

# LET'S GET STARTED

From **3.29**

ORDER ON THE APP



**NACHOS** Tortilla chips loaded with melted cheese, nacho cheese sauce, tomato salsa, guacamole, sour cream and jalapeños (812 kcal)

**Vegan option available** (598 kcal)

**HALLOUMI FRIES** Served with sweet chilli sauce on the side (436 kcal)

**TACOS** Tortilla wraps filled with mixed salad leaves, mayo and spring onion (195 kcal)

**Choose your topping**  
**HALLOUMI FRIES** (247 kcal)  
**CRISPY CHICKEN STRIPS** (278 kcal)

**5.09 CRISPY CHICKEN STRIPS** 4.89  
 Chicken strips in a Louisiana-style coating served with BBQ sauce on the side (489 kcal)

**5.29 FLAME-GRILLED LAMB KOFTAS** 4.99  
 Spiced lamb koftas with mixed salad leaves, spring onion and served with yoghurt & mint dip on the side (396 kcal)

**5.09 BREADED GARLIC MUSHROOMS** 4.79  
 Served with mayo on the side (643 kcal)

**3.29 GARLIC CIABATTA** (365 kcal)  
**3.59 GARLIC CIABATTA WITH CHEESE** (465 kcal)

## SHARE THE LOVE

**THE ULTIMATE FEAST!**  
 6 crispy chicken strips, 6 chicken wings, 2 corn on the cob, 4 onion rings\*, garlic ciabatta and a side of our absolutely stacked nachos, served with BBQ sauce on the side (2376 kcal, serves 2)

**10.29 THE SUPREME SHARER!** 13.29  
 2 chicken skewers coated in a smoky tikka rub, boneless chicken wings and halloumi fries. Served with tater tots, a flatbread, beef burnt ends in BBQ sauce and nacho cheese sauce for dipping (1905 kcal, serves 2)

## WING IT

**Choose your chicken wings**  
**8 WINGS** (569 kcal) 5.39  
**16 WINGS** (1137 kcal) 8.29  
**8 BONELESS WINGS** (481 kcal) 5.39  
**16 BONELESS WINGS** (961 kcal) 8.29

**Choose your sauce**  
**BBQ** (90 kcal)  
**SWEET CHILLI** (82 kcal)  
**TIKKA** (155 kcal)  
**KOREAN BBQ** (112 kcal)  
**JERK** (63 kcal)  
**BULL'S-EYE CAROLINA REAPER® EXTRA HOT SAUCE** (37 kcal)



# OUR FAMOUS FLAMING GRILL



**8oz\* RUMP 7.99 | 8oz\* SIRLOIN 9.99** All day Monday to Wednesday

All our skillets come out sizzling on a bed of fried onions. If you'd prefer a plate please ask when ordering!

## STEAK SKILLET

Our steaks are 28 day matured, seasoned and cooked to your liking on our famous flame-grill. All served with chips, peas and grilled tomato.

**8oz\* RUMP STEAK** (872 kcal) 11.79 | **8oz\* SIRLOIN STEAK** (916 kcal) 13.79 | **9oz\* RIBEYE STEAK** (1052 kcal) 14.29

Add a topper	Add a sauce	Add extra sides
<b>BEEF BURNT ENDS IN BBQ SAUCE</b> (179 kcal) 2.29	<b>PEPPERCORN</b> (42 kcal) 1.69	<b>ONION RINGS*</b> (387 kcal) 2.19
<b>2 FREE RANGE FRIED EGGS</b> (256 kcal) 99p	<b>BEEF-DRIPPING GRAVY</b> (53 kcal) 1.69	<b>TATER TOTS</b> (285 kcal) 2.29
	<b>BIG BBQ DIP</b> (144 kcal) 1.00	<b>MAC 'N' CHEESE</b> (367 kcal) 3.29
		<b>CORN ON THE COB</b> (391 kcal) 1.99
		<b>COLESLAW</b> (184 kcal) 1.49

