

Starters

Chicken Livers 79

Tender chicken livers sautéed in a rich, spicy peri-peri sauce. A bold South African favourite.

Crumbed Mushrooms 110

Juicy button mushrooms coated in a crispy golden crumb. Served with creamy garlic or sweet chilli dipping sauce.

Calamari 99

Tender calamari rings, lightly grilled or golden-fried to perfection. Served with tangy tartar sauce and a fresh lemon wedge.

Chicken Winglets 95

8 Winglets tossed in BBQ or hot peri-peri glaze.

Mussels 95

Fresh black mussels steamed in a creamy garlic and white wine sauce. Served with toasted bread for dipping.

Snails 99

Delicately prepared in a rich garlic butter sauce, oven-baked and topped with melted cheese. A classic indulgence for true flavour lovers.

Beef Trinchado 138

Tender beef cubes sautéed in a rich, garlicky sauce with a hint of chili, served with fresh bread

Nachos 135

Crispy tortilla chips topped with melted cheese and fresh salsa, served with guacamole, sour cream, and jalapeños.

EASY EATING

Grilled Chicken 135

Grilled chicken breast with coarse salt, oregano & lemon served with avocado, served with a salad

Cajun chicken salad 129

Cajun spiced grilled chicken, Danish feta, peppadews, rocket, tomatoes, cucumber, olives, mixed lettuce & salad dressing

Flame & Cellar Delight Salad 149

Thinly sliced sirloin steak, avocado, Danish feta, red onion, mixed leaves topped with balsamic reduction.

Greek Salad 105

Tomatoes, Cucumber, Red onions, Olives & Danish Feta & Mixed Leaves

Choice of sourdough, white, brown bread. Served with side of choice.

Toasted Bacon, Egg & Cheese 82

Bacon, Fried Egg & Gouda Cheese

Ham, Cheese & Tomato 73

Ham, Gouda cheese, Tomato

Chicken Mayo 83

Shredded chicken mayo, mozzarella & chives

Avocado & Bacon 80

Avocado, mozzarella & bacon

Flame & Cellar

Grills

All steaks are matured for atleast 14 days.
Pepper Crust or Signature Flame & Cellar basting

Sirloin 200g 169
Sirloin 300g 223

Fillet 200g 249
Fillet 300g 345

Ribeye 300g 275

T- Bone 350g 230
T- Bone 500g 310

Stetson Rump 500g 350

Add a sauce of your choice

Peppercorn 38

Mushroom 38

Creamy Garlic 38

Aged Gouda Cheese 38

Peri -Peri 38

Compound Herb Butter 35

Chimichurri 35

Bone Marow 35

SPECIALITIES

Served with one side of choice.

Lamb shank 289

Braised lamb shank in a deep, savoury jus.

Eisbein 189

Crispy pork knuckle, slow - roasted to perfection.

Lamb chops 315

Grilled lamb chops, tender and flavourful.

Beef Ribs 299

500g slow - braised beef ribs in a smoky glaze.

Pork Ribs 240

500g Pork ribs slow - braised pork ribs in a smoky glaze.

Beef Curry 189

Slow - cooked beef in a rich, spiced gravy.

Lamb curry 189

Tender lamb in a bold, traditional curry sauce.

SIDES

39

F&C Cut Fries
Spinach & Butternut
Baked Potato

Mashed Potatoes
Basmati Rice
Sweet Potato Fries

Flame & Cellar

Poultry

Served with one side of choice

Chicken Schnitzel 148
Crispy crumbed chicken breast, golden-fried.
Served with a sauce of choice.

Chicken Winglets 189
16 Winglets tossed in your choice of BBQ,
hot peri-peri glaze.

**Chicken Cordon Bleu -
Hickory Ham** 179
Stuffed chicken breast with ham & cheese,
crumbed and fried. Served with a sauce of
choice.

Half Chicken 145
Flame-grilled half chicken, basted in your
choice of BBQ or peri-peri sauce, full of bold
flavour.

Full Spring Chicken 249
Whole spring chicken, flame-grilled to
perfection and expertly basted in your
choice of smoky BBQ or bold peri-peri
sauce, delivering rich, succulent flavour
throughout.

SEA FOOD

Served with one side of choice and one sauce of your choice: Lemon butter, Garlic Butter or Tar Tar

Hake 158
Lightly battered or grilled hake fillet.

Calamari 185
Tender calamari tubes grilled or fried.

Kingklip 235
Delicate kingklip fillet, grilled or pan-seared.

Platter for one 289
Portion of Hake, 3 queen prawns, 3 mussels
& calamari

Queen prawns 240
8 Grilled queen prawns in lemon butter or
peri-peri.

