



FLAME

## WINE LIST



FLAME

## BUBBLY

## CHAMPAGNE

	BTL
<b>Cristal</b>	20 100
<b>Moët &amp; Chandon Brut</b>	6 650
<b>Moët &amp; Chandon Rose</b>	5 850
<b>Moët &amp; Chandon Nectar</b>	7 000
<b>Veuve Clicquot Brut</b>	7 350
<b>Veuve Clicquot Rich</b>	9 050
<b>Dom Perignon</b>	16 000

## MCC

	BTL
<b>Pongracz Brut</b>	900
<b>Pongracz Nobel Nectar</b>	900
<b>Krone Rose</b>	900
<b>Krone Night Nectar</b>	900

## SPARKLING WINE

	GLS	BTL
<b>J.C Le Roux Sauv Blanc</b>	120	950
<b>J.C Le Roux Fleurette</b>	120	950
<b>De Luca Prosecco</b>	1	200

## WHITE WINES

## SAUVIGNON BLANC

	GLS	BTL
<b>Springfield Life From Stone</b>	950	
lime, gooseberry, freshly cut green pepper & passion fruit notes		
<b>Tokara</b>	300	850
refreshing & crisp finish with notes of green melon & green apples		
<b>Diemersdal</b>	800	
complex array of tropical fruit, ripe figs & gooseberrie notes		
<b>La Motte</b>	800	
nuances of dried grass, fresh lemon & winter melon		

## CHARDONNAY

	GLS	BTL
<b>Hamilton Russell</b>	2 800	
cedar-grilled apple, buttercup blossom, toasted brioche & freshly dried straw		
<b>Kleine Zalze</b>	220	700
delicate & fresh notes of zesty lemon & juicy ripe peaches		

<b>Boschendal</b>	900
hints of strawberry & ripe berries preserving intriguing aromas	
<b>Fat Bastard W</b>	900
the wine shows classic ripe, rich butter and tropical fruit on the nose & soft, well-integrated vanilla on the palate	
<b>Tokara</b>	900
the entry on the palate is vibrant with fresh sweet lime, roasted lemon, appealing chalkiness & the lightest element of ginger	

## CHENIN BLANC

	GLS	BTL
<b>Waterford</b>	800	
ripe yellow fruit, honeydew melon & honey supported by vibrant board acidity that brings the balance		
<b>Kleine Zalze</b>	750	
tropical & stone fruit flavours supported by a burst of citrus on the palate		
<b>L'Avenir Provenance</b>	750	
crisp fruity notes with the classy complexity of oak spice		

## WHITE BLENDS

	GLS	BTL
<b>Haute Cabriere</b>	275	800
fresh citrus flavours underpinned by white peach & red fruit, with balanced acidity		
<b>Springfield Ms Lucy</b>	850	
blend of sauvignon blanc & pinot gris with flavours of citrus pamplemousse		

## NATURAL SWEET

	GLS	BTL
<b>Robertson</b>	175	450
blended varietals to showcase fruity & fresh floral flavours		
<b>Darling Cellars</b>	550	
fruity, floral wine supported by the freshness of acidity		

## ROSE

	GLS	BTL
<b>Boschendal</b>	250	750
ripe strawberries, raspberry & mulberry flavours with a hint of spice		
<b>Warwick</b>	850	
blend of pinotage & chardonnay with aromas of berries & floral		

## RED WINES

## PINOTAGE

	BTL
<b>Beyerskloof</b>	800
vibrant, ripe plum & cassis with nutty textures & hints of spice	

<b>Ken Forester</b>	650
soft palate with a delicious fruit concentration	
<b>Painted Wolf The Den 2021</b>	700
medium bodied with ripe blueberry & mulberry, a touch of milk chocolate & toasty wood flavours	

## MALBEC

	BTL
<b>Diemersdal</b>	1 100
known for its plump, dark fruit flavors & smoky finish	
<b>Rustenberg</b>	850
dry, full-bodied with flavours of blackberry & red plum	

## MERLOT

	GLS	BTL
<b>Fat Bastard</b>	950	
fresh, supple & juicy with lightly wooden notes		
<b>Lanzerac 2021</b>	950	
deep red colour, with ripe red berries, cocoa, slight mint & chocolate on the nose		

