

Welcome



FLAMES

EATERY & BAR

Enjoy

MANAGEMENT & STAFF

FLAME-TINIS 11.00

88 MARTINI

VODKA & EXTRA DRY VERMOUTH

PINK GRAPEFRUIT COSMO

ABSOLUT RUBY RED VODKA, DEKUYPER,
TRIPLE SEC, GRAPEFRUIT JUICE, LIME JUICE,
CHERRY SYRUP, SALTED SUGAR RIM

SOUR APPLE

VODKA, SOUR APPLE PUCKER AND
MELON LIQUEUR

X ON THE BEACH

X-Rated Mango & Blood Orange Liqueur,
Cruzan Passionfruit Rum,
Pineapple, Orange Juice, Grenadine

FIRECRACKER

TEQUILA, CITRONGE LIQUEUR, MANGO PURÉE,
LIME JUICE, CAYENNE SUGAR RIM

LEMON DROP MARTINI

CITRON VODKA, TRIPLE SEC,
FRESH LEMON JUICE, SUGAR RIM

COOLERS 10.00

CLASSIC MOJITO

LIME SYRUP, LIME JUICE, BROWN SUGAR,
MINT AND RUM

COCONUT MOJITO

CRUZAN COCONUT RUM, FRESH MINT,
BROWN SUGAR AND SIERRA MIST

MOSCOW MULE

VODKA, GINGER BEER, FRESH LIME JUICE

TIC TAC

VODKA, ORANGE JUICE, RED BULL
AND GRENADINE

FLAME-RITAS 11.00

CADILLAC

FRESH LIME AND FLOAT OF
ORANGE LIQUEUR AND TEQUILA
ON THE ROCKS OR BLENDED

WATERMELON

COINTREAU, WATERMELON AND
LIME JUICE AND TEQUILA.
ON THE ROCKS OR BLENDED

POMEGRANATE

COINTREAU POMEGRANATE AND
LIME JUICE TEQUILA.
ON THE ROCKS OR BLENDED

BLENDED COCKTAILS 10.00

STRAWBERRY LAVA COLADA

A DELICIOUS BLEND OF RUM,
STRAWBERRY PURÉE,
AND COCONUT

LAVA LAMP

CRUZAN COCONUT RUM,
PINEAPPLE, AMARETTO,
RASPBERRY PURÉE,

STRAWBERRY BLAST

VODKA, AMARETTO,
STRAWBERRY PURÉE,
AND PIÑA COLADA

FREEZES

16 OZ. 8.00 / HAPPY HOUR 6.00

SHARKARITA OR SMOOTH MOVE

SPARTAN SWIRL

SHARKARITA AND SMOOTH MOVE
MIXED TOGETHER

BOTTOMLESS MIMOSA 14.95

SATURDAY AND SUNDAY ONLY - 9 AM - 2 PM

AVAILABLE ONLY WITH THE PURCHASE OF A FOOD ENTRÉE

PITCHER OF MIMOSA 26.00

DRAUGHT BEERS

16 OZ 6.50 22 OZ 8.00

PITCHER OF ANY DRAUGHT BEER 20.00

PACIFICO

SHOCK TOP

SIERRA NEVADA PALE ALE

SPACE DUST PALE ALE IPA

10 BARREL APOCALYPS IPA

STELLA ARTOIS

BOTTLED BEERS 6.50

MODELO

HEINEKEN

BUDWEISER

GUINNESS

BUD LIGHT

ANGRY ORCHARD
CRISP APPLE HARD CIDER

CORONA

ST. PAULI GIRL
NON-ALCOHOLIC

NEGRA MODELO

WINE LIST

	GLASS	BOTTLE
CHAMPAGNE	6.50	18.00
WHITE		
*VISTA POINT CHARDONNAY SONOMA	6.50	24.00
BLACKSTONE CHARDONNAY SIERRA FOOTHILLS	7.00	26.00
ROBERT MONDAVI CHARDONNAY NAPA VALLEY	8.50	32.00
OYSTER BAY SAUVIGNON BLANC NEW ZEALAND	7.50	28.00
RUFFINO PINO GRIGIO ITALY	6.50	24.00
KENWOOD WHITE ZINFANDEL CALIFORNIA	6.50	24.00
RED		
*VISTA POINT MERLOT CALIFORNIA	6.00	22.00
ROBERT MONDAVI MERLOT NAPA VALLEY	8.50	32.00
ESTANCIA MERLOT MONTEREY	9.00	34.00
ESTANCIA PINOT NOIR MONTEREY	8.00	30.00
ROBERT MONDAVI CABERNET SAUVIGNON NAPA VALLEY	8.50	32.00
VISTA POINT CABERNET SAUVIGNON CALIFORNIA	6.00	22.00
ESTANCIA CABERNET SAUVIGNON CALIFORNIA	8.00	30.00
CHARLES KRUG CABERNET SAUVIGNON YOUNTVILLE	10.00	38.00

