



FLAMES

RESTAURANT & BAR

Monday - Saturday:
5.30pm - 8.30pm

8 Waverley St
Onerahi
Whangārei

09 436 2107
flameshotel.co.nz



FLAMES

RESTAURANT & BAR

STARTERS

Garlic Focaccia Homemade garlic focaccia bread with smoked hummus, confit garlic, pesto, black olives and spring onions.	VEG	\$18.00
Seafood Chowder Prawns, dory fish, mussels and squid, in a seafood velouté sauce . Served with warm, ciabatta bread.		\$22.50
Prawn Salad A prawn ceviche salad in a tortilla cup, with cucumber, tomatoes, onions, sweetcorn and tiger's milk dressing.	GF	\$21.00
Tempura Mushrooms Deep-fried, tempura button mushrooms , served with a tandoori-yoghurt dressing and salad garnish.	V	\$18.00
Grilled Brätwurst OMAK-handcrafted chopped sausage, with potatoes, mustard mayo, pickled onions and crispy potato sticks.	GF	\$18.00

MAINS

36-Hour Smoked Brisket Slow-cooked brisket with crushed olive oil potatoes, summer slaw, confit garlic and beef gravy.	GF	\$38.50
Venison Stew Wild NZ venison braised with orange and red wine. Served with kumara mash, bread and pickled kale.	GF	\$40.00
Lamb Rump NZ lamb rump on a bed of minted mushy peas, with Tuscan-roasted potatoes, a beetroot paint and vermouth jus.	GF	\$43.00
Huli Huli Chicken A Hawaiian dish of grilled chicken thigh, served with coconut rice, huli huli sauce and fresh pineapple.	GF	\$38.50
Pickled Pork Pickled and smoked pork sirloin, on a bed of braised kale and roast potatoes, topped with crispy pork crackling.	GF	\$38.00
Vegetable Gnocchi Eggplant, zucchini, capsicum, red onion, diced halloumi and gnocchi, in a tomato sauce with parmesan crumble.	VEG, GF	\$32.50
Chicken & Chorizo Fettuccine Diced cubes of chicken and chorizo, with fresh egg fettuccine and a creamy tomato sauce.		\$33.50

V = VEGETARIAN

VEG = VEGAN / VEGAN OPTION AVAILABLE

GF = GLUTEN FREE

MAINS

Beef Burger & Chips	Homemade beef patty with bacon, fried egg, swiss cheese, lettuce, tomato, onion and beetroot, on a brioche bun.	\$32.50
Chicken Burger & Chips	Grilled chicken thigh with bacon, fried egg, swiss cheese, lettuce, tomato, onion and beetroot, on a brioche bun.	\$32.50
Fish & Chips	Battered dory fish served with seasoned fries, homemade tartare sauce, summer salad and a lemon vinaigrette dressing.	\$33.50
Squid Salad	Deep-fried and battered squid, served with a cucumber, capsicum and tomato salad and wakame seaweed.	\$24.50

SIDES

Garden Salad	GF, VEG	\$12.00
Summer Greens	GF, VEG	\$12.00
Seasoned Fries	GF, VEG	\$12.00
Tuscan-Roasted Potatoes	GF, VEG	\$12.00
Olive-Crushed Potatoes	GF, VEG	\$12.00



DESSERTS

Panna Cotta	Orange and Cointreau panna cotta, with a scoop of lime sorbet, nut crumble and a white chocolate snap.	V, GF	\$16.00
Affogato	A scoop of vanilla ice-cream with biscotti, coffee textures, a double shot of espresso and a choice of liqueur.	V	\$16.00
Tiramisu	Coffee-soaked lady fingers, layered with mascarpone cheese and topped with cocoa powder and coffee pearls.	V	\$16.00
Tutti Frutti	In-season fruit salad, soaked in <i>Lindauer</i> Fraise sparkling wine and topped with a scoop of lime sorbet.	VEG, GF	\$16.00
Dessert Wine	A glass of <i>Marisco</i> Sticky End Noble Sauvignon Blanc with honey brûlée brie and provolone, crackers and pretzels.	V	\$20.00
Dark Chocolate Tart	A 72% dark chocolate ganache tart, served with a scoop of cardamom and orange ice-cream.	V, GF	\$16.00

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WINES

SPARKLING

	GLASS	BOTTLE
Lindauer Prosecco (Italy)	-	\$50
Lindauer Mini Prosecco (Italy)	-	\$14
Lindauer Mini Fraise / Brut (Italy)	-	\$12
Daniel Le Brun Brut (Marlborough)	-	\$85

