



WELCOME

TO FLAMES RESTAURANT & BAR

A part of the Comfort Hotel Flames!

Originally built in the early 1970s by DB Breweries, the hotel was acquired by the Goldberg family in 2015.

Our vision is to be Whangarei's ultimate resort-style hotel, the top choice for corporate travelers and local visitors alike.

Discover the essence of our region through our seasonal menu, embracing the finest offerings from local growers and suppliers. From freshly caught fish to artisan baked breads, we celebrate the very best of our locality.

We are delighted to welcome you here today and hope you enjoy the warmth of our Flames dining experience!





DINNER MENU

ENTREES

Soup of the Day \$18

Please ask our friendly wait staff

Bruschetta \$24

Prawns tossed in a kimchi mayo on crispy bread
and served with savoy cabbage slaw

Arancini V GF \$24

Perfectly cooked risotto balls with parmesan
cheese, coated with gluten free breadcrumbs
and served with truffle aioli

Beetroot Salad \$24

Pickled beetroot salad and vegetable pakora
served with baked goats cheese and honey
dressing

Prawns GF \$25

Cooked in a creamy garlic and
pernod sauce, served with
crisp bread

Mussels (GF available) \$26

1/2kg steamed mussels served in a thai red curry
sauce with warm ciabatta
available in mains size of 1 kg \$30



MAINS

Fish and Chips \$29

Fresh line caught fish, battered and served with fries, salad and home made tartare sauce

Prawn Pasta \$32

A hand full of plump prawns in our napoli sauce mixed in with our wholesome pasta, chorizo, capers and spinach

Salmon \$39

Panfried salmon served with moroccan couscous salad, beetroot puree and bokchoy

Pork Sirloin \$39.50

Delicious pork sirloin wrapped in prosciutto and served with fresh oregano, lemon and pasta al arabiata

Chicken Parmigiana \$39

Succulent chicken topped with our home made napoli sauce and served with crispy risotto

Fish of the Day \$44

Please see our specials board for the fish of the day

Scotch Fillet Steak (DF, GF option) \$47

Served with fries, fresh seasonal salad and your choice of garlic butter, pepper or mushroom sauce

Surf n Turf (GF option) \$45

Sous vide beef sirloin served with tempura prawns, Joe's pickle salad, mustard mash and garlic butter

Duck Confit \$43

Slow cooked duck thigh with summer spices served with carrot mash and pak choy



BURGERS

Homemade Beef Burger \$32

Our home-made juicy beef patty, served with fresh lettuce, tomato, onion, beetroot and fries.

Crispy Chicken Burger \$30

Crispy succulent chicken served with fresh lettuce, tomato, onion and fries.

Black Bean Veggie Burger \$32

Our home-made veggie pattie, served with fresh lettuce, tomato, onion and fries.

SIDES

Chargrilled broccoli on carrot puree \$15

Seasoned fries \$15

Fresh garden salad \$15

Potato wedges \$15

Flames mash \$15

Grilled bakchoy garnished with kimchi \$15



VEGETARIAN MENU

ENTREES

Soup of the Day \$18

Ask your friendly waiter.

Arancini GF \$23

Risotto and mushroom rice balls with parmesan cheese; coated with gluten free breadcrumbs.

Beetroot Salad \$21

Roasted beetroot salad with vegetable pakora, goats cheese, pickled vegetables and honey.

Grilled Halloumi \$22

Grilled haloumi cheese with fried mushrooms, smashed avocado and served with a seaweed cracker and our special miso-chilli chia seeds.

MAINS

Stroganoff \$35

Mushroom and vegetable stroganoff with grilled pakchoy and served with fresh pasta.

Eggplant Parmesan GF \$38

Topped with our homemade napoli sauce on risotto rice.

Kofta \$37

Broccoli kofta in a beetroot hummus with coriander seeded couscous and served with pickled vegetables.

Vegetable Burger \$30

House-made black bean burger served with fresh lettuce, tomato, onions, fries and served with a mustard and capsicum relish.



DESSERTS

Chef Joe's Cheesecake \$19
Talk to our friendly wait staff

Saffron Pannacotta GF \$18
Served with mango sorbet

Chef's deconstructed Banoffee Pie GF \$19
Served with chocolate ice cream

Dobai \$18
Delicious tongan coconut balls served with miso
caramel and lime sorbet

Ice cream Sundae \$15
Your choice of chocolate, caramel or mixed berry



KIDS MEALS

Beef , Chicken or Veggie Burger \$15

served on a brioche bun with cheese and served with fries

Kids Crispy Chicken Schnitzel \$15

Served with tomato sauce and fries

Fish and Chips \$15

Served with tomato sauce

Spaghetti and Mince Bolognese \$15

topped with mozzarella cheese

Kids Veggie Bowl \$15

Delicious veggies topped with gravy and served with mash.

KIDS DESSERTS

Ice Cream Sundae \$9

Choose from chocolate, caramel or mixed berry

Brownie \$9

Served warm with ice cream