*FLAMES HOUSE SELECTION

WAKE-UP CALL

FLAMES MIMOSA 6.50

CHAMPAGNE AND ORANGE JUICE

IRISH COFFEE 8.00

JAMESON, BAILEY'S AND WHIPPED CREAM

FLAMES CHAVELA 9.00

*BEER AND LIME JUICE SERVED IN A 22 OZ MUG
WITH A SALTED RIM*

CLASSIC BLOODY MARY 7.00

*VODKA, LIME JUICE AND HORSERADISH
SERVED "FLAMES SPICY" WITH TABASCO,
WORCESTERSHIRE AND GARNISH*

MEXICAN COFFEE 8.00

TEQUILA, KAHLUA, COFFEE AND WHIPPED CREAM

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FLAMES MICHELADA 9.00

*CLAMATO, BEER AND LIME JUICE,
SERVED IN A 22 OZ MUG WITH A TAJIN RIM*

BITES & SIDES

HOT OATMEAL 6.95

*WITH STRAWBERRIES (SEASONAL)
OR BANANA 7.95*

CALIFORNIA FRESH FRUIT BOWL 7.00

**COUNTRY STYLE BISCUITS
AND GRAVY 6.50**

ONE EGG (ANY STYLE) 3.50

TWO EGGS (ANY STYLE) 4.95

**HASH BROWNS OR
COUNTRY POTATOES 5.00**

BACON OR SAUSAGE 6.50

CANADIAN BACON 6.50

LINGUICA 6.50

CORNED BEEF HASH 6.50

ITALIAN SAUSAGE 6.50

COUNTRY SAUSAGE 6.50

**SMOKED CHICKEN
APPLE SAUSAGE 7.00**

BUTTERED TOAST 2.95

EGGSACTLY HOW YOU LIKE IT

WITH CHOICE OF TOAST AND HASH BROWNS OR HOME FRIES OR FRUIT OR COTTAGE CHEESE

TWO EGGS 8.95

CORNED BEEF HASH AND EGGS 12.95

**HAM OR BACON OR SAUSAGE
OR LINGUICA AND EGGS 12.95**

**COUNTRY SAUSAGE OR
CANADIAN BACON AND EGGS 12.95**

ITALIAN SAUSAGE AND EGGS 12.95

**SMOKED CHICKEN APPLE SAUSAGE
AND EGGS 13.50**

BREAKFAST SPECIALS

BREAKFAST SANDWICH 12.95

HAM, BACON, FRIED EGG, TOMATO,
CHEDDAR CHEESE AND MAYO ON SOURDOUGH
TOAST WITH HASH BROWN POTATOES

SKIRT STEAK AND EGGS 18.95

THREE EGGS ANY STYLE, HASH BROWNS AND TOAST

NEW YORK STEAK AND EGGS 17.95

THREE EGGS ANY STYLE, HASH BROWNS
AND TOAST

COUNTRY BREAKFAST SPECIAL 13.95

TWO EGGS ANY STYLE, TWO STRIPS OF BACON,
TWO SAUSAGES, HASH BROWNS AND COUNTRY STYLE
BISCUITS AND GRAVY OR TWO PANCAKES

PORK CHOPS AND EGGS 15.50

SERVED WITH TWO EGGS ANY STYLE,
HASH BROWNS AND BISCUITS AND GRAVY

CHICKEN FRIED STEAK AND EGGS 15.50

SERVED WITH TWO EGGS ANY STYLE,
HASH BROWNS AND BISCUITS AND GRAVY

MORNING QUESADILLA 12.95

FLOUR TORTILLA, SCRAMBLED EGGS, BACON,
PEPPERS, ONIONS, BLACK BEANS, CILANTRO,
CHEDDAR AND JACK CHEESE, SERVED WITH
GUACAMOLE, SOUR CREAM AND SALSA