WHITE

Kopiko Bay Pinot Gris (Gisborne)	\$9	\$38
The Ned Pinot Gris (Marlborough)	\$13	\$56
Kopiko Bay Chardonnay (Gisborne)	\$9	\$38
Leefield Chardonnay (Marlborough)	\$13	\$56
Kopiko Bay Sauvignon (Marlborough)	\$9	\$38
The Ned Sauvignon (Marlborough)	\$13	\$38

RED

Taylor's Shiraz (Clare Valley, Oz)	\$12	\$53
Kopiko Bay Merlot (Marlborough)	\$9	\$38
The Ned Pinot Noir (Marlborough)	\$15.50	\$65

ROSÉ

Kopiko Bay (Marlborough)	\$9	\$38
The Ned (Marlborough)	\$13	\$56
Leefield Station (Marlborough)	\$13	\$56

SWEET / DESSERT

Giesen Riesling (Waipara)	\$10	\$33
The Ned Noble Sav (Marlborough)	\$8.50	\$48

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COCKTAILS

Strawberry Daiquiri

Bacardi rum, strawberries, apple juice, simple syrup \$15

Piña Colada

Bacardi rum, coconut cream, pineapple juice \$18

Margarita

Jose Cuervo tequila (gold), Cointreau, lime juice \$18

Mojito

Bacardi rum, lime, mint, simple syrup, soda water \$18

Negroni

Four Pillars gin, Campari, Martini Rosso \$18

Bloody Mary

Grey Goose vodka, tomato juice, spices, olives \$15

Espresso Martini

Grey Goose vodka, Kahlua, espresso, simple syrup \$18

SPRITZ COCKTAILS

Aperol Spritz

Lindauer prosecco, Aperol, soda water \$13

Elderflower Spritz

Lindauer prosecco, St. Germain, mint, soda water \$17

Coconut Spritz

Prosecco, 1800 tequila (coconut), pineapple juice, mint, soda \$17

Lemon Spritz

Prosecco, Gordon's lemon gin, lemon juice, simple syrup, soda \$17

Pink Spritz

Prosecco, Gordon's pink gin, lime juice, simple syrup, soda \$17





B E E R S

ON TAP

%

\$

Panhead “Road Hog” **IPA**

5.8%

\$13.50

Steinlager Ultra Low Carb **LAGER**

4.2%

\$10.00

CANS

%

\$

McLeod’s Longboarder **LAGER**

5.0%

\$13.00

McLeod’s Paradise **PALE ALE**

5.5%

\$13.00

Panhead Sandman **HAZY PALE ALE**

5.2%

\$13.00

Panhead Port Road **PILSNER**

5.2%

\$13.00

Guinness (440ml) **STOUT**

4.2%

\$14.00

BOTTLES

%

\$

Corona Extra **LAGER**

4.5%

\$11.50

Stella Artois **LAGER**

5.0%

\$8.50

Lion Red **LAGER**

4.0%

\$7.00

Steinlager Classic **LAGER**

5.0%

\$8.00

Speight’s Summit Ultra **LAGER**

5.0%

\$7.50

Speight’s Gold Medal Ale **LAGER**

4.0%

\$7.50

Speight’s Old Dark Ale **LAGER**

4.0%

\$9.00

Steinlager Tokyo Dry **LAGER**

5.0%

\$11.00

Mac’s Gold **LAGER**

4.0%

\$11.00

Mac’s Green Beret **IPA**

5.4%

\$11.00

Mac’s Cloudy Apple **CIDER**

4.2%

\$10.00

LOW / NO ALCOHOL BOTTLES

Speight’s Mid-Strength Ale **LAGER**

2.5%

\$8.00

Mac’s Freeride **PALE ALE**

0.5%

\$8.50

Corona Zero **LAGER**

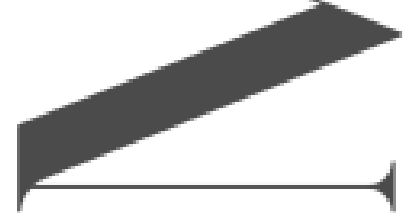
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\$9.00

Speight’s Summit Zero **LAGER**

0.0%

\$7.00



SPIRITS

VODKA

Grey Goose	\$16.00
Smirnoff	\$8.00

GIN

Bombay Sapphire	\$10.00
Four Pillars	\$11.00
Four Pillars Bloody Shiraz	\$11.00
Gordon's Pink	\$10.00
Gordon's Lemon	\$10.00