SIDES

39

**F&C Cut Fries
Spinach & Butternut
Baked Potato**

**Mashed Potatoes
Basmati Rice
Sweet Potato Fries**

Flame & Cellar

Burgers

Served with one side of choice

Flame & Cellar Classic 125
200g Beef patty, Tomato, Cheddar cheese
Salad leaves

Chicken Burger 125
Chicken Fillet & Mayo & Salad leaves

Wagyu Flame & Cellar Classic 159
200g Wagyu Beef Patty, Tomato, Cheddar
Cheese and Salad Leaves

Steak Roll 159
Thinly Cut Rump, Basil Pesto topped with
Danish feta and gouda cheese, served with a
sauce of your choice.

Bacon & Cheese 159
200g Beef patty, bacon, cheddar cheese

Create your own burger

Add any of the following toppings to your burger

Extra Beef Patty 59
Bacon 29
Gouda Cheese 19
Danish Feta 16
Fried Egg 14
Mushrooms 29

Jalapenos 16
Avocado 29
Cheese Sause 27
Mushroom Sause 27
Pineapple Ring 19

GRILL COMBOS

Served with one side of choice.

Ribs & Wings 240
250g Pork ribs & 8 winglets

Steak & Wings 230
200g Steak & 8 winglets

Wings & Calamari 220
8 Winglets & 125g Calamari

Steak & Prawns 240
200g Steak & 4 queen prawns

SIDES

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F&C Cut Fries
Spinach & Butternut
Baked Potato

Mashed Potatoes
Basmati Rice
Sweet Potato Fries

Flame & Cellar

Pizzas

Margarita 90
Mozzarella Cheese, Oregano

Regina 125
Hickory ham, Mushrooms & Mozzarella Cheese,

Bacon, Avo & Feta 165
Bacon, Avocado, Danish Feta & Mozzarella Cheese

Rib & Pineapple 155
Pork ribs, Pineapple, BBQ sauce & Mozzarella Cheese

Flame & Cellar 190
Beef rump, Mushrooms, Onions, BBQ sauce & Mozzarella Cheese

Mexicana 165
Mince, Mixed peppers, Red onion, Garlic, Cherry tomato, Garlic & Mozzarella Cheese

Vegetarian 125
Mixed peppers, Red onions, Mushrooms, Olives, Cherry tomato & Mozzarella Cheese

Four Seasons 160
Salami, Olives, Mixed peppers, Mushrooms & Mozzarella Cheese

Add extras to your pizza

Add any of the following topping to your pizza

Mince
Bacon
Rib
Ham
Pepperoni
Salami
Avocado
Mozzarella
Mushrooms

29

Jalapenos
Mixed Peppers
Pineapple Pieces
Danish Feta
Onion
Garlic

15

DESSERTS

Chocolate Volcano 89

Malva Pudding 79

Cream Brulee 79

Waffle & Ice cream 75

Ice Cream & Choc Sauce 65

Chocolate Brownie & Ice cream 69

Tiramisu 79

Flame & Cellar

Wines

CABERNET SAUVIGNON

Spier	237	Protea	219
Slanghoek	265	Ken Forrester Petit	195
Durbanville Hills	219	Merwida	359

PINOTAGE

Slanghoek	265	Ken Forrester Petit	205
Durbanville Hills	219	Lanzerac	495
Fat Bastard	349		

RED BLENDS

Laborie - Merlot Cab 1.5l	395	Slanghoek - Camerca	239
Laborie - Merlot Cab	233	Merwida - Barbera	359
Spier - Merlot Shiraz	237		

MERLOT

Laborie	233	Protea	219
Spier	237	Ken Forrester Petit	205
Durbanville Hills	219		

SHIRAZ

Laborie	233	Protea	219
Slanghoek	235	Fat Bastard	349

ROSE & SWEET RED

Laborie	220	Protea	219
Slanghoek - Vinay	189	Ken Forrester Petit	195

Flame & Cellar

Wines

CHARDONNAY

Spier	219	Fat Bastard	279
Laborie	209	Lanzerac	395
Durbanville Hills	219	Merwida	389

CHENIN BLANC

Laborie	209	Durbanville Hills	219
Spier	207	Ken Forrester Petit	195
Slanghoek	225	Merwida	245

SAUVIGNON BLANC

Laborie	209	Protea	219
Durbanville Hills	228	Fat Bastard	269
Slanghoek	239	Ken Forrester Petit	205
Merwida	279		

WHITE BLENDS

Spier - Chardonnay	219
Pinot Noir	

DESERT WINES

Slanghoek - Cape Ruby	289	Slanghoek - Hanepoot	299
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BUBBLY