## SIGNATURE SKILLET

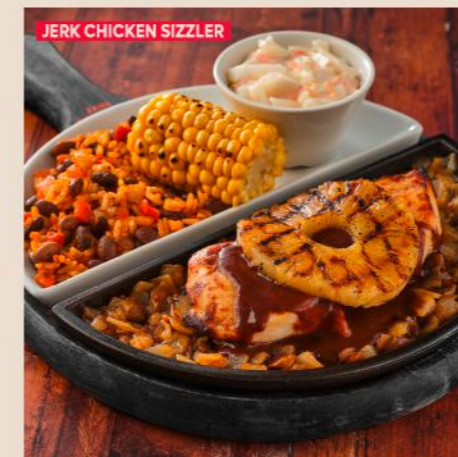
**MIXED GRILL** 13.29  
 4oz\* rump steak, gammon, chicken fillet and pork sausage with a free range fried egg and onion rings\*. Served with chips, peas and grilled tomato (1326 kcal)

**XL MIXED GRILL** 15.99  
 8oz\* rump steak, 7oz\* gammon, chicken fillet and pork sausage with a free range fried egg and onion rings\*. Served with chips, peas and grilled tomato (1576 kcal)

**KOREAN BBQ BEEF RIB** 14.49  
 7 hour slow-cooked rib of beef on the bone topped with Korean BBQ sauce. Served with chips, corn on the cob and coleslaw (1629 kcal)

**TIKKA TANDOORI** 14.99  
 2 flame-grilled tandoori chicken thighs, 4 chicken wings coated in a smoky tikka rub, an onion bhaji and smoky tikka tater tots. Served with mixed salad leaves, yoghurt & mint dressing and a tikka sauce on the side (1349 kcal)

**JERK CHICKEN SIZZLER** 10.69  
 By SEASONED™ Datties Soul Food Academy 2 chicken fillets coated in Datties Soul Food™ jerk sauce and topped with a grilled pineapple ring. Served with spicy rice, corn on the cob and coleslaw (748 kcal)



## SIGNATURE DISHES

**JERK CHICKEN STEW** 10.69  
 By SEASONED™ Datties Soul Food Academy Traditional Jamaican-style stewed chicken served with spicy rice and flatbread (653 kcal)

**FULL RACK OF RIBS** 16.49  
 Full rack of BBQ-glazed pork ribs. Served with fries, corn on the cob and coleslaw (2096 kcal)

**CHICKEN & RIB COMBO** 15.99  
 Half a flame-grilled roast chicken and half a rack of BBQ-glazed pork ribs. Served with fries, onion rings\*, corn on the cob and coleslaw (1887 kcal)

**FLAMING BBQ MEAT SHARER** 24.99  
 Half a flame-grilled roast chicken, half a rack of BBQ-glazed pork ribs and 7 hour slow-cooked rib of beef on the bone topped with BBQ sauce. Served with mac 'n' cheese, a large portion of fries, 2 corn on the cob, 2 onion rings\*, coleslaw and baked beans in BBQ sauce (4586 kcal, serves 2)

# THE BURGER JOINT

From **8.29**



**BOGOF BURGERS** Buy one get one free on any classic burger All day Thursday

Our burgers are stacked in a lightly toasted brioche bun with iceberg lettuce, red onion and mayo. Served with fries and onion rings\*

## CLASSIC BURGERS

<b>FLAME-GRILLED CHEESE</b> Flame-grilled beef burger topped with cheese (1067 kcal) 8.29	<b>ALL AMERICAN CHICKEN</b> Southern-fried chicken fillet topped with smoked streaky bacon and cheese (1333 kcal) 9.29
<b>FLAME-GRILLED CHEESE &amp; BACON</b> Flame-grilled beef burger topped with smoked streaky bacon and cheese (1129 kcal) 8.99	<b>FALAFEL BURGER</b> (193 kcal) 8.79 Chickpea & spinach falafel burger topped with tomato salsa. Served in a poppy seed bun with guacamole, iceberg lettuce and red onion. With fries and onion rings* (1045 kcal)
<b>SOUTHERN-FRIED CHICKEN</b> (1232 kcal) 8.99	

## SIGNATURE BURGERS

<b>THE K-BBQ BANGER</b> 2 southern-fried chicken fillets tossed in Korean BBQ sauce and topped with sweet chilli sauce (1754 kcal) 11.49	<b>THE CHEESY BBQ STACK</b> 2 flame-grilled beef burgers topped with smoked streaky bacon, beef burnt ends in BBQ sauce, cheese and 2 onion rings* (1544 kcal) 11.29
<b>THE MILLIONAIRE</b> Flame-grilled beef burger and southern-fried chicken fillet topped with smoked streaky bacon, cheese and millionaire's mayo (1699 kcal) 11.79	<b>THE PHILLY THRILL</b> Flame-grilled beef burger topped with a sliced 4oz* rump steak and nacho cheese sauce (1254 kcal) 11.99

