THREE FLAMES

STEAKHOUSE & BAR

AWARD WINNING STEAKHOUSE

ALLERGEN INFORMATION

PLEASE ADVISE YOUR SERVER OF ANY SPECIAL DIETARY REQUIREMENTS. WHILST WE DO OUR BEST TO REDUCE THE RISK OF CROSS-CONTAMINATION, WE CANNOT GUARANTEE THAT ANY OF OUR DISHES ARE FREE FROM ALLERGENS AND THEREFORE CANNOT ACCEPT LIABILITY IN THIS RESPECT. OUR DISHES MAY CONTAIN NUTS OR NUT TRACES. MEAT PRODUCTS MAY CONTAIN BONES. ALL WEIGHTS ARE STATED PRIOR TO COOKING. ADDITIONAL ALLERGEN INFORMATION IS AVAILABLE ON REQUEST - PLEASE ASK YOUR SERVER FOR FURTHER INFORMATION.

ALLERGEN INFORMATION AVAILABLE AT WWW.THREEFLAMES.CO.UK

IF YOU ENJOYED OUR FOOD PLEASE SCAN THE QR CODE TO LEAVE US A GOOGLE REVIEW

AN OPTIONAL 10% SERVICE CHARGE WILL BE ADDED TO YOUR BILL

(VG) - VEGAN (V) - VEGETARIAN

SET MENU AVAILABILITY

MON-FRI – 4PM – 6:30PM

SATURDAY LUNCH – 1PM - 5PM

SATURDAY BOTTOMLESS BRUNCH – 1PM - 3PM

SUNDAY DINNER – 1PM - 5PM

STARTERS

MARINATED OLIVES (V)(VG) — 4
MIXED OLIVES MARINATED IN GARLIC, BELL PEPPERS & MUSHROOM

HUMMUS (V)(VG-ON REQUEST) — 6
SILKY AND SPICY CHICKPEAS WITH LEMON, GARLIC, OLIVE OIL & CHILLI. SERVED WITH WARM FLATBREAD

FRIED HALLOUMI (V) — 6
SERVED ON MIXED SALAD, DRIZZLED WITH OLIVE OIL AND BALSAMIC

SAUTÉED MUSHROOMS (V) — 8
BUTTON, CHESTNUT, OYSTER MUSHROOM IN CREAMY SAUCE TOPPED WITH PARMESAN & OREGANO SERVED WITH FRENCH BAGUETTE

BBQ CHICKEN WINGS — 8
CHICKEN WINGS GLAZED IN BBQ SAUCE, SERVED WITH ROASTED SESAME SEEDS ON MIXED SALAD

OUR "FAMOUS ONION FLOWER" (V) — 11
BREADED SPANISH ONION, SERVED WITH HOMEMADE TARTAR SAUCE

PRAWN PIL PIL — 9
PRAWNS COOKED IN CHILLI GARLIC OIL, BUTTON MUSHROOMS & CHERRY TOMATO. SERVED WITH FRENCH BAGUETTE

BEEF SPAGHETTI — 12
NO SPAGHETTI HARMED IN THIS PROCESS! FILLET STEAK STRIPS SERVED ON A BED OF CRISPY POTATO STRINGS AND COVERED IN PEPPERCORN SAUCE

BEEF SUSHI — 16
AN UNFORGETTABLE EXPERIENCE. THIN SLICES OF FILLET STEAK, WRAPPED AROUND SUSHI RICE, TOPPED WITH MELTED PARMESAN, CREAMY AVOCADO PUREE WITH WASABI AND CRISPY POTATO. SERVED TABLE SIDE



MAINS & SALADS

LAMB CHOPS 9OZ — 19
3 LAMB CHOPS SERVED WITH MINT CHIMICHURRI, ASPARAGUS & GRILLED TOMATO

SHORT RIB ASADO — 10.5 OZ 26 | 26.5 OZ 46
SLOW COOKED FOR 4 HOURS, SERVED WITH FLATBREAD WITH BBQ SAUCE, ROCKET, CHERRY TOMATO