BREAKFAST BURRITO 12.95

SCRAMBLED EGG, MEXICAN CHORIZO, GREEN CHILIES,
TOMATOES, CHEDDAR CHEESE IN FLOUR TORTILLA,
SERVED WITH GUACAMOLE, SOUR CREAM,
SALSA AND REFRIED BEANS

CHILAQUILES 12.95

SCRAMBLED EGGS WITH TORTILLA CHIPS,
CHORIZO, ONIONS AND QUESO FRESCO,
TOSSED WITH SPECIAL RED SAUCE 12⁹⁵



SCRAMBLES

DICED HAM OR MEXICAN CHORIZO 11.95

SERVED WITH HASH BROWNS OR
COUNTRY POTATOES AND TOAST

TAMPICO 12.95

CORN TORTILLAS, SCRAMBLED EGGS, DICED CHORIZO,
PEPPERS, ONIONS, JACK AND CHEDDAR CHEESE,
WITH SALSA FRESCA, SERVED WITH REFRIED BEANS,
SOUR CREAM AND GUACAMOLE

FITNESS 13.50

EGG WHITES SCRAMBLED WITH MUSHROOMS,
BROCCOLI, DICED TOMATOES AND CHICKEN BREAST,
SERVED WITH FRUIT AND TOAST

JOE'S 12.95

GROUND SIRLOIN, SPINACH, MUSHROOMS AND EGGS,
SERVED WITH HASH BROWNS OR
COUNTRY POTATOES AND TOAST

VEGGIE 12.95

ASSORTED FRESH VEGETABLES, SCRAMBLED EGGS,
CHEDDAR CHEESE AND ZESTY SALSA,
SERVED WITH HASH BROWNS OR
COUNTRY POTATOES AND TOAST