## STACK YOUR BURGER

<b>FLAME-GRILLED BEEF PATTY</b> (197 kcal) 1.50	<b>ADD A LITTLE EXTRA</b>
<b>SOUTHERN-FRIED CHICKEN BURGER</b> (401 kcal) 1.50	<b>ONION RINGS*</b> (387 kcal) 2.19
<b>FALAFEL BURGER</b> (193 kcal) 1.50	<b>MAC 'N' CHEESE</b> (367 kcal) 3.29
<b>SMOKED STREAKY BACON</b> (123 kcal) 79p	<b>COLESLAW</b> (184 kcal) 1.49
<b>CHEESE</b> (39 kcal) 50p	

# CHICK 'N' MIX 10.79

1 CHOOSE 2 OPTIONS	2 CHOOSE 2 SIDES	3 CHOOSE YOUR SAUCE
<b>8 BONELESS WINGS</b> (481 kcal) 5.39	<b>FRIES</b> (446 kcal) 4.46	<b>MAC 'N' CHEESE</b> (367 kcal) 3.29
<b>6 WINGS</b> (426 kcal) 4.79	<b>CHIPS</b> (408 kcal) 4.08	<b>OUR DRESSED SIDE SALAD</b> (26 kcal) 2.60
<b>6 CRISPY STRIPS</b> (417 kcal) 4.17	<b>TATER TOTS</b> (285 kcal) 2.85	<b>CORN ON THE COB</b> (196 kcal) 1.96
<b>SOUTHERN-FRIED SKEWER</b> (377 kcal) 3.77	<b>ONION RINGS*</b> (516 kcal) 5.16	<b>COLESLAW</b> (184 kcal) 1.84
<b>2 FILLETS</b> (232 kcal) 2.32	<b>BAKED BEANS IN BBQ SAUCE</b> (127 kcal) 1.27	<b>GARLIC CIABATTA</b> (183 kcal) 1.83
<b>ROASTED SKEWER</b> (165 kcal) 1.65		
<b>10 NUGGETS</b> (534 kcal) 5.34		
<b>2 FLAME-GRILLED TANDOORI THIGHS</b> (286 kcal) 2.86		
<b>ADD EXTRA CHICKEN FOR 4.29</b>	<b>ADD AN EXTRA SIDE FOR 1.99</b>	

## EYES ON THE SIDES

<b>FRIES</b> (446 kcal) 4.46	<b>2.29 TATER TOTS</b> (285 kcal) 2.85	<b>2.29 COLESLAW</b> (184 kcal) 1.84	<b>1.49</b>
<b>CHIPS</b> (408 kcal) 4.08	<b>2.29 ONION RINGS*</b> (387 kcal) 3.87	<b>2.19 GARLIC CIABATTA</b> (365 kcal) 3.65	<b>3.29</b>
<b>CHEESY CHIPS</b> (508 kcal) 5.08	<b>2.79 MAC 'N' CHEESE</b> (367 kcal) 3.67	<b>3.29 GARLIC CIABATTA WITH CHEESE</b> (465 kcal) 4.65	<b>3.59</b>
<b>OUR DRESSED SIDE SALAD</b> (26 kcal) 2.60	<b>2.29 CORN ON THE COB</b> (391 kcal) 3.91	<b>1.99 BREAD &amp; BUTTER</b> (490 kcal) 4.90	<b>1.29</b>
<b>BAKED BEANS IN BBQ SAUCE</b> (127 kcal) 1.27		<b>1.99 FLATBREAD</b> (192 kcal) 1.92	<b>1.49</b>

## EXTRA DIPS

<b>BBQ</b> (72 kcal) 72p	<b>SWEET CHILLI</b> (98 kcal) 98p
<b>TIKKA</b> (155 kcal) 155p	<b>KOREAN BBQ</b> (90 kcal) 90p
<b>JERK</b> (63 kcal) 63p	<b>YOGHURT &amp; MINT</b> (174 kcal) 174p
<b>MILLIONAIRE'S MAYO</b> (231 kcal) 231p	<b>BULL'S-EYE CAROLINA REAPER® EXTRA HOT SAUCE</b> (22 kcal) 22p