<b>Meerlust</b>	2 100
flavours of plum, blackberries, cherries & red fruits	

## CABERNET SAUVIGNON

	GLS	BTL
<b>La Motte</b>	1 100	
berry & plum flavours & hints of cloves, mint and cigar		
<b>Tokara</b>	950	
fruity aromas complimented by underlying notes of five spice & vanilla		
<b>Antonij Rupert</b>	2 200	
dark fruit flavours interwoven in spice & light toasty notes from the barrels		
<b>Warwick 1<sup>st</sup> Lady</b>	850	
berries with a herbal character complemented by sweet vanilla & chocolate oak background		

<b>Kanonkop</b>	2 950
opulent aromas of blueberries, plums & redcurrants. underlying hints of dried herbs & subtle oak spice add further complexity	

## SHIRAZ

	BTL
<b>Fat Bastard</b>	1 100
aromas of spices, black olives & complimented with fruity & spicy notes	
<b>Raka Biography</b>	950
white pepper. dried herb tingle complimented by pepper coriander tones, with hints of sweet blue & black fruit succulence	

<b>Groot Constantia</b>	1 950
ripe black fruit like plums & blackcurrent on the nose, with hint of white pepper & cloves	

## BORDEAUX BLENDS

	BTL
<b>Raka Quinary</b>	900
blend of cabernet sauvignon, merlot, cabernet franc, petit verdot & malbec	
<b>Rupert &amp; Rothschild Classique</b>	1 500
fresh raspberry aromas, plum blossom, ripe fig nuances & cassis undertones	
<b>Meerlust Rubicon</b>	3 100
a typical liquorice note. intense, full-bodied, but packed with fresh dark fruit & rounded tannins	

## CAPE/RED BLENDS

	GLS	BTL
<b>Raka Figurehead</b>	1 100	
hints of spicy eucalyptus & caramelised banana from the pinotage		
<b>The Chocolate Block</b>	1 950	
an exceptionally complex, juicy palate with gentle nuances of ripe plums, violets, black olives, cloves, and liquorice		

<b>Alto Rouge</b>	280	850
elegant red fruit flavours on the palate, backed-up by soft, elegant tannins		

## PINOT NOIR

	GLS	BTL
<b>Haute Cabriere UW</b>	275	800
characteristics of red berries, cigar box supported by well rounded tannins		
<b>Hamilton Russel W</b>	2 800	
savoury, earthy, spicy & dark primal characteristics		

## WINE BY THE GLASS

<b>Sauvignon Blanc</b>	175
<b>Chardonnay</b>	175
<b>Chenin</b>	175
<b>Cabernet</b>	175
<b>Merlot</b>	180
<b>Semi-sweet White</b>	175
<b>Semi-sweet Red</b>	175



FLAME

## STARTERS

<b>Chicken Kofta Kebab</b>	<b>280</b>
with Fattoush salad, hummus, flat bread & sumac	
<b>Prawns Provencal</b>	<b>270</b>
tender prawn meat with fresh chilli, thyme, parsley, garlic, tomatoes & toasted garlic bread	
<b>Local Fish Croquettes</b>	<b>240</b>
with Thai green curry, coriander oil, micro greens, basil	
<b>Stuffed Mushroom Ravioli (LV)</b>	<b>180</b>
House-made pasta filled with mushrooms, cream cheese & parmesan, in a creamy sauce topped with herbs	
<b>Spicy Chicken Livers</b>	<b>165</b>
spiced creamy chicken livers with toasted baguette bread & fresh parsley	
<b>Mozzarella Sticks</b>	<b>180</b>
with smoky tomato dip (LV)	
<b>Crunchy Chicken Wings</b>	<b>190</b>
<b>Flavour Options:</b> BBQ, hot honey & bourbon glaze, lemon & herb, peri-peri, bang bang	
<b>Spiced Lamb Skewers</b>	<b>300</b>
marinated grilled lamb, green harissa sauce & warm eggplant zaalouk relish	
<b>Tempura Chicken Strips</b>	<b>210</b>
with spicy mayo	

## SOUPS & SALADS

<b>Zucchini &amp; Corn Fritter Salad</b>	<b>260</b>
with local kale, cucumber, avocado, tomatoes, red onions, romesco sauce, chilli oil, lemon and basil aioli, poached eggs & micro greens	
<b>Lime &amp; Chilli Shrimp Salad</b>	<b>320</b>
with quinoa, cucumber, avocado, red onion, carrot julienne, turmeric butternut, spinach, chimichurri & toasted cashews	
<b>Chicken &amp; Avocado Salad</b>	<b>260</b>
with fresh coriander, lemon dressing, romaine lettuce, cherry tomatoes	
<b>Flame's Chicken Caesar Salad</b>	<b>260</b>
crunchy lettuce, tender chicken breast strips, croutons, poached egg, parmesan cheese & caesar dressing	
<b>Greek Salad (LV)</b>	<b>200</b>
crunchy lettuce, cucumbers, tomatoes, olives, feta cheese, mixed peppers & vinaigrette	
<b>Garden Salad (V)</b>	<b>150</b>
lettuce, tomatoes, cucumber, carrots with classic vinaigrette	
<b>Tom Yum Soup</b>	<b>205</b>
hot & sour aromatic Asian broth with chicken, prawns, chilli, ginger, lime leaves, lemon grass, mushrooms, tomatoes, fresh basil & coconut milk	
<b>Roasted Butternut Soup (V)</b>	<b>100</b>
velvety creamy squash soup with toasted croute, cream & toasted pumpkin seeds	

