>>> Let's get STARTED

CHICKEN WINGS

8 WINGS (569 kcal) 16 WINGS (1137 kcal) 8.79 8 BONELESS WINGS (481 kcal) 5.79 16 BONELESS WINGS (961 kcal)

NASHVILLE HOT SWEET CHILLI BBQ (90 kcal) TIKKA (155 kcal)

CAROLINA REAPER Chicken Wings



Chicken wings tossed in Bull's-Eye Carolina Reaper® Extra Hot Sauce

8 BONELESS WINGS 8 WINGS 16 WINGS 16 BONELESS WINGS 8.99 (998 kcal) 8.99

Tortilla chips loaded with melted cheese, nacho cheese sauce, tomato salsa, guacamole, sour cream jalapeños and pico de gallo (813 kcal) VEGAN OPTION AVAILABLE (0) (601 kcal)

Tortilla wraps filled with salad leaves, mayo, pico de gallo and spring onion (198 kcal)

WITH A TOPPING OF YOUR CHOICE

> CRISPY CHICKEN STRIPS (278 kcal) HALLOUMI FRIES (247 kcal)

HALLOUMI FRIES O

Served with baby gem lettuce leaves and sweet chilli sauce on the side (437 kcal)

CRISPY CHICKEN STRIPS

Chicken strips in a Louisiana-style coating with BBQ sauce on the

FLAME-GRILLED LAMB KOFTAS 5.29 Spiced lamb koftas on baby gem lettuce leaves with pico de gallo and served with

voghurt & mint dip on the side (397 kcal) BREADED GARLIC MUSHROOMS O

Served with mayo on the side (643 kcal)

GARLIC CIABATTA ((365 kcal) 3.59 GARLIC CIABATTA WITH CHEESE (463 kcal)

EULTIMATE

10.79

6 crispy chicken strips, 8 chicken wings, 2 corn on the cob, 4 onion rings, garlic ciabatta and a side of our served with a not of BBO sauce (2484 kcal, serves 2)



8 chicken wings, 4 flame-grilled jalapeño & cheese sausages, a pot of beef burnt ends in BBQ sauce, tater tots, tortilla wraps and a side of with a pot of Nashville Hot Sauce and Bull's-Eye Carolina Reaper® Extra Hot Sauce (3727 kcal, serves 2)

ELATIBREADS



FLAME-GRILLED STEAK

Flatbread topped with mayo, baby gem lettuce leaves, flame-grilled 4oz* steak, pico de gallo and your choice of sauce (694 kcal)

CHICKEN SKEWER 7.99 Flatbread topped with mayo, baby gem lettuce leaves, southern-fried chicken skewer, pico

de gallo and your choice of sauce (838 kcal)

FLAME-GRILLED LAMB KOFTA Flatbread topped with mayo, baby gem lettuce leaves, spiced lamb koftas, pico de gallo and your choice of sauce (796 kcal)

HALLOUMI O

Flatbread topped with mayo, baby gem lettuce leaves, halloumi fries, pico de gallo and your choice of sauce (837 kcal)

CHOOSE YOUR SAUCE

RRO (0 (90 kcal) NASHVILLE HOT (42 kcal) SWEET CHILLI (82 kcal) TIKKA () (155 kcal)

EYES ON SIDES

FRIES (9 (446 kcal)	2.49	TATER TOTS (19 (285 kcal)	2.49	COLESLAW (184 kcal)	1.4
BAKED BEANS		ONION RINGS 0 (516 kcal)	2.19	GARLIC CIABATTA ((365 kcal)	3.5
IN BBO SAUCE (127 kcal)	2.29	EXTRACHEESY		GARLIC CIABATTA	
CHIPS (9 (408 kcal)	2.49	MAC 'N' CHEESE ((365 kcal)	3.29	WITH CHEESE (463 kcal)	3.8
CHEESY CHIPS (506 kcal)	2.99	CORN ON THE COB ((354 kcal)	2.29	FLATBREAD (192 kcal)	1.4
OUR DRESSED		SLICED BREAD			
SIDE SALAD ((32 kcal)	2.29	& BUTTER ((432 kcal)	1.49		

