

SMALL PLATES

MIX & MATCH

ALL DAY, EVERY DAY

DISHES CAN BE PURCHASED SEPARATELY

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

Vegan option available (566 kcal)

HALLOUMI FRIES Served with sweet chilli sauce (536 kcal)

CRISPY KING PRAWNS! Served with lettuce and sweet chilli sauce (542 kcal)

BREADED GARLIC MUSHROOMS Served with mayo (674 kcal)

LOADED GARLIC BREAD Garlic bread loaded with spicy Buffalo pulled chicken and topped with melted mozzarella and Cheddar (552 kcal)

CHICKEN TIKKA SKEWERS Two skewers served with lettuce and drizzled with sweet chilli sauce, and a yoghurt & mint dip (327 kcal)

TACOS Two tortilla wraps filled with lettuce, Flaming Grill Signature Sauce, crunchy slaw, and crispy onions

Choose your filling

CRISPY CHICKEN STRIPS (666 kcal)

BEEF BURNT ENDS in a BBQ sauce with Jack Daniel's (405 kcal)

HALLOUMI FRIES (723 kcal)

SHARERS

THE SUPREME SHARER Chicken tikka skewers, boneless wings and halloumi fries. Served with hash browns, a flatbread, beef burnt ends in a BBQ sauce with Jack Daniel's and nacho cheese sauce for dipping (1835 kcal, serves 2)

THE ULTIMATE FEAST Crispy chicken strips, wings, corn on the cob, onion rings*, garlic bread and a side of our nachos. Served with BBQ sauce for dipping (2169 kcal, serves 2)

NACHOS TO SHARE Tortilla chips loaded with melted mozzarella and Cheddar, nacho cheese sauce, tomato salsa, guacamole, sour cream and jalapeños (1260 kcal, serves 2)

Vegan option available (860 kcal, serves 2)

Add a topping

• **BUFFALO PULLED CHICKEN** (174 kcal)

• **BEEF BURNT ENDS** in a BBQ sauce with Jack Daniel's (167 kcal)

BOWLS

Our rice bowls are layered with katsu curry sauce, basmati rice, crunchy slaw, grilled peppers & onions. Topped with crispy onions

Choose your topping

GRILLED CHICKEN FILLET (744 kcal)

• **DOUBLE YOUR CHICKEN** (179 kcal)

FLAME-GRILLED 8oz* RUMP STEAK (961 kcal)

GRILLED SALMON FILLET! (859 kcal)

• **DOUBLE YOUR SALMON!** (324 kcal)

BROCCOLI IN SWEET CHILLI SAUCE (713 kcal)

FLATBREADS

Our flatbreads are topped with mayo, mixed salad leaves, crunchy slaw and your choice of sauce

Choose your topping

FLAME-GRILLED 4oz RUMP STEAK (728 kcal)

• **UPGRADE TO AN 8oz* STEAK** (195 kcal) **4.00**

FAJITA-STYLE CHICKEN (577 kcal)

• **DOUBLE YOUR CHICKEN** (264 kcal) **3.00**

HALLOUMI FRIES (916 kcal)

Add your extras

• **CHIPS** (222 kcal) **1.50**

• **SWEET POTATO FRIES** (273 kcal) **2.00**

Choose your sauce

SWEET CHILLI (66 kcal)

BBQ (72 kcal) **HOT HONEY** (125 kcal)

RANCH (213 kcal) **BUFFALO** (56 kcal)

YOGHURT & MINT (154 kcal)

FLAMING GRILL SIGNATURE SAUCE (172 kcal)

BBQ WITH JACK DANIEL'S (60 kcal)

KOREAN BBQ (100 kcal)

Swap your flatbread for a salad

FLAME-GRILLED HOT RUMP STEAK FLATBREAD



BEEF BURNT END TACOS

BONELESS WINGS



THE ULTIMATE FEAST



BROCCOLI IN SWEET CHILLI SAUCE



GRILLED CHICKEN FILLET

FLAME-GRILLED

Our steaks are 28-day matured, seasoned and cooked to your liking on our famous flame-grill

SIGNATURE SKILLETS

MIXED GRILL SKILLET 4oz* rump steak, gammon, chicken, and a pork sausage, on a bed of fried onions with a free-range fried egg and onion rings*. Served with chips, peas and grilled tomato (1484 kcal)