## SUSHI

<b>Orange Blossom Roll</b>	<b>350</b>
spicy tuna, avocado wrapped with salmon topped with black tobiko	
<b>Dragon Roll</b>	<b>320</b>
tempura prawn, cucumber, topped with avocado, salmon & black tobiko	
<b>Volcano Roll</b>	<b>300</b>
crab meat, tuna, cucumber & avocado topped with spicy mayonnaise & tobiko	
<b>Pumba Crunch Roll</b>	<b>310</b>
deep fried assorted seafood, cream cheese topped with tobiko & scallion	
<b>Salmon Nigiri</b>	<b>300</b>
thinly sliced Norwegian salmon with scallion & sesame seeds	
<b>Veggie Futomaki Roll (V)</b>	<b>250</b>
carrot, cucumber, topped with crunchy avocado & spicy mayo	
<b>Godzilla Roll</b>	<b>280</b>
tempura prawn, crab salad, topped with avocado & fantasy sauce	
<b>Sushi Platter (for 4)</b>	<b>1 100</b>
salmon nigiri, orange blossom, dragon roll, and veggie tempura roll	

## NOURISH BOWLS

<b>Blackened Salmon Buddha Bowl</b>	<b>450</b>
crispy grilled salmon with lemon rice, avocado, cucumber salad, coriander cress, spicy mayo & toasted sesame seeds	
<b>Falafel Buddha Bowl (LV)</b>	<b>200</b>
healthy vegetarian falafel in a bowl of crunchy vegetables & biryani rice drizzled with mint chutney	
<b>Chicken Nasigoreng</b>	<b>280</b>
basmati rice cooked with black sauce, chicken, prawns, mixed peppers served with a fried egg, chicken satay & prawn crackers	
<b>Spicy Paneer Burrito Bowl (LV)</b>	<b>250</b>
vegetarian burrito bowl with spicy baked paneer, cilantro lime rice, roasted pepper, black beans & creamy avocado	

## FLAME BURGERS

<b>D&amp;G Burger</b>	<b>290</b>
double beef patties with fried egg, gherkins, onion jam, lettuce, cheddar, bacon & fries	
<b>Flame's Beef Burger</b>	<b>270</b>
cheddar cheese, onion jam, lettuce, coated brie, bacon & fries	
<b>Crumbed Chicken Burger</b>	<b>270</b>
smoky mayo, mozzarella, onion rings, tomato, lettuce & fries	
<b>Crumbed Chicken Sliders</b>	<b>200</b>
smoky mayo, mozzarella, gherkins, onion rings, tomato & lettuce	
<b>Mini Beef Sliders</b>	<b>200</b>
cheddar cheese, onion jam, lettuce, coated brie & bacon	

## SIGNATURE DISHES

<b>Korean BBQ Short Rib</b>	<b>390</b>
Asian flavoured short beef rib, creamy mash potato, carrot & ginger puree, broccoli, BBQ glaze, micro greens	
<b>Garlic &amp; Lemon Chicken Breast</b>	<b>300</b>
chicken breast infused with garlic & lemon, roasted potatoes, seasonal vegetables, micro greens, creamy sauce	
<b>Pan Fried Salmon</b>	<b>520</b>
crispy skin salmon with Prawn risotto topped with pea shoot salad	
<b>Slow Cooked Oxtail</b>	<b>500</b>
fall off the bone oxtail with carrots, green beans, fresh herbs & potato mash	
<b>Char-grilled Beef Fillet 250g</b>	<b>410</b>
melt in your mouth beef fillet with creamy mashed potato, glazed carrots, wilted spinach & red wine jus	
<b>Pan Fried Tilapia Fillet</b>	<b>330</b>
with creamy mash potatoes, crispy leeks, seasonal greens, lemon butter sauce	
<b>Singaporean Noodles</b>	<b>350</b>
egg noodles, chicken, prawns, sesame oil, black sauce & sriracha, with leafy greens, cabbage, coriander, spring onions, lime & sesame seeds	
<b>Chicken Schnitzel</b>	<b>280</b>
with potato wedges, green salad & dill yoghurt	

