

» Let's get **STARTED**

CHICKEN WINGS

CHOOSE YOUR 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

| | |
|-------------------------|------------------------|
| NASHVILLE HOT (42 kcal) | SWEET CHILLI (82 kcal) |
| BBQ (90 kcal) | TIKKA (155 kcal) |

CAROLINA REAPER Chicken Wings



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

CHOOSE YOUR WINGS

| | | | |
|----------------------|------|------------------------------|------|
| 8 WINGS (606 kcal) | 5.69 | 8 BONELESS WINGS (518 kcal) | 5.69 |
| 16 WINGS (1174 kcal) | 8.49 | 16 BONELESS WINGS (998 kcal) | 8.49 |

NACHOS » **ABSOLUTELY STACKED** 5.09
Tortilla chips loaded with melted cheese, nacho cheese sauce, tomato salsa, guacamole, sour cream, jalapeños and pico de gallo (813 kcal)
VEGAN OPTION AVAILABLE (601 kcal)

TACOS 5.09
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 5.29
Served with baby gem lettuce leaves and sweet chilli sauce on the side (437 kcal)

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

FLAME-GRILLED LAMB KOFTAS 4.99
Spiced lamb koftas on baby gem lettuce leaves with pico de gallo and served with yoghurt & mint dip on the side (597 kcal)

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

GARLIC CIABATTA (365 kcal) 3.29

GARLIC CIABATTA WITH CHEESE (463 kcal) 3.59

THE ULTIMATE FEAST 10.29
6 crispy chicken strips, 8 chicken wings, 2 corn on the cob, 4 onion rings^, garlic ciabatta and a side of our absolutely stacked nachos, served with a pot of BBQ sauce (2484 kcal, serves 2)

THE SPICY TEX-MEX CHILLI SHARER 19.99
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 our absolutely stacked nachos. Served with a pot of Nashville Hot Sauce and Bull's-Eye Carolina Reaper® Extra Hot Sauce (5727 kcal, serves 2)

FLAT BREADS



ADD EXTRA FOR 1.50
ADD EXTRA FOR 1.50

FLAME-GRILLED STEAK 7.99
Flatbread topped with mayo, baby gem lettuce leaves, flame-grilled 4oz* steak, pico de gallo and your choice of sauce (694 kcal)

SOUTHERN-FRIED CHICKEN SKEWER 6.99
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 7.49
Flatbread topped with mayo, baby gem lettuce leaves, spiced lamb koftas, pico de gallo and your choice of sauce (796 kcal)

HALLOUMI 6.99
Flatbread topped with mayo, baby gem lettuce leaves, halloumi fries, pico de gallo and your choice of sauce (837 kcal)

CHOOSE YOUR SAUCE

| | |
|------------------------|-------------------------|
| BBQ (90 kcal) | NASHVILLE HOT (42 kcal) |
| SWEET CHILLI (82 kcal) | TIKKA (155 kcal) |

EYES ON THE SIDES

| | | | | | |
|-------------------------------------|------|--|------|--|------|
| FRIES (446 kcal) | 2.29 | TATER TOTS (285 kcal) | 2.29 | COLESLAW (184 kcal) | 1.49 |
| BAKED BEANS IN BBQ SAUCE (127 kcal) | 1.99 | ONION RINGS^ (516 kcal) | 2.19 | GARLIC CIABATTA (365 kcal) | 3.29 |
| CHIPS (408 kcal) | 2.29 | EXTRA CHEESY MAC 'N' CHEESE (365 kcal) | 3.29 | GARLIC CIABATTA WITH CHEESE (463 kcal) | 3.59 |
| CHEESY CHIPS (506 kcal) | 2.79 | CORN ON THE COB (354 kcal) | 1.99 | FLATBREAD (192 kcal) | 1.49 |
| OUR DRESSED SIDE SALAD (32 kcal) | 2.29 | SLICED BREAD & BUTTER (432 kcal) | 1.29 | | |