XL MIXED GRILL SKILLET 8oz* rump steak, 7oz* gammon, chicken, and a pork sausage, on a bed of fried onions with a free-range fried egg and onion rings*. Served with chips, peas and grilled tomato (1772 kcal)

HOT HONEY GLAZED SALMON! Served on a bed of grilled peppers and onions, with a corn on the cob, and sour cream for dipping (640 kcal). Served with your choice of basmati rice (187 kcal) or chips (444 kcal)

• **DOUBLE YOUR SALMON!** (324 kcal) **3.50**

All served on a sizzling skillet. If you'd prefer a plate, please ask when ordering †

CHICKEN FAJITAS Fajita seasoned chicken, on a bed of grilled peppers and onions. Served with tortilla wraps, cheese, tomato salsa, guacamole, sour cream and tortilla chips (1166 kcal)

• **DOUBLE YOUR CHICKEN** (264 kcal)

9oz* DOUBLE-DIP RIBEYE STEAK Marinated and dipped in BBQ sauce with Jack Daniel's, served on a bed of grilled peppers and onions. With grilled tomato, onion rings*, and a corn on the cob (965 kcal). Served with your choice of mac 'n' cheese loaded jacket potato (556 kcal) or mac 'n' cheese loaded chips (806 kcal), topped with crispy onions

• **UPGRADE TO MAC 'N' CHEESE LOADED SWEET POTATO FRIES** (908 kcal)

UPGRADE TO SWEET POTATO FRIES (546 kcal) **£1.00**

11oz* TOMA-PORK Served on a bed of grilled peppers and onions. With grilled tomato, peas, onion rings* (832 kcal) and your choice of basmati rice (187 kcal) or chips (444 kcal)



CHICKEN FAJITAS

11oz* TOMA-PORK

8oz* RUMP STEAK | CHICKEN FAJITAS | **ONLY £9.99** | MIXED GRILL | HOT HONEY GLAZED SALMON!

UPGRADE TO FLAME-GRILLED 8oz* SIRLOIN STEAK | 11oz* TOMA-PORK OR XL MIXED GRILL SKILLET

MONDAY - WEDNESDAY

COMBO KINGS

FULL RACK OF RIBS BBQ-glazed pork ribs. Served with chips, corn on the cob and coleslaw (1962 kcal)

CRISPY CHICKEN & STEAK COMBO Crispy chicken strips and a 4oz* rump steak. Served with chips, onion rings*, corn on the cob and coleslaw (1356 kcal)

• **UPGRADE TO AN 8oz* STEAK** (195 kcal)

CHICKEN & RIB COMBO Half a flame-grilled roast chicken and half a rack of BBQ-glazed pork ribs. Served with chips, onion rings*, corn on the cob and coleslaw (1708 kcal)

CHICKEN & STEAK COMBO Half a flame-grilled roast chicken and a 4oz* rump steak. Served with chips, onion rings*, corn on the cob and coleslaw (1274 kcal)

• **UPGRADE TO AN 8oz* STEAK** (195 kcal)



8oz* STEAK & RIB COMBO

TEAM FAVE

STEAK & RIB COMBO 4oz* rump steak and half a rack of BBQ-glazed pork ribs. Served with chips, onion rings*, corn on the cob and coleslaw (1604 kcal)

• **UPGRADE TO AN 8oz* STEAK** (195 kcal)

FROM T-APP TO TABLE



STEAK SKILLETS

Served with chips, peas and grilled tomato. Our steaks come on our sizzling skillets with fried onions. If you'd prefer a plate, please ask when ordering †

FLAME-GRILLED 8oz* RUMP STEAK (1100 kcal)

FLAME-GRILLED 8oz* SIRLOIN STEAK (1033 kcal)

Adults need around 2000 kcal a day



BURGERS

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

SIGNATURE BURGERS

THE BEEF BBQ Two flame-grilled beef burgers topped with bacon, cheese and beef burnt ends in a BBQ sauce with Jack Daniel's (1730 kcal)

THE FLAMING SIGNATURE STACK Flame-grilled beef burger and fried buttermilk chicken fillet topped with bacon, cheese and our Flaming Grill Signature Sauce (1858 kcal)

THE COWBOY Two fried buttermilk chicken fillets topped with cheese and smothered in BBQ and ranch sauces with crispy onions (1963 kcal)