GO LIGHTER! Swap your chips (408 kcal) or fries (446 kcal) for our dressed side salad (26 kcal)

Adults need around 2000 kcal a day

GO LIGHTER! Swap your chips (408 kcal) or fries (446 kcal) for our dressed side salad (26 kcal)



# CAN'T BEAT THE CLASSICS

From **8.29**



## 2 MAINS FOR 11.99

All day Monday to Friday

- |   |  |   |
|---|--|---|
| <p><b>MAC 'N' CHEESE</b> ✓<br/>With garlic ciabatta and our dressed side salad (941 kcal)</p> <p><b>ALL DAY BREAKFAST</b><br/>2 rashers of bacon, 2 pork sausages, 2 free range fried eggs, tater tots, grilled tomato and baked beans (1067 kcal)</p> <p><b>STEAK &amp; ALE PIE</b><br/>Slow-cooked British beef in Ruddles Ale gravy, encased in shortcrust pastry. Served with peas and gravy (1024 kcal) and your choice of chips (408 kcal) or mash (230 kcal)</p> <p><b>MUSHROOM, GARLIC &amp; CHEESE BAKE</b> ✓<br/>A shortcrust pastry with a mushroom, onion &amp; garlic filling, topped with cheese. Served with chips, peas and gravy (1147 kcal)</p> | <p><b>8.29 MUSHROOM &amp; GARLIC BAKE</b> ✓<br/>A shortcrust pastry with a mushroom, onion &amp; garlic filling. Served with chips, peas and gravy (1047 kcal)</p> <p><b>8.79 HAND-BATTERED FISH</b> †<br/>Served with chips (963 kcal) and your choice of peas (57 kcal) or mushy peas (73 kcal)</p> <p><b>10.29 WHOLETAIL SCAMPI</b> †<br/>Served with chips (886 kcal) and your choice of peas (57 kcal) or mushy peas (73 kcal)</p> <p><b>8.29 MUSHROOM, GARLIC &amp; CHEESE BAKE</b> ✓<br/>A shortcrust pastry with a mushroom, onion &amp; garlic filling, topped with cheese. Served with chips, peas and gravy (1147 kcal)</p> | <p><b>8.29 7oz* GAMMON SKILLET</b> 9.49<br/>Flame-grilled 7oz* gammon on our sizzling skillet with fried onions. Served with chips, peas, grilled tomato (808 kcal) and your choice of a free range fried egg (128 kcal) or pineapple ring (63 kcal)</p> <p><b>10.69 HUNTER'S CHICKEN SKILLET</b><br/>Chicken fillets topped with smoked streaky bacon, melted cheese and BBQ sauce on our sizzling skillet with fried onions. Served with chips and peas (1167 kcal)</p> <p><b>9.49 BEEF LASAGNE</b><br/>Minced beef in Italian red wine layered between pasta sheets. Served with garlic ciabatta and our dressed side salad (702 kcal)</p> |
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**GO LIGHTER!** Swap your chips (408 kcal) or fries (446 kcal) for our dressed side salad (26 kcal)

# SUNDAY ROASTS

From **8.19**

Served all day Sunday

Served with roasties, seasonal veg, sage & onion stuffing, Yorkshire pud and gravy.

**UPGRADE TO BEEF-DRIPPING GRAVY** (53 kcal) 50p

- |   |              |
|---|--------------|
| <b>TRADITIONAL BEEF</b> (761 kcal)  | <b>8.99</b>  |
| <b>TRADITIONAL TURKEY</b> (753 kcal)  | <b>8.99</b>  |
| <b>LOW &amp; SLOW BEEF RIB</b><br>7 hour slow-cooked rib of beef on the bone (1530 kcal)  | <b>12.19</b> |
| <b>MUSHROOM, GARLIC &amp; CHEESE BAKE</b> ✓   | <b>8.19</b>  |
| A shortcrust pastry with a mushroom, onion & garlic filling, topped with cheese (1263 kcal)   |              |
| <b>MUSHROOM &amp; GARLIC BAKE</b> ✓   | <b>8.19</b>  |
| A shortcrust pastry with a mushroom, onion & garlic filling. Served with roasties, seasonal veg, sage & onion stuffing and gravy (972 kcal) |              |