Our famous FLAMIN' GRILL



80z* RUMP 7.99 » 80z* SIRLOIN 9.99 | ALL DAY MONDAY TO WEDNESDAY

Signature TRAYS

FULL RACK OF RIBS » **MEAT HEAVEN** 16.49
Full rack of BBQ-glazed pork ribs. Served with fries, corn on the cob and coleslaw (2077 kcal)

CHICKEN & RIB COMBO 15.79
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)

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

STEAK SKILLETTS

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) 13.29

UNDER 600 » Swap your sides for our dressed side salad (475 kcal)

80z* RUMP STEAK (921 kcal) 11.29

UNDER 600 » Swap your sides for our dressed side salad (431 kcal)

90z* RIBEYE STEAK (1101 kcal) 13.79

Signature SKILLETTS

MIXED GRILL 12.99
4oz* rump steak, gammon, chicken fillet and pork sausage with a free range fried egg and onion rings^ Served with grilled tomato, chips and peas (1358 kcal)

XL MIXED GRILL » **GO EVEN BIGGER** 15.49
80z* rump steak, 80z* 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 14.29
7 hour slow-cooked rib of beef on the bone topped with BBQ sauce. Served with grilled tomato, chips and peas (1574 kcal)

TIKKA TANDOORI 14.69
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

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|-----------------------------|--|
| BBQ WINGS 2.29 | 4 chicken wings coated in BBQ sauce (356 kcal) |
| HUNTER'S 2.29 | Smoked streaky bacon, melted cheese and BBQ sauce (224 kcal) |
| 2 FREE RANGE FRIED EGGS 99P | (256 kcal) |

2. CHOOSE YOUR SAUCE

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|------------------------------|------|
| BBQ (144 kcal) | 1.69 |
| PEPPERCORN (42 kcal) | 1.69 |
| DIANE (56 kcal) | 1.69 |
| BEEF-DIPPING GRAVY (53 kcal) | 1.69 |

3. CHOOSE YOUR SIDES

| | |
|--|------|
| ONION RINGS^ (516 kcal) | 2.19 |
| TATER TOTS (285 kcal) | 2.29 |
| BAKED BEANS IN BBQ SAUCE (127 kcal) | 1.99 |
| EXTRA CHEESY MAC 'N' CHEESE (365 kcal) | 3.29 |
| CORN ON THE COB (354 kcal) | 1.99 |
| COLESLAW (184 kcal) | 1.49 |



FLAMIN' 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 extra cheesy mac 'n' cheese, a large portion of fries, 2 corn on the cob, 2 onion rings^, coleslaw and baked beans in BBQ sauce (4546 kcal, serves 2)

The BURGER JOINT



» **BOGOF BURGERS** »
BUY ONE GET ONE FREE ON ANY CLASSIC BURGER

ALL DAY THURSDAY

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

Classic BURGERS

| | |
|--|---|
| FLAME-GRILLED CHEESE 7.69 | Flame-grilled beef burger topped with cheese (1076 kcal) |
| FLAME-GRILLED CHEESE & BACON 8.29 | Flame-grilled beef burger topped with smoked streaky bacon and cheese (1103 kcal) |
| SOUTHERN-FRIED CHICKEN (1352 kcal) 8.49 | |

| | |
|--------------------------------------|--|
| ALL AMERICAN CHICKEN 8.99 | Southern-fried chicken fillet topped with smoked streaky bacon and cheese (1419 kcal) |
| BEYOND MEAT® (1183 kcal) 8.49 | Beyond Meat® patty topped with tomato salsa. Served in a poppy seed bun with guacamole, baby gem lettuce leaves, tomato and red onion. With fries and onion rings^ (1183 kcal) |

Signature BURGERS

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|---|---|
| THE TANDOORI TEMPRESS » INDIAN FUSION 10.99 | 2 flame-grilled tandoori chicken thighs topped with cheese and skewered with an onion bhaji. Served with yoghurt & mint dip on the side (1452 kcal) |
| THE SOUTHERN STATE SPICE 10.99 | Southern-fried chicken fillet topped with a flame-grilled jalapeño & cheese sausage, oozy nacho cheese sauce and Nashville Hot Sauce (1690 kcal) |