## FLAME EXPERIENCE

<b>Grilled T-bone Steak 500g</b>	<b>440</b>
with side salad, roasted potatoes, cherry tomatoes & blue cheese butter	
<b>Flame Grilled 350g Portuguese Sirloin Steak</b>	<b>400</b>
with fries, side green salad, grilled tomato & fried egg	
<b>Flame Grilled 350g Rump Steak</b>	<b>410</b>
with crispy onion rings, leafy side salad, roasted tomato & mushrooms	
<b>Flame Grilled Rib Eye 350g</b>	<b>410</b>
with a creamy pommes puree, Greek salad, cherry tomatoes, café de Paris butter	
<b>Flank Steak 350g</b>	<b>410</b>
marinated in our house blend of garlic, herbs & smoked paprika, then grilled to perfection. Finished with drizzle of chimichurri sauce, served with roasted potatoes & side garden salad	
<b>Flame Grilled Half Chicken Lemon &amp; Garlic/ Peri-peri</b>	<b>370</b>
with sauteed seasonal vegetables, crispy thyme & charred lemon	

## SAUCES

<b>Chimichurri</b>	<b>45</b>
Peppercorn	45
Mushroom	45
Lemon butter	45
Garlic butter	45
Cheese	45
Homemade chilli	45
Fresh chopped chilli in olive oil	45

## SIDES

<b>Battered onion rings</b>	<b>45</b>
Flame french fries plain/spiced	55
Side salmon fillet - 150g	300
Side chicken breast - 150g	100
Steamed fragrant rice	55
Vegetable fried rice	65
Creamy mash potatoes	60
Roasted garlic potato wedges	55
Indian kulcha flatbread	45
Whipped feta potato wedges	95
Roasted vegetables	60

## CURRIES

<b>Butter Chicken Curry</b>	<b>320</b>
chicken pieces marinated & cooked with fragrant spices in creamy makhani (cashew & tomato gravy) with steamed basmati rice & Indian kulcha	
<b>Lamb Korma</b>	<b>350</b>
aromatic Indian curry with boneless lamb, yoghurt & spices served with jeera rice & Indian kulcha	
<b>Achari Paneer (LV)</b>	<b>280</b>
spicy paneer curry in a slightly tangy, sweet & hot gravy with hints of pickle spices served with kulcha & flavoured basmati rice	
<b>Chicken Tikka Masala</b>	<b>310</b>
classic Indian curry with tender chunks of grilled chicken in our aromatic tikka masala gravy served with basmati rice & Indian kulcha	
<b>Mozambican Prawn Curry</b>	<b>490</b>
fragrantly spiced, creamy coconut prawn curry with basmati rice & papadums	

## PASTA

<b>Flame's Steak Pasta</b>	<b>310</b>
creamy pasta topped with our famous 150g sirloin steak with chimichurri topping	
<b>Chicken Alfredo</b>	<b>340</b>
indulge in our savory fettuccine pasta with perfectly cooked chicken breast strips & creamy parmesan sauce with a sprinkle of fresh parsley for a touch of brightness	
<b>Spicy Prawn Pasta</b>	<b>550</b>
prawn pasta cooked in a creamy napolitana sauce with a touch of chilli, lemon & garlic finished with fresh parsley & parmesan	
<b>Crumbed Chicken Penne</b>	<b>300</b>
creamy penne pasta topped with our crunchy chicken fillet with a touch of lemon & garlic	
<b>Spaghetti &amp; Meatballs</b>	<b>310</b>
rich beef meatball pasta cooked in tomato sauce topped with parmesan & fresh basil	
<b>Pasta al' Arrabiatta (V)</b>	<b>200</b>
indulge in our linguine cooked in a rich tomato with a pinch of chilli for good measure	

## DESSERTS

<b>Biscoff Cheesecake</b>	<b>220</b>
caramel sauce, biscoff crumb & cherries	
<b>Blueberry Tart</b>	<b>150</b>
with meringue shards, biscuit crumb & vanilla ice cream	
<b>Very Berry Crème Brûlée</b>	<b>150</b>
with mixed berries	
<b>Fudgy Chocolate Brownie</b>	<b>150</b>
with caramel sauce & caramel ice cream	

LV -Lacto Vegeterian  
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