BRAISED LAMB SHANK — 24
SLOW BRAISED LAMB SHANK, SERVED ON A BED OF CREAMY MASH FINISHED WITH NATURAL JUS

BEEF STROGANOFF — 19
SLICED FILLET STRIPS IN A VELVET GRAVY SAUCE WITH GHERKINS, BUTTON MUSHROOM & WHITE ONION SERVED ON A BED OF CREAMY MASH

CHARGRILLED CHICKEN SKEWERS — 19
THREE MEDITERRANEAN CHICKEN BREAST SKEWERS SERVED WITH WARM FLATBREAD, MIXED SALAD & MINT YOGURT DIP

GRILLED FREE RANGE CHICKEN BREAST — 19
SEASONED WITH MEDITERRANEAN SPICES, SERVED WITH ROASTED BABY POTATOES AND CARAMELISED ONIONS

ATLANTIC SALMON — 19
SALMON FILLET SERVED WITH MASHED POTATOES,TENDERSTEM BROCCOLI AND DRZZLED WITH POMEGRANATE MOLASSES

CAULIFLOWER STEAK (V) — 14
SEASONED BUTTERED CAULIFLOWER TOPPED WITH MINT YOGURT SAUCE, ROCKET, POMEGRANATE & TOASTED ALMOND FLAKES

MUSHROOM STEAK (V)(VG) — 14
WILD & OYSTER MUSHROOM CHARCOAL GRILLED SERVED WITH CHIMICHURRI SAUCE

SALADS

CHOBAN SALAD (V)(VG) — 9
AN AZERBAIJANI CLASSIC SALAD. TOMATO, CUCUMBER, CORIANDER, RED ONION, OLIVE OIL, LEMON & HOUSE GLAZE

STEAK SALAD — 19
FILLET STEAK SLICES SERVED ON A BED OF MIXED LEAF SALAD, TOMATO, CUCUMBER & TOPPED WITH CRISPY POTATOES & BALSAMIC DIJON DRESSING

THREE FLAMES SALAD (V) — 14
MIXED SALAD, LEMON SAUCE, TULUM CHEESE, BEANSPROUT, POMEGRANATE,SULTANAS, CRANBERRY, APPLE, CHERRY TOMATO & WALNUT

BUTCHER CUTS

ALL OUR STEAKS ARE LOCALLY SOURCED, 28- DAY DRY AGED BLACK ANGUS AND ARE PREPARED IN HOUSE BY OUR PROFESSIONAL BUTCHER. GRILLED ON CHARCOAL. SERVED WITH GRILLED TOMATOES AND ASPARAGUS.

SIRLOIN 28 DAY DRY-AGED 8OZ	23
RIBEYE 10 OZ	29
T-BONE 16 OZ	38
FILLET STEAK 'LOKUM' 10 OZ	38
DALLAS STEAK 22 OZ	47
A5 WAGYU RIBEYE 8 OZ	85
TOMAHAWK 40 OZ	90