SOUTHERN 12.95

TWO BISCUITS TOPPED WITH COUNTRY SAUSAGE,
SCRAMBLED EGGS AND COUNTRY GRAVY,
SERVED WITH HASH BROWNS OR
COUNTRY POTATOES

DOWNTOWN 12.95

CHORIZO, AVOCADO, GREEN CHILIES, ONIONS, CHEESE AND SOUR CREAM,
WITH FRESH SALSA, SERVED WITH HASH BROWNS AND TOAST

GET BEN-ADDICTED

SERVED WITH FRESH FRUIT OR HASH BROWNS OR COUNTRY POTATOES



CRABCAKE 12.95

ENGLISH MUFFIN, CRAB CAKES,
TWO POACHED EGGS AND HOLLANDAISE SAUCE

CALIFORNIA 12.95

ENGLISH MUFFIN, STRIPS OF BACON, AVOCADO,
TOMATOES, TWO POACHED EGGS AND
HOLLANDAISE SAUCE

TRADITIONAL 12.95

ENGLISH MUFFIN, CANADIAN BACON,
TWO POACHED EGGS AND HOLLANDAISE SAUCE

VEGGIE 12.95

ENGLISH MUFFIN, SPINACH, EGGPLANT,
TOMATOES AND POACHED EGGS

PANCAKES

SHORT STACK 7.95

THREE BUTTERMILK PANCAKES
WITH HAM OR BACON OR SAUSAGE 11.50

CHOCOLATE CHIP PANCAKES 9.95

THREE PANCAKES FILLED WITH SEMI-SWEET
CHOCOLATE CHIPS, WHIPPED CREAM,
POWDERED SUGAR AND MORE CHOCOLATE CHIPS

FRESH FRUIT PANCAKE 10.95

PANCAKE COMBO 11.95

TWO BACON OR TWO SAUSAGE AND TWO EGGS ANY STYLE
WITH TWO BUTTERMILK PANCAKES



WAFFLES

SERVED UNTIL 3:00 PM ONLY

BELGIAN 7.50

WITH HAM OR BACON OR SAUSAGE 11.50

BELGIAN TRADITIONAL 11.95

TWO EGGS AND CHOICE OF HAM OR BACON
OR SAUSAGE

NUTELLA 11.50

NUTELLA, STRAWBERRIES, WHIPPED CREAM
AND POWDERED SUGAR

CHICKEN AND WAFFLE 13.95

WITH BREADED FRIED CHICKEN BREAST

FRENCH TOAST



FRENCH TOAST 8.95

WITH HAM OR BACON OR SAUSAGE 11.95

FRENCH TOAST COMBO 12.95

SLICES OF FRENCH TOAST, TWO EGGS AND
CHOICE OF HAM OR BACON OR SAUSAGE

CARAMEL-BANANA FRENCH TOAST 12.95

TOPPED WITH SLICED BANANAS, CARAMEL,
AND WHIPPED CREAM, DUSTED WITH
POWDERED SUGAR

NUTELLA BANANA 12.50

CINNAMONSTER 12.95

OUR GIANT FRESHLY BAKED CINNAMON ROLL DIPPED IN A VANILLA CREAM AND CINNAMON EGG BATTER
AND GRILLED JUST RIGHT. SERVED WITH TWO EGGS ANY STYLE AND CHOICE OF BACON OR SAUSAGE

CREPES

NUTELLA 11.95

SERVED WITH STRAWBERRIES AND
WHIPPED CREAM

HAM AND CHEESE 12.95

SCRAMBLED EGGS, DICED HAM
AND CHEDDAR CHEESE, HOLLANDAISE SAUCE

SEAFOOD 12.95

SCRAMBLED EGGS, SHRIMP, SALMON
AND SPINACH, HOLLANDAISE SAUCE

SANTA FE 12.95

SCRAMBLED EGGS, CHICKEN APPLE SAUSAGE,
ORTEGA CHILI AND GREEN ONION,
HOLLANDAISE SAUCE

PAN SKILLETS

SERVED WITH COUNTRY POTATOES AND CHOICE OF TOAST

IRISH 13.95

CORNED BEEF, RED ONION, JACK CHEESE,
PARSLEY AND A TOUCH OF HORSERADISH
AND TWO EGGS ANY STYLE

MEXICAN 13.95

CHORIZO, MUSHROOMS, ONIONS,
GREEN PEPPERS AND QUESO FRESCO,
TOPPED WITH TWO EGGS ANY STYLE

CHICKEN 13.95

BREAST OF CHICKEN, ONION, MUSHROOMS,
TOMATO, CHEDDAR CHEESE AND
TWO EGGS ANY STYLE

FARMERS 13.95

DICED HAM, ONION, MUSHROOMS, GREEN PEPPER,
SHREDDED JACK AND CHEDDAR CHEESE,
SERVED WITH TWO EGGS ANY STYLE AND SALSA



EGG-CEPTIONAL OMELETTES

SERVED WITH HASH BROWNS OR COUNTRY POTATOES OR FRUIT OR COTTAGE CHEESE AND CHOICE OF TOAST
EGG WHITES AVAILABLE \$1.25

PLAIN 8.95

IRONMAN 11.95

EGG WHITES, TURKEY BREAST, TOMATO,
SPINACH AND SWISS CHEESE

DENVER 10.95

DICED HAM, CHOPPED BELL PEPPERS,
ONIONS AND CHEESE

MASERATI 13.95

SAUSAGE, MUSHROOMS, AMERICAN AND
JACK CHEESE, ITALIAN MEAT SAUCE,
SPRINKLED WITH FRESHLY GRATED
PARMESAN CHEESE

THE WORKS 13.95

HAM, BACON AND SAUSAGE, TOPPED WITH
AMERICAN, JACK AND CHEDDAR CHEESE

GREEK 11.50

FETA CHEESE, FRESH SPINACH, TOMATO,
BELL PEPPER, ONIONS AND GYROS

VEGGIE 12.95

STUFFED WITH ONION, ZUCCHINI, MUSHROOM,
SPINACH, AND TOMATO, TOPPED WITH
AMERICAN CHEESE

TEX-MEX 12.50

JALAPEÑO, AVOCADO, BLACK OLIVES, SOUR CREAM,
AND JACK CHEESE TOPPED WITH SALSA,
YOUR CHOICE OF TWO CORN TORTILLAS OR TOAST