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|-----------------------------------|---|
| THE CHEESY BBQ STACK 11.29 | 2 flame-grilled beef burgers topped with smoked streaky bacon, beef burnt ends in BBQ sauce, cheese and 2 onion rings^ (1517 kcal) |
| THE MILLIONAIRE 11.29 | 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) 1.50 | SOUTHERN-FRIED CHICKEN BURGER (513 kcal) 1.50 | BEYOND MEAT® PATTY (322 kcal) 3.00 |
|---|--|---|

/// ADD A LITTLE EXTRA ///

| | | |
|-------------------------------------|--|---------------------------------|
| ONION RINGS^ (516 kcal) 2.19 | EXTRA CHEESY MAC 'N' CHEESE (365 kcal) 3.29 | COLESLAW (184 kcal) 1.49 |
|-------------------------------------|--|---------------------------------|

CHICK 'n' MIX 10.59

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 4.29 | | | | | | | |

CHOOSE 2 SIDES

| | | | | | | | | | |
|------------------|------------------|-----------------------|-------------------------|-------------------------------------|--|----------------------------------|----------------------------|---------------------|----------------------------|
| FRIES (446 kcal) | CHIPS (408 kcal) | TATER TOTS (285 kcal) | ONION RINGS^ (516 kcal) | BAKED BEANS IN BBQ SAUCE (127 kcal) | EXTRA CHEESY MAC 'N' CHEESE (365 kcal) | OUR DRESSED SIDE SALAD (32 kcal) | CORN ON THE COB (354 kcal) | COLESLAW (184 kcal) | GARLIC CIABATTA (183 kcal) |
|------------------|------------------|-----------------------|-------------------------|-------------------------------------|--|----------------------------------|----------------------------|---------------------|----------------------------|

ADD AN EXTRA SIDE FOR 1.99

CHOOSE YOUR SAUCE

| | | | |
|---------------|-------------------------|------------------------|------------------|
| BBQ (90 kcal) | NASHVILLE HOT (42 kcal) | SWEET CHILLI (82 kcal) | TIKKA (155 kcal) |
|---------------|-------------------------|------------------------|------------------|

Can't beat the CLASSICS

» 2 MAINS FOR 11.99 | ALL DAY MONDAY TO FRIDAY

| | | |
|---|--|--|
| CRISPY CHICKEN STRIPS » FULLY LOADED 9.29 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) | MUSHROOM, GARLIC & CHEESE BAKE 7.99 A shortcrust pastry with a mushroom, onion & garlic filling, topped with cheese. Served with chips, peas and gravy (1148 kcal) MUSHROOM & GARLIC BAKE 7.99 A shortcrust pastry with a mushroom, onion & garlic filling and served with chips, peas and gravy (906 kcal) | 802* GAMMON SKILLET 9.29 Flame-grilled 802* gammon on our sizzling skillet with fried onions. Served with grilled tomato, chips, peas (887 kcal) and your choice of a free range, fried egg (128 kcal) or pineapple ring (72 kcal) |
| EXTRACHEESY MAC 'N' CHEESE 7.79 With garlic ciabatta and our dressed side salad (944 kcal) | HAND-BATTERED FISH 8.99 Served with chips (962 kcal) and your choice of peas (57 kcal) or mushy peas (84 kcal) » ADD SLICED BREAD & BUTTER (432 kcal) 1.29 | HUNTER'S CHICKEN SKILLET 10.29 Chicken fillets topped with smoked streaky bacon, melted cheese and BBQ sauce on our sizzling skillet with fried onions. Served with chips and peas (1011 kcal) |
| ALL DAY BREAKFAST 8.69 2 rashers of bacon, 2 pork sausages, 2 free range fried eggs, tater tots, grilled tomato and baked beans (1067 kcal) | WHITBY SCAMPI 4+ 8.69 Served with chips (886 kcal) and your choice of peas (57 kcal) or mushy peas (84 kcal) » ADD SLICED BREAD & BUTTER (432 kcal) 1.29 | BEEF LASAGNE 8.99 Minced beef in Italian red wine layered between pasta sheets. Served with garlic ciabatta and our dressed side salad (708 kcal) |
| STEAK & ALE PIE 9.99 Slow-cooked British beef in Ruddles Ale gravy, encased in shortcrust pastry and served with peas and gravy (1028 kcal) and your choice of chips (408 kcal) or mash (399 kcal) | | |