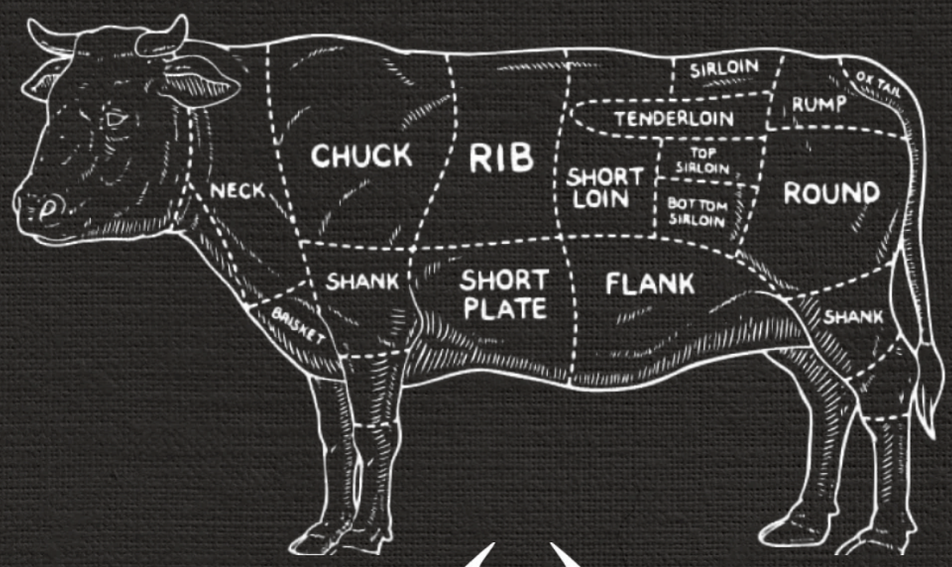
MAKE IT GOLDEN ADD 24K EDIBLE GOLD	+40

SURF & TURF 38

8OZ FILLET STEAK SERVED WITH KING PRAWNS IN LEMON GARLIC BUTTER SAUCE

PORTERHOUSE 35 OZ 75

SERVED ON CAST IRON SIZZLER, WITH BABY POTATOES & CHERRY TOMATOES



SIDES & SAUCES

HERB CRUSTED FRIES (V)(VG)	4
TRUFFLE OIL PARMESAN FRIES (V)	5
CHUNKY CHIPS (V)(VG)	5
CREAMED MASH POTATO (V)	5
ROSEMARY BABY POTATO(V)	5
TRUFFLE OIL MAC & CHEESE(V)	6
GRILLED SWEETCORN (V)	5
CREAMY SPINACH (V)	6
ASPARAGUS (V)(VG)	6
TENDER-STEM BROCCOLI (V)(VG)	5

SAUCES & BUTTERS

PEPPERCORN SAUCE (V)	4
CHIMICHURRI SAUCE (V)(VG)	4
MUSHROOM SAUCE(V)	4
BLUE CHEESE SAUCE (V)	5
GARLIC BUTTER (V)	3
CAFÉ DE PARIS BUTTER	4



BURGERS

ALL OUR BURGERS ARE SERVED IN HOMEMADE SESAME BRIOCHE BUNS SERVED WITH HERB CRUSTED FRIES

CHEESEBURGER 14
HOMEMADE PATTY WITH CARAMELISED ONIONS, CHEDDAR CHEESE & HOUSE SAUCE

THE ULTIMATE DOUBLE CHEESEBURGER 19
DOUBLE HOMEMADE PATTY WITH CARAMELISED ONIONS, FRESH ONIONS, CHEDDAR CHEESE FRESH TOMATO & HOUSE SAUCE

SPICY CHEESEBURGER 16
HOMEMADE PATTY WITH CARAMELISED ONIONS, MIXED SALAD, JALAPEÑOS, CHEDDAR CHEESE & GARLIC SAUCE. TOPPED WITH CRISPY POTATO STRINGS

THREE FLAMES SLIDERS 18
THREE MINI BURGERS, FILLET, PULLED SHORT RIB, BURGER PATTY, CARAMELISED ONION, TOMATO & CHEDDAR CHEESE