MEXICAN 12.95

CHORIZO, ONION, BELL PEPPER, JALAPEÑO,
QUESO FRESCO, SALSA AND SOUR CREAM

CALIFORNIA 13.95

AVOCADO, MUSHROOMS, GREEN ONIONS,
TOMATOES AND A TOUCH OF GARLIC,
SOUR CREAM, WITH SWISS,
JACK AND CHEDDAR CHEESE



BUILD YOUR OWN

START WITH A PLAIN OMELETTE AND ADD INGREDIENTS TO BUILD YOUR OWN.
EACH INGREDIENT ADD \$1.00

TOMATOES
ORTEGA CHILIES
ONIONS
AVOCADO
BELL PEPPERS
OLIVES
MUSHROOMS
SPINACH
ZUCCHINI
ARTICHOKE
JALAPEÑOS

ITALIAN SAUSAGE
CANADIAN BACON
LINGUICA
CHICKEN
HAM
CHORIZO
BACON
SAUSAGE
GROUND BEEF

AMERICAN
SWISS
CHEDDAR
JACK
FETA
MARINARA SAUCE
SALSA
MEAT SAUCE
SPANISH SAUCE
HOLLANDAISE
GUACAMOLE
SOUR CREAM

APPETIZERS

FRIED CALAMARI 10.95

CHIPOTLE DIPPING

FRIED MOZZARELLA STICKS 9.50

WITH MARINARA SAUCE

FRIED CHEESE RAVIOLI 10.95

WITH MARINARA SAUCE

FRIED ZUCCHINI 8.95

GARLIC FRIES 6.95

SWEET POTATO FRIES 7.95

WITH CHIPOTLE DIPPING

CHILI CHEESE FRIES 9.95

ONION RINGS 8.50

CHICKEN TENDERS 9.95

SLIDERS 11.95

*WITH SAUTEED ONIONS,
LETTUCE AND TOMATO*

MINI CHICKEN CORN DOGS 7.95

HOT CHICKEN WINGS 10.95

CHICKEN POTSTICKERS 11.50

*CHICKEN, GREEN ONION, GINGER AND GARLIC,
WITH SOY GINGER SAUCE,
GARNISHED WITH GREEN ONIONS
AND SESAME SEEDS*

TERIYAKI CHICKEN SKEWERS 11.50

*MARINATED CHICKEN IN TERIYAKI SAUCE
WITH GREEN AND RED PEPPERS*

SPINACH ARTICHOKE DIP 10.95

*SPINACH, ARTICHOKE HEARTS AND
GARLIC, SERVED HOT WITH TORTILLA CHIPS*



NACHOS DE FLAMES 9.95

*REFRIED BEANS, JALAPEÑOS, SOUR CREAM,
SALSA AND NACHO CHEESE
WITH CHICKEN OR STEAK ADD 3.00*

JALAPEÑO POPPERS 9.95

CHEESE QUESADILLA 9.50

*FLOUR TORTILLA WITH MELTED CHEESE,
SERVED WITH GUACAMOLE,
SOUR CREAM AND SALSA*

PARMESAN CRUSTED QUESADILLA 12.50

*CHICKEN, CARAMELIZED ONIONS, SLICED APPLES,
JACK, CHEDDAR AND PARMESAN CHEESE*

TAQUITOS 9.95

*CORN TORTILLA FILLED WITH CHICKEN
AND VEGETABLES AND DEEP-FRIED*

FLAMES CEVICHE 12.95

*PRAWNS, BAY SHRIMP, TOMATOES, ONIONS,
JALAPEÑOS, SEASONED WITH CILANTRO,
LIME JUICE AND AVOCADO,
SERVED WITH TORTILLA CHIPS*

PITA PLATTER 9.95

HUMMUS, FALAFEL AND TZATZIKI

MINI CHEESE OR PEPPERONI PIZZA 9.95

BRUSCHETTA 9.95

*TOMATOES WITH GARLIC, BASIL,
OLIVE OIL AND VINEGAR, SERVED ON
TOASTED BREAD WITH MELTED MOZZARELLA*

SOUP AND SALADS

SOUP OF THE DAY
CUP 4.50 BOWL 5.50

CHINESE CHICKEN SALAD 13.50
HALF SIZE 9.95

*SPRING MIX, NAPA CABBAGE, RED BELL PEPPERS, CARROTS, TANGERINES, PEANUTS, CILANTRO,
RED ONION, TOPPED WITH ASIAN DRESSING AND CRISPY RICE NOODLES*