WHISKEY

Jonnie Walker <i>(Red Label)</i>	\$8.00
Southern Comfort	\$11.00
Famous Grouse	\$10.00
Canadian Club	\$10.50
Jack Daniel's	\$13.00
Glenfiddich	\$17.00
Jim Beam	\$10.50
Jameson	\$12.50

RUM

Appleton	\$14.50
Bacardi	\$8.00
Kraken	\$15.00
Coruba	\$10.50
Malibu	\$9.00

BRANDY

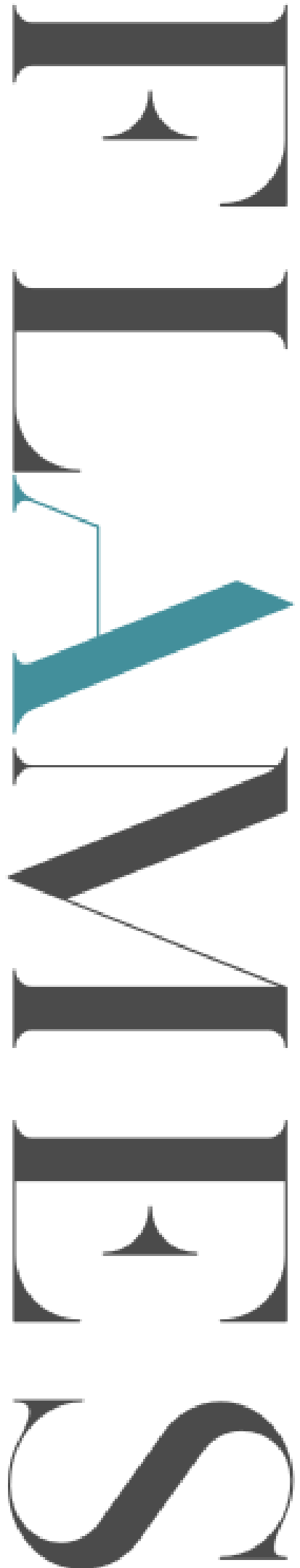
Hennessy	\$17.00
St Rémy	\$10.00

TEQUILA

1800 <i>(Coconut)</i>	\$12.00
Jose Cuervo <i>(Gold)</i>	\$10.00
Olmecca <i>(White)</i>	\$12.00

LIQUOURS

Frangelico	\$14.00
Baileys	\$12.50
Kahlua	\$10.00
Midori	\$12.00
Campari	\$11.00
Cointreau	\$9.00
Drambuie	\$9.00
Limoncello	\$12.00



FLAMES

SOFT DRINKS

COLD DRINKS

	GLASS	1.5ML JUG
Juice: Orange / Apple / Cranberry / Pineapple / Tomato	\$6.0	\$24
Coke / Coke Zero / Sprite / Sprite Zero / L&P	\$4.5	\$20
Raspberry & Coke / Raspberry & Sprite	\$4.5	\$20
Lemon, Lime & Bitters	\$5.0	\$22
Juice & Sprite	\$6.0	\$26
Bundaberg Ginger Beer	\$5.5	
Tonic Water / Soda Water / Ginger Ale	\$4.5	
Fuze Peach Iced Tea	\$6.5	
MOST: Apple & Peach / Apple & Guava / Apple & Feijoa	\$4.5	
MOST: Apple & Blackcurrant / Apple, Orange & Mango	\$4.5	
Fruit Smoothie	\$12.0	
Milkshake: Banana / Strawberry / Lime / Choc / Caramel	\$9.5	
Iced Coffee	\$8.0	
+ <i>caramel / chai / hazelnut / vanilla syrup</i>	+50c	

HOT DRINKS

	MEDIUM	LARGE	MUG
Americano	\$5.0	-	-
Short / Long Black	\$5.0	-	-
Latte	\$5.5	\$6.0	\$6.5
Flat White	\$5.5	\$6.0	\$6.5
Cappuccino	\$5.5	\$6.0	\$6.5
Mochaccino	\$6.0	\$6.5	\$7.0
Chai Latte	\$6.0	\$6.5	\$7.0
Dirty Chai Latte	\$6.0	\$6.5	\$7.0
Pot of Tea:	\$5.0		
English Breakfast / Earl Grey / Green / Lemon / Peppermint			