Our famous FLAMIN' GRILL



80Z* RUMP 8.49 >> 80Z* SIRLOIN 10.49 ALL DAY MONDAY TO WEDNESDAY

Signature

FULL RACK OF RIBS » MEATHEAVEN 16.99

Full rack of BBQ-glazed pork ribs. Served with fries, corn on the cob and coleslaw (2077 keal)

CHICKEN & RIB COMBO

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 (1869 kcal)

13.49

15.99

All our skillets come out sizzling and are served with fried onions. If you'd prefer a plate please ask when ordering

chips and peas (1358 kcal)

STEAK SKILLETS

28-day-matured steak, seasoned with salt & pepper and flame-grilled how you like it. All served with grilled tomato, chips and peas

80Z* SIRLOIN STEAK (965 kcal) 13.79 UNDER 600 > Swap your sides for our dressed side salad (475 kcal)

80Z* RUMP STEAK (921 kcal) UNDER 600 > Swap your sides for our dressed side salad (431 kcal)

90Z* RIBEYE STEAK (1101 kcal) 14.29

Signature SKILLETS

MIXED GRILL 4oz* rump steak, gammon, chicken fillet and pork sausage with a free range fried egg and onion rings. Served with grilled tomato,

XL MIXED GRILL » GO EVEN BIGGER 8oz* rump steak, 8oz* gammon, chicken fillet and pork sausage with 2 free range fried eggs and onion rings. Served with

grilled tomato, a large portion of chips and peas (1854 kcal) LOW & SLOW BEEF RIB 14.79 hour slow-cooked rib of beef on the bone topped with BBQ sauce.

Served with grilled tomato, chips and peas (1574 kcal)

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 baby gem lettuce leaves pico de gallo and yoghurt & mint dressing, with a tikka sauce on the side (1559 kcal)

1. CHOOSE YOUR TOPPER

2.49 **BBQ WINGS** 4 chicken wings coated in BBQ sauce (356 kcal)

HUNTER'S Smoked streaky bacon, melted

cheese and BBQ sauce (224 kcal) 2 FREE RANGE FRIED EGGS (256 kcal)

2. CHOOSE YOUR SAUCE

BBQ (144 kcal)	1.6
PEPPERCORN (42 kcal)	1.6
DIANE (56 kcal)	1.6
BEEF-DRIPPING GRAVY (53 kcal)	1.6

3. CHOOSE YOUR SIDES

ONION RINGS ^A (516 keal)	2.19
TATER TOTS (285 kcal)	2.49
BAKED BEANS IN BBQ SAUCE (127 keal)	2.29
EXTRACHEESY MAC 'N' CHEESE (365 kcal)	3.29
CORN ON THE COB (354 kcal)	2.29
COLESLAW (184 kcal)	1.49



BBQ glazed pork ribs and 7 hour slow-cooked rib of beef on the bone topped with BBQ sauce. Served with fries. 2 corn on the cob. 2 onion rings^, coleslaw

BUY ONE GET ONE FREE ON ANY CLASSIC BURGER

THURSDAY

THE SOUTHERN STATE SPICE

9.49

8.99

11.69

2 19

ed in a brioche bun with mayo, baby gem lettuce leaves, tomato and red onion. With fries and onion rings^

The BURGER JOINT

8.29 ALL AMERICAN CHICKEN

FLAME-GRILLED CHEESE & BACON Flame-grilled beef burger topped with smoked

streaky bacon and cheese (1103 kcal) SOUTHERN-FRIED CHICKEN (1352 kcal)

SignatureBURGERS

THE TANDOORI TEMPTRESS » INDIAN FUSION 11.49

cheese and skewered with an onion bhaii. Served with voghurt & mint dip on the side (1452 kcal)

THE SOUTHERN STATE SPICE

flame-grilled jalapeño & cheese sausage, oozy nacho cheese sauce and Nashville Hot Sauce (1690 kcal)

THE CHEESY BBQ STACK 11.69

2 flame-grilled beef burgers topped with smoked streaky bacon, beef burnt ends in BBQ sauce, cheese and 2 onion rings^ (1517 kcal)

thern-fried chicken fillet topped with

Beyond Meat® patty topped with tomato salsa.

baby gem lettuce leaves, tomato and red onion.

