



Flame Gluten Free Menu

Sharing Boards

Gastro Board (No Garlic Bread)

Wings & Ribs Board

First Flavours

Skins

Soup (No Bread)

Wings

Ribs

Principle Dishes

Skewered Louisiana Chicken

Chicken Supreme with Colcannon

Chicken and Ribs

Fish & Chips

28 Day Dry Age Steaks

Ribeye Striploin Rump Fillet Mignon Fillet Tenderloin

T-Bone Surf n' Turf Chateaubriand Fillet

Selection of Desserts

Brownie, Ice Cream, Eton Mess