### ADD A LITTLE EXTRA

- |                                    |             |                                   |             |
|------------------------------------|-------------|-----------------------------------|-------------|
| <b>ROASTIES</b> ✓ (242 kcal)       | <b>1.99</b> | <b>SEASONAL VEG</b> ✓ (140 kcal)  | <b>1.50</b> |
| <b>PIGS IN BLANKETS</b> (329 kcal) | <b>3.29</b> | <b>YORKSHIRE PUD</b> ✓ (115 kcal) | <b>79p</b>  |

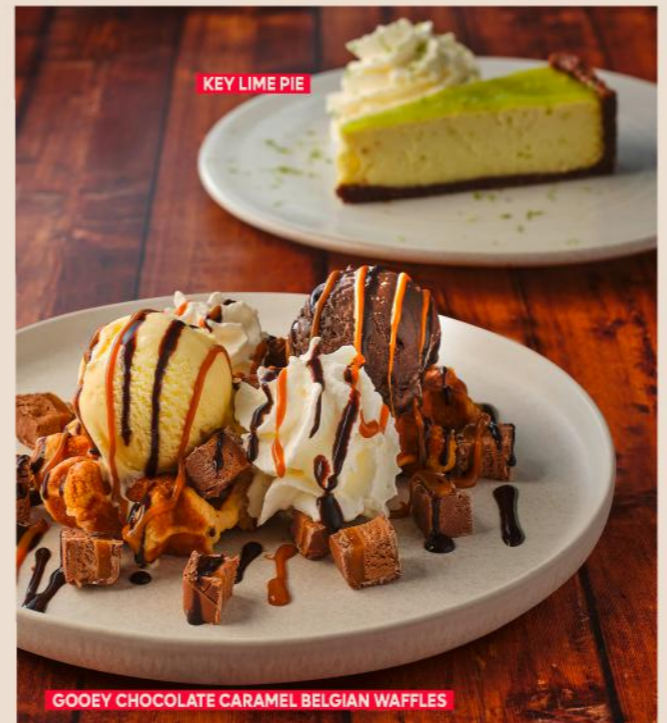
Ask about our Kids' Sunday Roasts



# TIME FOR DESSERTS

From **4.29**

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| <p><b>BISCOFF® CHEESECAKE</b> ✓ 4.99<br/>Crushed caramelised Biscoff® biscuits topped with a vanilla cheesecake filling, Biscoff® spread and Biscoff® crumb. Served with vanilla flavour ice cream (622 kcal)</p> <p><b>APPLE PIE</b> ✓ 4.79<br/>Apple pie served warm (330 kcal) with your choice of vanilla flavour ice cream (97 kcal) or custard (120 kcal)</p> <p><b>Vegan option available</b> ✓ (443 kcal)</p> <p>When you buy these desserts, we will donate 20p on your behalf to Macmillan Cancer Support**</p> | <p><b>CHOCOLATE TRIO BAR</b> ✓ 5.29<br/>A buttery, shortbread biscuit base topped with a layer of caramel, a caramel mousse, and finished with a milk chocolate ganache. Served with vanilla flavour ice cream, chocolate flavour sauce and drizzled with toffee flavour sauce (593 kcal)</p> <p><b>CHOCOLATE FUDGE CAKE</b> ✓ 4.79<br/>Served warm and topped with chocolate flavour sauce (604 kcal). With your choice of vanilla flavour (97 kcal) or chocolate flavour ice cream (113 kcal)</p> <p><b>EPIC CHOCTASTIC SUNDAE</b> 5.29<br/>Chocolate and vanilla flavour ice creams topped with squirty cream and piled high with Maltesers®, chocolate honeycomb pieces and Mars® chunks, chocolate flavour sauce and crispy wafers (752 kcal)</p> <p><b>STICKY TOFFEE PUDDING CHEESECAKE</b> ✓ 4.99<br/>Served with toffee flavour sauce and vanilla flavour ice cream (564 kcal)</p> <p><b>KEY LIME PIE</b> ✓ 5.29<br/>Cocoa biscuit base topped with a zesty lime cheesecake filling and mojito-flavoured glaze (408 kcal). Served with either vanilla flavour ice cream (97 kcal) or squirty cream (59 kcal)</p> <p><b>VEGAN ICE CREAM</b> ✓ 4.29<br/>3 scoops of vegan vanilla flavour ice cream topped with strawberry flavour sauce (465 kcal)</p> |
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| <p><b>BELGIAN WAFFLES</b> ✓ 5.49<br/>Served with squirty cream and chocolate flavour sauce (702 kcal)</p> <p><b>Choose your topping</b><br/><b>GOOEY CHOCOLATE CARAMEL</b><br/>Mars® chunks, chocolate and vanilla flavour ice creams and dulce de leche sauce (410 kcal)</p> <p><b>BLACK FOREST CRUNCH</b><br/>Black cherry compote, chocolate flavour ice cream and crushed meringue (339 kcal)</p> |
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# HOT DRINKS