Served in a poppy seed bun with guacamole,

With fries and onion rings^ (1183 kcal)

smoked streaky bacon and cheese (1419 kcal)

BEYOND MEAT® 1 SEYOND MEAT

THE MILLIONAIRE

Flame-grilled beef burger and southern-fried chicken fillet topped with smoked streaky bacon, cheese and millionaire's mayo (1785 kcal)

***** STACK YOUR BURGER ******

FLAME-GRILLED BEEF PATTY (197 kcal) SOUTHERN-FRIED CHICKEN BURGER (513 kcal)

BEYOND MEAT® PATTY (1) (322 kcal)

/// ADD A LITTLE EXTRA ///

RACHEESY MAC 'N' CHEESE () (365 kcal) 3.29

COLESLAW ((184 kcal)

ONION RINGS 10 (516 kcal)

CHOOSE 2 **CHICKEN OPTIONS**

6 CRISPY STRIPS (417 kcal) 8 BONELESS WINGS (481 kcal) 6 WINGS (426 kcal) SOUTHERN-FRIED

SKEWER (371 kcal) 2 FILLETS (168 kcal) ROASTED SKEWER (165 kcal)

10 NUGGETS (534 kcal) 2 FLAME-GRILLED TANDOORI THIGHS (286 kcal)

ADD EXTRA CHICKEN FOR 4.69

CHIPS (408 kcal) TATER TOTS (285 kcal)

FRIES (446 kcal)

ONION RINGS[^] (516 kcal)

IN BBQ SAUCE

MAC 'N' CHEESE (365 kcal)

BAKED BEANS

CHOOSE 2 SIDES

OUR DRESSED SIDE SALAD (32 kcal) CORN ON THE COB (177 kcal) COLESLAW (184 kcal) GARLIC CIABATTA (183 kcal)

ADD AN EXTRA SIDE FOR 2.29

CHOOSE YOUR SAUCE

NASHVILLE HOT

SWEET CHILLI

TIKKA (155 kcal)

Can't beat the CLASSICS

2 MAINS FOR 13.49

CRISPY CHICKEN

Chicken strips in a Louisiana-style coating and served with chips (963 kcal)

WITH A TOPPING OF YOUR CHOICE

SWEET CHILLI SAUCE, NACHO CHEESE SAUCE & PICO DE GALLO (233 kcal)

CHIP SHOP CURRY SAUCE

& SPRING ONION (285 kcal

MAC 'N' CHEESE O

dressed side salad (944 kcal)

ALL DAY BREAKFAST 2 rashers of bacon, 2 pork sausages, 2 free range fried eggs, tater tots,

grilled tomato and baked beans (1067 kcal) STEAK & ALE PIE

ow-cooked British beef in Ruddles Ale gravy, encased in shortcrust pastry and served with peas and gravy (1024 kcal) and your choice of chips (408 kcal) or mash (339 kcal)

MUSHROOM, GARLIC & CHEESE BAKE O

A shortcrust pastry with a mushroom, onion & garlic filling, topped with cheese. Served with chips, peas and gravy (1148 kcal)

MUSHROOM & GARLIC BAKE @ 8.29.

A shortcrust pastry with a mushroom. onion & garlic filling and served with chips, peas and gravy (906 kcal)

HAND-BATTERED FISH # Served with chips (962 kcal) and

your choice of peas (57 kcal) or mushy neas (84 kcal)

> ADD SLICED BREAD & BUTTER (432 kcal) 1.49

WHITBY SCAMPI At Served with chips (886 kcal) and your choice of peas (57 kcal) or mushy peas (84 kcal)

UNDER 600 > Swap your sides for our dressed side salad (542 kcal)

> ADD SLICED BREAD & BUTTER (432 kcal) 1.49

802* GAMMON SKILLET

Flame-grilled 8oz* gammon on

our sizzling skillet with fried

onions. Served with grilled tomato,

choice of a free range fried egg

(128 kcal) or pineapple ring (72 kcal)

Chicken fillets topped with smoked

BBQ sauce on our sizzling skillet

with fried onions. Served with

Minced beef in Italian red wine layered between pasta sheets.