BUFFALO CHICKEN & HALLOUMI Fried buttermilk chicken fillet, spicy Buffalo pulled chicken, drizzled in Buffalo hot sauce and topped with halloumi fries and ranch sauce (1880 kcal)

TEAM FAVE

THE KOREAN BBQ Two fried buttermilk chicken fillets tossed in Korean BBQ sauce and topped with sweet chilli sauce (1755 kcal)



THE COWBOY

UPGRADE TO SWEET POTATO FRIES (546 kcal) **£1.00**

THE FLAMING SIGNATURE STACK

CLASSIC BURGERS

SINGLE DOUBLE

FLAME-GRILLED CHEESE (1238 kcal / 1585 kcal)

FLAME-GRILLED CHEESE & BACON (1299 kcal / 1647 kcal)

FRIED BUTTERMILK CHICKEN (1237 kcal / 1623 kcal)

CHEESE & BACON CHICKEN (1339 kcal / 1725 kcal)

IMPOSSIBLE™ PATTY (1064 kcal / 1277 kcal)

STACK IT UP

FLAME-GRILLED BEEF PATTY (347 kcal)

FRIED BUTTERMILK CHICKEN FILLET (386 kcal)

IMPOSSIBLE™ PATTY (214 kcal)

BACON (123 kcal)

CHEESE (40 kcal)

ONION RINGS* (387 kcal)

MAC 'N' CHEESE (332 kcal)

COLESLAW (99 kcal)

ALL CLASSICS & SIGNATURES

BUY 1 GET 1 FREE BURGERS

EVERY THURSDAY

CHICK 'N' MIX

1 CHOOSE 2 OPTIONS

GRILLED CHICKEN FILLET (179 kcal)

2 CHICKEN TIKKA SKEWERS (137 kcal)

10 NUGGETS (544 kcal)

BONELESS WINGS (481 kcal)

CRISPY CHICKEN STRIPS (386 kcal)

WINGS (426 kcal)

SOUTHERN-FRIED CHICKEN SKEWER (377 kcal)

• **EXTRA**

2 CHOOSE 2 SIDES

TORTILLA WRAPS (333 kcal)

GARLIC BREAD (139 kcal)

BASMATI RICE (187 kcal)

CHIPS (444 kcal)

ONION RINGS* (516 kcal)

COLESLAW (49 kcal)

• **EXTRA SIDE**

3 CHOOSE YOUR SAUCE

SWEET CHILLI (66 kcal)

BBQ (72 kcal)

HOT HONEY (125 kcal)

BUFFALO (56 kcal)

YOGHURT & MINT (154 kcal)

• **EXTRA SAUCE**

RANCH (213 kcal)

FLAMING GRILL SIGNATURE SAUCE (172 kcal)

BBQ WITH JACK DANIEL'S (60 kcal)

KOREAN BBQ (100 kcal)



LOADED CHIPS

Choose your topping

SINGLE DOUBLE

HUNTER'S Topped with bacon, cheese and BBQ sauce (739 kcal / 1478 kcal)

BEEF BURNT ENDS Topped with Beef Burnt Ends in a BBQ sauce with Jack Daniel's (612 kcal / 1223 kcal)

CHICKEN KATSU CURRY Topped with katsu sauce and crispy chicken strips (855 kcal / 1427 kcal)

UPGRADE TO SWEET POTATO FRIES (546 kcal) **£1.00**

SIDES

SWEET POTATO FRIES (546 kcal)

CHIPS (444 kcal)

CHEESY CHIPS (544 kcal)

DRESSED SIDE SALAD (35 kcal)

ONION RINGS* (387 kcal)

MAC 'N' CHEESE (332 kcal)

CORN ON THE COB (302 kcal)

COLESLAW (99 kcal)

GARLIC BREAD (278 kcal)

GARLIC BREAD WITH CHEESE (378 kcal)

BREAD & BUTTER (490 kcal)

SAUCES

SWEET CHILLI (66 kcal)

BBQ (72 kcal)

HOT HONEY (125 kcal)

RANCH (213 kcal)

BUFFALO (56 kcal)

YOGHURT & MINT (154 kcal)

FLAMING GRILL SIGNATURE SAUCE (172 kcal)

BBQ WITH JACK DANIEL'S (60 kcal)

KOREAN BBQ (100 kcal)

