<b>£1.95</b>
<b>SUMAC CHIPS</b>	<b>£2.45</b>
<b>CHEESE CHIPS</b>	<b>£2.45</b>
<b>BACONATOR CHIPS</b>	<b>£2.45</b>
<b>SWEAT POTATO CHIPS</b>	<b>£2.45</b>
<b>CORN ON THE COB</b>	<b>2pcs £2.45</b>
<b>GARLIC BREAD</b>	<b>3pcs £2.45</b>
<b>ONION RINGS</b>	<b>5pcs £2.45</b>

## EXTRAS

<b>CHICKEN BACON</b>	<b>£1.45</b>
<b>BEEF PATTY</b>	<b>£2.45</b>
<b>CHICKEN PATTY</b>	<b>£2.45</b>
<b>2 FRIED EGG</b>	<b>£1.95</b>
<b>EXTRA BUN</b>	<b>£0.95</b>
<b>CHEESE</b>	<b>£0.95</b>

### TOPPINGS £0.75

Pickle, onion, lettuce, tomato, caramelised onion, jalapeno, sumac

### SAUCES £0.75

BBB sauce, buffalo sauce, garlic mayo sauce, special sauce, sweet chilli sauce, guacamole

## SALADS

ADD GRILL OR FRIED CHICKEN £1.95

<b>AVOCADO &amp; CHICKEN</b>	<b>£7.95</b>
<b>EDAMAME SALAD</b> Avocado, chicken, mixed salad, cucumber cherry tomatoes, shelled edamame, red onion, lemon juice	
<b>FLAMES GYM SALAD</b>	<b>£5.95</b>
Mixed salad leaves, tomatoes, cucumber, red onion, sweet corn, kidney beans, green olives, olive oil, vinegar dressing, lemon wedge	
<b>GREEK SALAD</b>	<b>£5.95</b>
Mixed salad leaves, tomatoes, red onion, green olives, feta cheese, sundried tomatoes and dressing	



ALL BURGERS ARE SERVED WITH CHIPS

<b>BEEF</b>	<b>SINGLE</b>	<b>DOUBLE</b>
<b>CLASSIC CHEESE BURGER</b>	<b>£10.95</b>	<b>£12.95</b>
8oz Angus beef patty, cheese slice, lettuce, tomato, caramelised onion, pickle, burger sauce		
<b>FLAMES SPECIAL BURGER</b>	<b>£11.95</b>	<b>£13.95</b>
8oz Angus beef patty, cheese slice, fried egg, lettuce, tomato, onion rings, sumac sprinkle, sweet potato chips inside, burger sauce.		
<b>BACON BURGER</b>	<b>£11.95</b>	<b>£13.95</b>
8oz Angus beef patty, cheese slice, lettuce, tomato, caramelised onion, crispy bacon, pickle, ranch sauce		
<b>HOT BEEF BURGER</b>	<b>£11.95</b>	<b>£13.95</b>
8oz beef patty, cheese slice, lettuce, tomato, caramelised onion, hot naga sauce		
<b>LATINO BEEF BURGER</b>	<b>£11.95</b>	<b>£13.95</b>
8oz beef patty, cheese slice, tomato, lettuce, caramelised onion, nachos, guacamole sauce, burger sauce		

<b>CHICKEN</b>	<b>SINGLE</b>	<b>DOUBLE</b>
<b>CLASSIC CHICKEN FILLET</b>	<b>£10.95</b>	<b>£12.95</b>
Grilled chicken breast, cheese slice, lettuce, tomato, onion, flames sauce		
<b>FLAMES CHICKEN BURGER</b>	<b>£11.95</b>	<b>£13.95</b>
Grilled chicken breast, fried egg, crispy bacon, cheese slice, lettuce, tomato, onion, sumac sprinkle, flames sauce		
<b>BUFFALO BURGER</b>	<b>£10.95</b>	<b>£12.95</b>
Fried chicken breast, lettuce, tomato, onion, buffalo sauce		
<b>HOT CHICKEN BURGER</b>	<b>£10.95</b>	<b>£12.95</b>
Grilled chicken breast, lettuce, tomato, onion, hot naga sauce, flame sauce		
<b>TEXAN BURGER</b>	<b>£10.95</b>	<b>£12.95</b>
Fried chicken strips, lettuce, tomato, onion, flames sauce		
<b>LATINO CHICKEN BURGER</b>	<b>£11.95</b>	<b>£13.95</b>
Fried chicken breast, lettuce, cheese slice, nachos, tomato, onion, guacamole, burger sauce		