Signature DISH

Not included in the Classics deal

JAMAICAN CHICKEN STEW

BY SEASONED™ DATTIES SOUL FOOD ACADEMY
Traditional Jamaican-style stewed chicken served with pilau rice and flatbread (724 kcal)

9.99

SUNDAY ROASTS

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) 8.49 | |
| TRADITIONAL TURKEY (843 kcal) 8.49 | |
| LOW & SLOW BEEF RIB 11.49 7 hour slow-cooked rib of beef on the bone (1586 kcal) | |
| MUSHROOM, GARLIC & CHEESE BAKE 7.99 A shortcrust pastry with a mushroom, onion & garlic filling, topped with cheese (1320 kcal) | |
| MUSHROOM & GARLIC BAKE 7.99 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 1.99 (242 kcal) | SEASONAL VEG 1.50 (74 kcal) |
| PIGS IN BLANKETS 3.29 (329 kcal) | YORKSHIRE PUD 79P (115 kcal) |

ASK ABOUT OUR KIDS' SUNDAY ROASTS



» TIME for DESSERTS

BISCOFF® CHEESECAKE 5.19
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 4.79
Apple pie served warm (330 kcal) with your choice of vanilla flavour ice cream (97 kcal) or custard (120 kcal)
VEGAN OPTION AVAILABLE 4.43 (kcal)

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

MACMILLAN CANCER SUPPORT

CHOCOLATE TRIO BAR 5.29
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 4.79
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 5.29
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 wafers (890 kcal)

STICKY TOFFEE PUDDING CHEESECAKE 5.19
Served with toffee flavour sauce and vanilla flavour ice cream (566 kcal)

VEGAN ICE CREAM 4.29
3 scoops of vegan vanilla flavour ice cream topped with strawberry flavour sauce (465 kcal)



CHOCOLATE FUDGE CAKE

STICKY TOFFEE PUDDING CHEESECAKE

HOT DRINKS

| | |
|---------------------------------|---------------------------------|
| CUP OF TEA (0 kcal) | AMERICANO (2 kcal) |
| POT OF TEA (0 kcal) | LATTE (201 kcal) |
| ESPRESSO (2 kcal) | CAPPUCCINO (188 kcal) |
| DOUBLE ESPRESSO (4 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](https://www.greeneking-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 tail 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. 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 £11.99 - Available all day Monday to Friday on Can't Beat The Classics dishes, excluding Jamaican Chicken Stew, BOGOF Burgers - Buy one get one free is available all day Thursday on all burgers excluding Signature Burgers. Steak Deal - Available all day Monday to Wednesday; 802* Rump for £7.99, 802* Sirloin for £9.99; Sunday dishes are available all day Sunday. Alcohol for over 18s only - proof of ID may be requested. Products & offers are subject to availability at the price point advertised. Deal 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. Cadbury is a registered trademark of Mondelez International. 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: Green King Brewing and Retailing Ltd, Sunrise House, Ninth Avenue, Burton upon Trent, Staffordshire, DE14 3JZ.

ENJOY RESPONSIBLY
www.enjoyresponsibly.co.uk



802* RUMP 7.99
802* SIRLOIN 9.99
ALL DAY MONDAY TO WEDNESDAY

BOGOF BURGERS
ALL DAY THURSDAY

2 MAINS FOR 11.99
ALL DAY MONDAY TO FRIDAY

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