



APPETIZERS

FRESH DAILY SOUP

Served with focaccia

9.00

SMOKEY RIBS

Smoked pork ribs, sweet and dry rub, whisky BBQ dip, pickled jalapeno

20.95

FRIED PICKLES

Crispy fried dill pickles, Creole spice, chipotle ranch

14.75

KALE AND ARTICHOKE CHEESE DIP

Sautéed kale, onions, garlic, cream cheese, asiago, cheddar, mozzarella, roasted artichokes, corn tortillas, topped with pico

19.00

FRESH-CUT FRIES

Hand-cut russet potatoes

Dips: truffle aioli | tabasco ketchup | chipotle ranch

14.15

NACHOS

Fresh fried corn tortilla chips, shredded cheddar-Jack, nacho cheese sauce, green onion, pickled jalapenos, sour cream, pico de gallo

Add: chicken 8.25 | smoked brisket 8.25

27.00

CRISPY WINGS

Wings, celery, ranch dip

Choice of: hot | honey garlic | salt and pepper | teriyaki | BBQ

22.00

A FLAMES GRILL FAVOURITE

HANDHELDS

All handhelds served with fries or side Caesar salad

Sub: Poutine 4.99 | Yam Fries 3.00 | Onion Rings 4.50 | Gluten Free Bun 3.00



BUTTERMILK FRIED CHICKEN

Breaded chicken, leaf lettuce, tomato, pickles, cheddar, spicy mayo

23.45

FLAMES BRISKET MELT

Smoked brisket, roasted peppers, sautéed onions, creamy mushrooms, cheese sauce, aioli, ciabatta bun

23.50

BLACK BEAN AND AVOCADO TACOS

Corn tortilla, romaine, Mexican black beans, guacamole, salsa, feta, chipotle mayo, lime cream, pickled onions

Add: chicken 8.25 | salmon 12.50

20.75

BOWLS



BLACKENED ATLANTIC SALMON

Basmati rice, quinoa, edamame, broccolini, bell peppers, roasted sweet potato, mango aioli, carrots

28.00

THAI COCONUT CURRY

Chili lime chicken, broccolini, shredded carrots, roasted sweet potato, edamame, bell peppers, basmati rice

24.00

SALADS

KALE CAESAR SALAD

Shredded kale and romaine, peppered bacon, Parmesan, hard-boiled egg, focaccia, asiago, Caesar dressing

Add: chicken 8.25 | salmon 12.50

23.35

HOUSE MIXED GREENS

Spring mix, romaine, pickled onions, cucumbers, cherry tomatoes, feta, balsamic glaze, focaccia, Dijon balsamic dressing

Add: chicken 8.25 | salmon 12.50

21.75

FLATBREADS

SLOW-SMOKED BRISKET

Smoked brisket, Forty Creek BBQ sauce, grilled artichokes, caramelized onions, grape tomatoes, arugula, chipotle

23.50

MEXICAN BRUSCHETTA

Chipotle sauce, onions, tomatoes, jalapeno, green onions, shredded cheddar and Monterey Jack, roasted peppers, ranch

19.50



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BACON CHEDDAR BURGER

Chuck patty, peppered bacon, mild cheddar, Dijon aioli, lettuce, tomatoes, pickled onions, brioche bun

24.50

SWISS MUSHROOM BURGER

Chuck patty, truffled mushroom sauce, Swiss cheese, Dijon aioli, lettuce, tomato, pickled onions, brioche bun

24.50

LIGHTLIFE BURGER

Lightlife plant patty, creamy mushrooms, chipotle mayo, lettuce, tomatoes, pickled onions, brioche bun

25.00

NOTICE: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. This facility may use wheat, egg, soybeans, milk, peanuts, tree nuts, fish and shellfish. Please speak to your server regarding any allergen-related issues.