- |                                 |                                 |
|---------------------------------|---------------------------------|
| <b>CUP OF TEA</b> (0 kcal)      | <b>AMERICANO</b> (2 kcal)       |
| <b>POT OF TEA</b> (0 kcal)      | <b>LATTE</b> (201 kcal)         |
| <b>ESPRESSO</b> (2 kcal)        | <b>CAPPUCCINO</b> (188 kcal)    |
| <b>DOUBLE ESPRESSO</b> (4 kcal) | <b>MOCHA</b> (180 kcal)         |
|                                 | <b>HOT CHOCOLATE</b> (210 kcal) |



## VIEW OUR NO-GLUTEN CONTAINING INGREDIENTS MENU HERE

Adults need around 2000 kcal a day All tips are paid in full to our team members

You can view our allergen information if you download our app, or visit our website at [greeneeking-pubs.co.uk/flaming-grill/allergens](http://greeneeking-pubs.co.uk/flaming-grill/allergens)

**Terms & Conditions:** Please advise the team of any dietary requirements before ordering. Our dishes are prepared in kitchens where nuts and gluten are present as well as other allergens; we cannot guarantee that any food item is completely free from traces of allergens, due to the risk of unexpected cross contamination. We do not include 'may contain' information. ✓ Suitable for vegetarians. ✓ Suitable for vegans. Please note that we do not operate a dedicated vegetarian/vegan kitchen area. Our menu descriptors do not include all ingredients. Some dishes may contain alcohol which is not listed on the menu. †Fish, poultry and shellfish dishes may contain bones and/or shell. ‡Scampi may contain one or more tall per piece. \*All stated weights are approximate before cooking. Metric equivalent 16oz = 1lb = 454g. †Sizzling skillet dishes come without fried onions when served on a plate. †Onion rings are made from chopped and reformed onions. Full nutrition information is available on our website. Calorie counts are correct at time of print. 2 Mains for £11.99 - Available all day Monday to Friday on Can't Beat The Classics dishes. BOGOF Burgers - Buy one get one free is available all day Thursday; on all burgers including Signature Burgers. Steak Deal - Available all day Monday to Wednesday; 8oz\* Rump for £7.99, 8oz\* Sirloin for £9.99. Sunday dishes are available all day Sunday. Alcohol for over 18 only - proof of ID may be requested. Products & offers are subject to availability at the price point advertised. Dual discounts will be applied to the cheapest qualifying items in your order. All prices are in GBP and are inclusive of VAT. Should the VAT rate change, menu pricing will be adjusted accordingly. Photography is for guidance only. We reserve the right to remove any of our food deals on all UK Bank Holidays, Christmas Eve & New Year's Eve. Please ask a member of the team before placing your order on these days if you have any queries. \*Maltesers is a registered trademark and Mars Bar®. Trademark of Mars® Incorporated and its affiliates. Biscoff® is a registered trademark. For every Biscoff Cheesecake or Apple Pie sold, 20p plus VAT will be paid to Macmillan Cancer Support\*\* a registered charity in England & Wales (261017), in Scotland (SC039907) and in the Isle of Man (604). Also operating in Northern Ireland. \*\*Paid to Macmillan Cancer Support Trading Limited a wholly owned subsidiary of Macmillan Cancer Support to which it gives all of its taxable profits. Manager's decision is final. Promoter: Greene King Brewing and Retailing Ltd, Sunrise House, Ninth Avenue, Burton upon Trent, Staffordshire, DE14 3JZ.

# FLAMING GRILL

- PUBS -

ORDER ON THE APP



**STEAK FROM 7.99**  
ALL DAY MONDAY TO WEDNESDAY

**BOGOF BURGERS**  
ALL DAY THURSDAY

**2 MAINS FOR 11.99**  
ALL DAY MONDAY TO FRIDAY

GK10632/70537