Cap Classic Brut - Spier	435	Sauvignon Blanc - J.C. Le Roux	255
Cap Classic Brut - Spier	465	Bliss Demi - Graham Beck	575
Cuvee Brut Annebelle Non Al	243	Bliss Rose Nectar - Graham Beck	499
Honeysuckle - Durbanville Hills	275	Sauvignon Blanc - J.C. Le Roux	255
Sauvig Blanc - Durbanville Hills	275	Mimosa - Robertsons Winery	229

WINE BY GLASS

Robertsons White	35	Slanghoek Cape Ruby	45
Robertsons Red	35	Slanghoek Hanepoot	45

Flame & Cellar

Drinks

HOT DRINKS

Cappuccino	46	Americano	39
Cafe Latte	48	Hot chocolate	47
Espresso	26	Milo	47
Mocha	54	Rooibos Tea	32
Green Tea	32	English Tea	32
Chai Latte	47		

ICED COFFEES

Iced Cappuccino	45	Hazelnut Iced Coffee	55
Iced Americano	39	Vanilla Iced Coffee	55
Caramel Iced Coffee	55	Coffee Freezo	58
Chocolate Freezo	58		

MILKSHAKES

Classic Milkshake	48	Gourmet Milkshake	58
Chocolate, Strawberry, Vanilla, Bubblegum		Coffee, Nutella, Oreo	
Frullatta	58		
Strawberry, Fruit cocktail, Mango			

CORDIALS

Cola Tonic	12	Lime	12
Passion Fruit	12		

SOFT DRINKS

Sodas	28	Juice	38
Coke, Coke Zero, Fanta Orange, Sprite, Stoney, Crème Soda		Orange, Mango or Fruit Cocktail	
Mineral Water - 500ml	24	Mixers	28
Mineral Water - 1L	49	Tonic, Pink Tonic, Tonic Zero, Soda Water, Dry lemon, Ginger Ale, Lemonade,	
Redbull	42	Steel Works	59
Appletizer & Grapetizer	42	Rock Shandy	59
Ice Tea	28		

Flame & Cellar

Liquor

COCKTAILS

Strawberry Daiquiri	79	Magarita	76
Bacardi Rum, Fruit puree & squeeze of Lime		Tequila, Lime, Triple Sec, Vodka & Salt	
Pina Colada	79	Bloody Mary	87
Bacardi Rum, Pina Colada & Coconut cream		Vodka, Tomato Juice, Tabasco & Celery	
Mojito	76	Sex on the Beach	79
Bacardi Rum, Mint, Soda Water & Lemon		Vodka, Peach, Cranberry & Orange Juice	
Cosmopolitan	68	Tequila Sunrise	75
Vodka, Triple Sec, Lime, Cranberry Juice		Grenadine, Tequila & Orange Juice	

BEERS & CIDERS

Castle Lite Draught 500ml	42	Stella Artois	40
Castle Lite Draught 300ml	32	Windhoek Draught	43
Stella Artois Draught 500ml	50	Windhoek Lager	43
Stella Artois Draught 300ml	40	Savanna Dry, Light	41
Castle Lite	32	Hunter Dry, Gold	41
Black Label	38	Flying Fish Lemon	38
Buffelsfontein & Cola	42	Heineken Zero	38

SPIRITS

Jack Daniels	34	Hennessy VS	62
Jameson	38	Smirnoff Vodka	21
Bells	38	Sky Vodka	28
Johnnie Walker Black	29	Gordons Gin	23
Captain Morgan Spiced	27	Bombay Sapphire Gin	44
Captain Morgan Dark	32	Olmecca Silver	46
Bacardi White Rum	26	Olmecca Gold	48
Klipdrift Premium	29	Jägermeister	30
Richelieu Brandy	25		
Buffelsfontein Brandy	25		

DOM PEDRO

Kahlua	85	Jameson	85
Amarula	79	Cape Velvet	79

IRISH COFFEE

Jameson	65	Bells	61
Jack Daniels	65		

Flame & Cellar

Kiddies

KIDDIES

Margarita Pizza

70

Mozzarella Cheese, Oregano

Chicken Strips & Fries

65

Crispy chicken strips served with fries and a dipping sauce.

Fish Fingers & Fries

65

Crispy golden fish fingers, served with fries and a tasty dipping sauce.

Kiddies Burger

85

100g Pure Beef or Chicken patty

Cheese Griller & Fries

65

Juicy cheese griller served with crispy fries and a tasty dipping sauce.

Add extras to your pizza

Add any of the following topping to your pizza

Mince
Bacon
Rib
Ham
Pepperoni
Salami
Avocado
Mozzarella
Mushrooms

29

Jalapenos
Mixed Peppers
Pineapple Pieces
Danish Feta
Onion
Garlic

15

SIDES

39

F&C Cut Fries
Spinach & Butternut
Baked Potato

Mashed Potatoes
Basmati Rice
Sweet Potato Fries

Flame & Cellar