BEET SALAD 12.95
MIXED GREENS, RED AND YELLOW BEETS, TOMATO AND CHICKEN

CHEF SALAD 13.50
HALF SIZE 9.95

HAM, TURKEY, CHEESE, HARD-BOILED EGG AND TOMATO WEDGES

CHICKEN, BLUE CHEESE AND WALNUT SALAD 13.50
HALF SIZE AVAILABLE 9.95

*SPRING MIX, CRUMBLLED BLUE CHEESE, DRIED CRANBERRIES, WALNUTS,
BACON AND TOMATOES WITH BALSAMIC VINAIGRETTE DRESSING*

TACO SALAD 13.95

*STEAK OR CHICKEN, MIXED GREENS, AVOCADO, TOMATO, CHEDDAR AND JACK CHEESE, BLACK BEANS,
CORN AND TORTILLA CHIPS SERVED WITH SOUR CREAM IN A FLOUR TORTILLA SHELL*

FRESH SALMON SALAD 17.95

*MIXED GREENS WITH SALMON, AVOCADO, TOMATOES, RED ONIONS,
KALAMATA OLIVES AND BALSAMIC VINAIGRETTE DRESSING*

CAESAR SALAD 10.50

*CROUTONS, PARMESAN CHEESE AND CAESAR DRESSING
WITH CHICKEN OR CALAMARI OR CAJUN STYLE STEAK ADD \$4.00*



BURGERS

SERVED WITH YOUR CHOICE OF FRENCH FRIES OR COTTAGE CHEESE OR POTATO SALAD OR COLE SLAW OR FRUIT OR GREEN SALAD OR CUP OF SOUP. *SUBSTITUTE TURKEY OR VEGGIE PATTY WITH ANY BURGER*

PATTY MELT 12.95

ON GRILLED MARBLE RYE BREAD WITH SWISS CHEESE, GRILLED ONIONS AND THOUSAND ISLAND DRESSING

CLASSIC 11.95

1/2 POUND ANGUS BEEF PATTY

CALI 13.50

AVOCADO, CRISP SMOKED BACON AND AMERICAN CHEESE

BBQ 13.50

BRUSHED WITH OUR CHIPOTLE BBQ SAUCE, TOPPED WITH CHEDDAR CHEESE AND CRISP BACON



BUILD YOUR OWN 11.95

ADD \$1.00 FOR EACH ADDITIONAL ITEM:
CHEESE, AVOCADO, BACON, MUSHROOMS,
ORTEGA CHILI AND MORE

PIZZA

PEPPERONI 13.95

PEPPERONI, MOZZARELLA CHEESE AND OUR TOMATO SAUCE

CHEESE COMBO 12.95

MOZZARELLA, CHEDDAR, JACK AND PARMESAN CHEESE

VEGGIE 13.95

MUSHROOMS, TOMATOES, EGGPLANT AND ARTICHOKE HEARTS

ITALIAN 13.95

SAUSAGE, PEPPERONI AND MOZZARELLA CHEESE

CHICKEN 13.95

CHICKEN, PESTO, SPINACH, TOMATOES AND MOZZARELLA CHEESE

MEAT LOVERS 13.95

PEPPERONI, SAUSAGE, LINGUICA, HAM, BACON, MUSHROOMS AND MOZZARELLA CHEESE

BARBECUE CHICKEN 13.95

BARBECUE CHICKEN, MOZZARELLA CHEESE, BARBECUE SAUCE, SLICED RED ONIONS AND CILANTRO

LOW CARB

LOW CAL 3/4 LB GROUND SIRLOIN PATTY 17.95

WITH COTTAGE CHEESE, TOMATO, HARD-BOILED EGG AND FRESH FRUIT

LOW CAL SKIRT STEAK 19.95

SERVED WITH SAUTÉED SPINACH

LOW CARB BROILED CHICKEN 17.95

SERVED WITH SAUTÉED SPINACH

LOW CARB SALMON 19.95

SERVED WITH SAUTÉED SPINACH

SANDWICH BOARD

ALL SANDWICHES ARE SERVED WITH YOUR CHOICE OF FRENCH FRIES OR COTTAGE CHEESE OR POTATO SALAD OR COLE SLAW OR FRUIT OR GREEN SALAD OR CUP OF SOUP