FILLET STEAK BURGER 17
FILLET STEAK, CHEDDAR CHEESE, CARAMELISED ONION, GHERKIN & HOUSE SAUCE

CHICKEN BURGER 14
GRILLED CHICKEN BREAST, CHEDDAR CHEESE, GEM LETTUCE, TOMATO, CUCUMBER, KETCHUP & MAYO

SHORT RIB BURGER 16
SLOW COOKED PULLED SHORT RIB, BBQ SAUCE, ROCKET & TOMATO

RIBEYE BURGER 18
GRILLED RIBEYE WITH MELTED CHEESE, CARAMELISED ONION, ROCKET, TOMATO, LAYERED WITH BBQ SAUCE

HALLOUMI BURGER (V) 12
GRILLED HALLOUMI, SWEET CHILLI JAM, TOMATO, GEM LETTUCE, CUCUMBER & RED ONION

"MEATLESS BURGER" (V)(VG) 12
NO MEAT, JUST AS DELICIOUS. PLANT BASED PATTY, GHERKINS, GEM LETTUCE & CUCUMBER

GOLD CHEESEBURGER 40
HOMEMADE PATTY WITH CARAMELISED ONIONS, CHEDDAR CHEESE & HOUSE SAUCE + 24K EDIBLE GOLD

KIDS MENU

THREE COURSES - £14

STARTER

GRILLED SWEETCORN (V)

SAUTÉED MUSHROOM (V)

GRILLED HALLOUMI (V)

MAIN

ALL SERVED WITH PLAIN FRIES

GRILLED FREE RANGE CHICKEN BREAST

FILLET STEAK 125GR

TWO MINI CHICKEN BURGERS

TWO MINI CHEESEBURGERS

VEGAN BURGER (V)(VG)

DESSERT

TWO SCOOP OF ICE CREAM (V)

VANILLA, CHOCOLATE OR MIX





SET MENU

MAIN £21
2 COURSE £26
3 COURSE £31

MON-FRI 4PM-6:30PM
SAT 1PM-5PM

STARTER

HUMMUS (V)(VG-ON REQUEST)
SILKY AND SPICY CHICKPEAS WITH LEMON, GARLIC, OLIVE OIL & CHILLI.
SERVED WITH WARM FLATBREAD

SAUTÉED MUSHROOMS (V)
BUTTON, CHESTNUT, OYSTER MUSHROOM IN CREAMY SAUCE TOPPED WITH PARMESAN & OREGANO SERVED WITH FRENCH BAGUETTE

FRIED HALLOUMI (V)
SERVED ON MIXED SALAD, DRIZZLED IN OLIVE OIL & BALSAMIC GLAZE

MAINS

SIRLOIN, 28 DAYS DRY-AGED
SERVED WITH HERB CRUSTED FRIES, GRILLED TOMATO & ASPARAGUS

LAMB CHOPS
SERVED WITH HERB CRUSTED FRIES AND MINT CHIMICHURRI

GRILLED CHICKEN BREAST
SERVED WITH BABY POTATOES AND CARARMELISED ONION

CAULIFLOWER STEAK (V)(VG)
SEASONED BUTTERED CAULIFLOWER TOPPED WITH MINT YOGURT SAUCE, ROCKET, POMEGRANATE & TOASTED ALMOND FLAKES

DESSERT

BAKLAVA WITH ICE CREAM (V)

ICE CREAM (V)

CHEESECAKE (V)



SUNDAY MENU

MAIN £21
2 COURSE £26
3 COURSE £31

SUNDAY 1PM-5PM

STARTER

MARINATED OLIVES (V)(VG)
MIXED OLIVES MARINATED IN GARLIC, BELL PEPPERS & MUSHROOM

HUMMUS(V)(VG-ON REQUEST)
SILKY AND SPICY CHICKPEAS WITH LEMON, GARLIC, OLIVE OIL & CHILLI.
SERVED WITH WARM FLATBREAD

SAUTÉED MUSHROOMS (V)
BUTTON, CHESTNUT, OYSTER MUSHROOM IN CREAMY SAUCE TOPPED WITH PARMESAN & OREGANO SERVED WITH FRENCH BAGUETTE