<b>VEGETARIAN</b>	<b>SINGLE</b>	<b>DOUBLE</b>
<b>BEANY BURGER</b>	<b>£8.95</b>	<b>£10.95</b>
Bean patty, lettuce, tomato, onion, mayo		
<b>MIXED VEGETABLE BURGER</b>	<b>£8.95</b>	<b>£10.95</b>
Mixed vegetables, lettuce, tomato, onion, mayo		

## HOT Dogs



<b>CLASSIC HOT DOG</b>	<b>£7.95</b>	<b>SPECIAL HOT DOG</b>	<b>£9.95</b>
Beef sausage, onions, ketchup, mustard. Served with chips		Beef sausage, onions, chicken rasher, cheese slice, mustard, special sauce. Served with chips	



# Flames

## DRINKS & DESSERTS

### Soft Drinks

LEMONADE	£4.25
STRAWBERRY LEMONADE	£4.45
MINT LEMONADE	£4.45
MANGO LEMONADE	£4.45
MOJITO (Strawberry, Mint)	£4.95
FRESH ORANGE JUICE	£3.45
SOFT DRINKS CAN (330ml)	£1.45
SOFT DRINKS BOTTLE (1.5Ltr)	£2.95
FRUIT SHOOT	£1.45
RED BULL	£2.95
BOTTLE WATER (500ml)	£1.95
BOTTLE WATER (1.5Ltr)	£2.95

### MILKSHAKES

#### CLASSIC SHAKES

CHOCOLATE • VANILLA  
STRAWBERRY

3.95

#### PREMIUM SHAKES

FERERO • OREO  
LINDT • KINDER BUENO  
KINDER BUENO WHITE  
SNICKERS • BUBBLE GUM

4.55

#### Freak Shakes

##### FUDGE FREAK SHAKE

Chocolate sauce, Ferrero milk shake, cream, florentine wafer, chocolate curl, Ferrero cut, slice of fudge cake, chocolate sauce, chocolate sprinkles

##### OREO FREAK SHAKE

Chocolate sauce, Oreo milk shake, cream, florentine wafer, chocolate curl, Oreo cut, slice of fudge cake, chocolate sauce, chocolate sprinkles

8.95

### HOT DRINKS

ENGLISH TEA	£1.95
GREEN TEA	£1.95
CAPPUCCINO	£2.95
LATTE	£2.95
HOT CHOC	£3.25
MOCHA	£3.25



### Waffles

SERVED WITH SCOOP OF SOFT VANILLA ICE CREAM

STRAWBERRY, NUTTELA	£7.95
BANANA, NUTTELA	£7.95
& CHOCOLATE	
OREO WAFFLE	£7.95
FERRERO WAFFLE	£7.95
KINDER WAFFLE	£7.95
CLASSIC WAFFLE	£5.95



### ICE CREAM

1 SCOOP - £1.95 • 2 SCOOPS - £3.45

Bubble Gum • Vanilla • Strawberry • Chocolate  
Ferrero Rocher • Strawberry Cheesecake • Pistachio  
Cookies & Cream • Mango Sorbet • Lemon Sorbet

#### CONES

SMALL	£0.65
MEDIUM	£0.85
LARGE	£0.95

#### EXTRAS

SAUCE £1.25  
Chocolate • Strawberry • Toffee  
Nutella • Maple Syrup

TOPPING £0.95  
Banana Slice • Strawberry Slice  
Raspberry • Blueberry • Oreo • Flake  
Extra Bar • Ferrero • Kinder Bueno  
Chocolate Curls • Chocolate Sprinkles  
H&T Sprinkles



### Sundaes

#### STRAWBERRY SUNDAE

Strawberry sauce, strawberry ice cream, vanilla ice cream, whipped cream, florentine wafer, fresh strawberry, chocolate sprinkles.

#### FERRERO SUNDAE

Chocolate sauce, Ferrero ice cream, chocolate ice cream, cream, florentine wafer, chocolate curl, Ferrero cut, chocolate sprinkles.

#### SORBET SUNDAE

Chocolate sauce, mango sorbet, lemon sorbet, cream, florentine wafer, slice of orange, chocolate curl h&t sprinkles.

7.95

### COOKIE DOUGH 5.95

SERVED WITH SCOOP OF SOFT VANILLA ICE CREAM & CHOCOLATE SPRINKLES

- CHOCOLATE CHUNK
- DOUBLE CHOCOLATE CHUNK



### CAKES

SERVED WITH SCOOP OF SOFT VANILLA ICE CREAM 4.95

- FUDGE CAKE
- CHEESECAKE
- VICTORIAN CAKE



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ALLERGENS If you suffer from any allergies or food in tolerances please inform a member of staff before ordering, all food is prepared in a kitchen with nuts