FRENCH DIP 12.95

SLICED NY STEAK TOPPED WITH MONTEREY JACK CHEESE AND GRILLED ONIONS ON A TOASTED FRENCH ROLL, SERVED AU JUS

BLT 9.50

CRISP SMOKED BACON, LETTUCE, TOMATO AND MAYONNAISE

THE BIG TUNA 12.95

ALBCORE TUNA SALAD AND MELTED AMERICAN CHEESE ON GRILLED SOURDOUGH BREAD

GRILLED CHEESE 8.95

WITH HAM OR BACON 10.95

SKIRT STEAK SANDWICH 16.95

ON A GRILLED FRENCH ROLL

TURKEY CLUB 11.95

ROASTED TURKEY, CRISP SMOKED BACON, LETTUCE, TOMATO AND MAYONNAISE, CHOICE OF TOAST

FALAFEL PLATE 11.95

GREEK SALAD, HUMMUS, PITA BREAD AND TZATZIKI

CORNED BEEF REUBEN 11.95

THIN SLICES OF CORNED BEEF, SWISS CHEESE, SOURKRAUT, GRILLED ON MARBLE RYE

TURKEY ACAPULCO 12.95

SLICED TURKEY WITH ORTEGA CHILIES, AVOCADO AND MELTED JACK CHEESE ON GRILLED SOURDOUGH BREAD

BROILED CHICKEN AND AVOCADO SANDWICH 13.95

CHICKEN BREAST, CHEDDAR CHEESE, BACON AND AVOCADO ON A TOASTED BUN

PHILLY CHEESE STEAK 12.95

CHICKEN OR STEAK WITH PEPPERS, MUSHROOMS, ONIONS AND CHEESE

CHICKEN OR BEEF GYRO 11.95

SERVED ON GREEK PITA BREAD WITH TOMATOES, ONIONS, TZATZIKI

VEGGIE WRAP 11.95

ASSORTED VEGETABLES AND LETTUCE IN PITA WITH TZATZIKI

VEGAN WRAP 11.95

ASSORTED VEGETABLES, HUMMUS, LETTUCE, IN A SPINACH OR TOMATO TORTILLA



CHICKEN

ALL PASTA ENTREES INCLUDE SOUP OF THE DAY OR SALAD

HALF-ROASTED CHICKEN 16.95

MARINATED AND ROASTED,
WITH MASHED POTATOES OR RICE AND VEGETABLE

CHICKEN MARSALA AND MUSHROOMS 16.95

BREAST OF CHICKEN IN MARSALA WINE
WITH CHOICE OF MASHED POTATO OR
RICE AND VEGETABLE

STIR-FRY CHICKEN 15.95

STRIPS OF CHICKEN STIR-FRIED WITH BROCCOLI,
MUSHROOMS, PEA PODS, ZUCCHINI, PEPPERS,
SPROUTS, ONIONS AND WHITE RICE

CHICKEN BELLINI 15.95

CHICKEN, PEAS, ZUCCHINI,
MUSHROOMS IN A LEMON-BUTTER SAUCE
WITH CHOICE OF MASHED POTATO OR
RICE AND VEGETABLE



CHICKEN SOUVLAKI PLATE 15.95

MARINATED CHICKEN SKEWERED, BROILED,
SERVED WITH RICE, GREEK SALAD,
PITA BREAD AND TZATSIKI

PASTA

ALL PASTA ENTREES INCLUDE SOUP OF THE DAY OR SALAD

SPAGHETTI WITH MEAT SAUCE 11.95 WITH MEATBALLS (2) ADD \$4

SUN-DRIED TOMATO AND BASIL 15.95
LINGUINI PASTA SAUTEED WITH STRIPS OF CHICKEN,
SPINACH, GARLIC AND FETA CHEESE IN A
LIGHT CREAMY SUN-DRIED TOMATO PESTO SAUCE

BAKED LASAGNA 13.95

ITALIAN SAUSAGE, GROUND BEEF, FRESH HERBS,
MOZZARELLA AND RICOTTA CHEESE,

FETTUCCHINE ALFREDO WITH ROASTED GARLIC 12.95

WITH CHICKEN OR SHRIMP ADD 3.50

BAKED MOUSSAKA 14.95 (VEGETARIAN)

LAYERED EGGPLANT, ZUCCHINI AND POTATO
WITH HERBED MARINARA SAUCE,
TOPPED WITH BECHEMAL SAUCE

LINGUINE LEONARDO 15.95

SAUTEED CHICKEN BREAST, MUSHROOMS,
SUN-DRIED TOMATOES, SPINACH,
GARLIC, OLIVE OIL, WINE AND
A LIGHT CREAM SAUCE

FETTUCCHINE JAMBALAYA 15.50

PRAWNS, CHICKEN AND ANDOUILLE SAUSAGE
IN CREOLE SAUCE

NEW! PASTICHIO 14.95

BAKED GREEK NOODLES, MEAT AND
BECHEMAL SAUCE WITH A HINT OF CINNAMON



STEAKS, CHOPS AND MORE

ENTREES INCLUDE SOUP OR SALAD, VEGETABLE AND YOUR CHOICE OF RICE OR MASHED POTATOES OR FRENCH FRIES

CHICKEN FRIED STEAK 15.95

WITH HOMEMADE COUNTRY GRAVY

NEW YORK STEAK 23.95

BROILED TO ORDER--THE WAY YOU LIKE IT!