FRIED HALLOUMI (V)
SERVED ON MIXED SALAD, DRIZZLED IN OLIVE OIL & BALSAMIC GLAZE

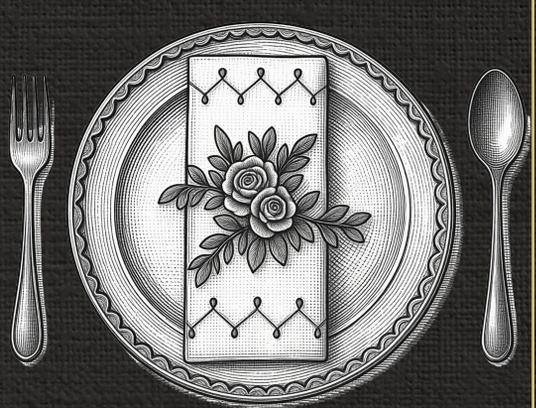
MAINS

ALL OUR SUNDAY ROASTS ARE SERVED WITH ROAST POTATOES, YORKSHIRE PUDDING, TENDER-STEM BROCCOLI, CHEESY CAULIFLOWER, CARROTS & GRAVY

30 DAY AGED, GRASS FED FILLET
LAMB CHOPS
GRILLED CHICKEN BREAST

DESSERT

BAKLAVA WITH ICE CREAM (V)
ICE CREAM (V)
CHEESECAKE (V)



-KIDS SUNDAY DINNER 10
CHICKEN OR FILLET STEAK

DESSERTS

ICE CREAM (V) 6

CHOOSE YOUR BLEND OF 3 SCOOPS- CLOTTED CREAM, CHOCOLATE, RASPBERRY

TURKISH BAKLAVA (V) 8

A NATIONAL DESSERT. LAYERS OF FILO PASTRY, CRUSHED WALNUTS AND SUGAR SYRUP. SERVED WARM WITH VANILLA ICE CREAM

SORBET (V)(VG) 6

COLD REFRESHING FRUIT SORBET. SERVED WITH FRESH RASPBERRIES

CHEESECAKE (V) 8

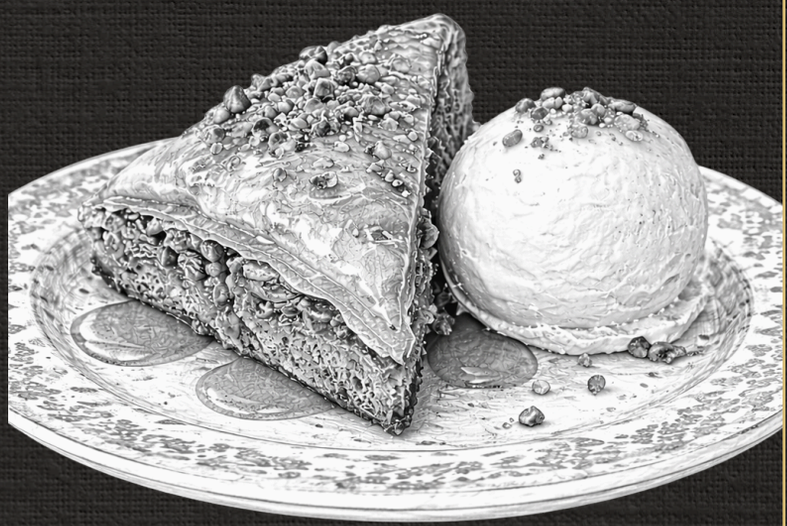
VANILLA CHEESECAKE DRIZZLED IN RASPBERRY SAUCE AND TOPPED WITH A DUSTING OF POWDERED SUGAR

STICKY TOFFEE PUDDING (V) 11

STICKY TOFFEE PUDDING DRIZZLED WITH BUTTERSCOTCH SAUCE, SERVED WITH ICE CREAM ON A BRANDY SNAP BASKET

WARM ROCKY BROWNIE (V) 9

FRESHLY BAKED BROWNIE WITH CRUSHED WALNUTS, DARK CHOCOLATE SERVED WARM WITH A SERVING OF CLOTTED CREAM. SERVED LIT WITH TIKI FIRE (OPTIONAL)



THANKS FOR DINING WITH US

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