Served with garlic ciabatta and

our dressed side salad (708 kcal)

chips and peas (1011 kcal)

BEEF LASAGNE

HUNTER'S CHICKEN SKILLET 10.49

» TIME for DESSERTS

BISCOFF® CHEESECAKE O

Crushed Biscoff® biscuits topped with a vanilla cheesecake filling, Biscoff® spread and Biscoff® crumb. Served with vanilla flavour ice cream and a strawberry (640 kcal)

Apple pie served warm (330 kcal) with your choice of vanilla flavour ice cream (97 kcal) or custard (120 kcal) VEGAN OPTION AVAILABLE (19 (443 kcal)

WHEN YOU BUY THESE DESSERTS, WE WILL DONATE 20P. MACMILLAN ON YOUR BEHALF TO MACMILLAN CANCER SUPPORT

5.29

5.69

CHOCOLATE TRIO BAR O

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)

CHOCOLATE FUDGE CAKE O

Served warm and topped with chocolate flavour sauce (609 kcal). With your choice of vanilla flavour (97 kcal) or chocolate flavour ice cream (113 kcal)

EPIC CHOCTASTIC SUNDAE

Chocolate and vanilla flavour ice creams topped with squirty cream and piled high with Maltesers®, Cadbury® Crunchie pieces and Mars® chunks, chocolate flavour sauce and crispy

STICKY TOFFEE PUDDING CHEESECAKE O

Served with toffee flavour sauce and vanilla

VEGANICE CREAM @

3 scoops of vegan vanilla flavour ice cream topped with strawberry flavour sauce (465 kcal)



8.29

JAMAICAN CHICKEN STEW BY SEASONED™ DATTIES SOUL FOOD ACADEMY

Traditional Jamaican-style stewed chicken served with pilau rice and flatbread (724 kcal)

SUNDAY TO ASTS Our Sunday Roasts are served all day Sunday

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

UPGRADE TO BEEF-DRIPPING GRAVY (29 kcal) 50P

TRADITIONAL BEEF (817 kcal) 8.79 TRADITIONAL TURKEY (843 kcal)

LOW & SLOW BEEF RIB 11.79 7 hour slow-cooked rib of beef on the bone (1586 kcal)

MUSHROOM, GARLIC & CHEESE BAKE O

8.29 A shortcrust pastry with a mushroom, onion & garlic filling, topped with cheese (1320 kcal)

MUSHROOM & GARLIC BAKE @

A shortcrust pastry with a mushroom, onion & garlic filling. Served with roasties, seasonal veg, sage & onion stuffing and gravy (921 kcal)

/// ADD A LITTLE EXTRA ////

ROASTIES (242 kcal) 1.99 SEASONAL VEG (74 kcal) 1.50

PIGS IN BLANKETS (329 kcal) 3.59 PUD (115 kcal)

ASK ABOUT OUR KIDS' SUNDAY ROASTS





HOT DRINKS

CUP OF TEA (O kcal) POT OF TEA (0 kcal) ESPRESSO (2 kcal)

DOUBLE ESPRESSO (4 kcal) AMERICANO (2 kcal) LATTE (201 kcal) CAPPUCCINO (188 kcal) MOCHA (180 kcal) HOT CHOCOLATE (210 kcal)

DOWNLOAD OUR APP TO ORDER & PAY

TO VIEW OUR FULL MENU. ALLERGENS AND ORDER & PAY



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 greeneking-pubs.co.uk/flaming-grill/allergens

unexpected cross contamination. We do not include (may contain (information. of suitable for vegetarians, of 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. Elish, poultry and shellfish dishes may contain bones and/or shell. A scampi may contain one or more tail per piece. *All stated weights are approximate before cooking. Metric equivalent 160z = 1lb = 454g. ‡Sizzling skiller dishes come without fried onling when served on a plate. Apping rings are made from chopped and reformed onions. UNDER 600 Dishes contain 600 calories or less. Full nutrition information is available on our website. Calorie counts are correct at time of print. 2 Mains for f13.49. Available all day Monday to Friday or when served on a plate. "Omnon rings are made from chopped and reformed onnois. UNDER 6DU Dishes contain 60U calones or less. Hull nutrition information is available on our website. Calone counts are correct at time of print. A "wallable all day "New Available all day burgers excluding Jamanican Chicken Stew, Bodo Brugers es Buy one get one free is available but burgers excluding Signatures Burgers. Steak Deal – Available all day Available and Loy Available

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