SKIRT STEAK 19.95

GRILLED PORK CHOPS 16.95

TWO THICK PORK CHOPS
SERVED WITH APPLE SAUCE

BRAISED LAMB SHANK 21.95

SLOW-COOKED, TENDER LAMB SHANK



SEAFOOD

ENTREES INCLUDE SOUP OR SALAD

FISH 'N' CHIPS 15.95

MADE TO ORDER, SERVED
WITH FRENCH FRIES AND COLE SLAW

TILAPIA 13.95

TOPPED WITH A DELICIOUS LEMON-SHRIMP SAUCE,
SERVED WITH CHOICE OF MASHED POTATO OR
RICE AND VEGETABLE

BROILED SALMON 19.95

WITH CAPERS, SHRIMP, CHIVES, AND FRESH DILL SAUCE,
CHOICE OF MASHED POTATO OR RICE
AND VEGETABLE



DINNER SIDES

FRENCH FRIES 4.95

VEGETABLES 4.95

FRESH MUSHROOMS 4.50

MASHED POTATOES 4.95

WHITE RICE OR RICE PILAF 4.95

DRINKS

HOT CHOCOLATE 3.95

HOT TEA 3.35

FRESH BREWED COFFEE 3.35

**FRESH BREWED ICED TEA
(REFILLABLE) 3.35**

STRAWBERRY SMOOTHIE 5.95

*STRAWBERRIES, BANANA, ORANGE AND
PINEAPPLE JUICES ALL BLENDED WITH ICE*

COKE OR ROOT BEER FLOAT 4.95

FRUIT JUICE 4.50

*ORANGE, CRANBERRY, GRAPEFRUIT,
APPLE, AND TOMATO*

COLD MILK 3.75

CHOCOLATE MILK 4.25

**HORCHATA OR TAMARIND
FOUNTAIN DRINK 3.95**

(NOT REFILLABLE)

SOFT DRINKS 3.35

LEMONADE 3.50

GOURMET SUNDAES AND DESSERTS

MILK SHAKE 5.50

CHOCOLATE, VANILLA OR STRAWBERRY

HOT FUDGE SUNDAE 5.95

*RICH VANILLA ICE CREAM TOPPED WITH HOT FUDGE,
WHIPPED CREAM, NUTS AND A CHERRY*

ASSORTED CAKES 8.50

A LA MODE 10.00

FLAMES BANANA SPLIT 8.50

*ONE WHOLE BANANA, THREE MAMMOTH SCOOPS OF
VANILLA, CHOCOLATE AND STRAWBERRY ICE CREAM,
TOPPED WITH STRAWBERRY AND CHOCOLATE TOPPINGS,
WHIPPED CREAM AND NUTS*

ASSORTED FRUIT PIES 6.00

*APPLE, PEACH, BERRY AND CHERRY
A LA MODE 7.50*

ICE CREAM 3.75


ASSORTED CREAM PIES 6.00

*BANANA, CHOCOLATE, COCONUT
AND OREO COOKIE*

HOMEMADE BREAD PUDDING 8.50

*TOPPED WITH CARAMEL SAUCE, CINNAMON
AND WHIPPED CREAM*





FLAMES
EATERY & BAR

PHOTOS ARE FOR ILLUSTRATIVE PURPOSES ONLY
WE RESERVE THE RIGHT TO REFUSE SERVICE TO ANYONE.
NOT RESPONSIBLE FOR LOST OR STOLEN ARTICLES.
SALES TAX WILL BE ADDED TO THE PRICE OF ALL ITEMS SERVED.
NO SPLIT-CHECKS DURING LATE-NIGHT HAPPY HOUR.
18% GRATUITY ADDED TO PARTY OF EIGHT OR MORE.
PRICES SUBJECT TO CHANGE WITHOUT NOTICE.

Thank You!