

HOT MEZZA

Flames Hot Appetizer Combination

Hummus, baba ghanouj, falafel, kibbeh Served with tahini, olives, and pita bread 33

Falafel

Spiced bean patties minced with fine herbs, fried, and served with tahini sauce. 16

Kibbeh

Cracked wheat, seasoned with minced beef and pine nuts, formed into a croquet, and fried to perfection. 18

Hummus with Pine Nuts

Chickpea purée topped with roasted pine nuts and ghee butter. 16

Hummus Awarma

Housemade hummus topped with choice of ground sirloin or beef tenderloin, served with pine nuts sautéed in ghee butter. 19
Upgrade to lamb add \$3

Hummus Shawarma

Housemade hummus, topped with a choice of beef or chicken drizzled with tahini. 19

Grape Leaves

Hand-rolled grape leaves stuffed with rice, meat, lemon juice, and herbs. 18

Cheese Rolls

A blend of cheeses and herbs, rolled in phyllo dough and lightly fried to a golden color. 16

Flames Sesame Ka'ak

Handmade purse bread served with olive oil, labneh, and zaatar seasoning. 12

Mediterranean Nachos

Crisp fried pita chips topped with feta cheese, beans, and beef or chicken shawarma. Vegetarian option also available. 24

Crispy Sambousek

Pastry shell filled with choice of beef, cheese, or chicken with cheese. 19

Baalbek Flat Meat Pies

Lavash bread served with housemade yogurt sauce. 18

Makanek

Mini sausages flambéed with butter and lemon, served with pomegranate molasses. 18

Fool M'Dammas

Fava beans, seasoned garlic, lemon juice, and olive oil, served with pita. 16

Flames Ultimate Veggie

Flash fried eggplant and cauliflower, drizzled with tahini and topped with pine nuts. 15

Calamari

Breaded calamari fried to a golden brown and tossed in a seasoned cilantro garlic butter sauce. 21

Batata Harra

Fresh cut potatoes, fried, and tossed with garlic, lemon juice, cilantro, extra virgin olive oil and chili. 17

Flaming Cheese

Flambéed Lebanese halloumi cheese. Served with Greek pita. 19

SOUPS

Red Lentil Soup

A vegan soup, carefully crafted from flavorful red lentils and a house blend of signature spices. 12

Soup Du' Jour

COLD MEZZA

Flames Cold Appetizer Combination

Hummus, baba ghanouj, tabouleh, and vegetarian grape leaves. Served with pita bread. 29

Hummus

Chickpea purée with tahini, lemon juice, and olive oil. 12

Loaded Hummus

Traditional hummus topped with fool m'dammas, diced tomatoes and onions. Garnished with feta and parsley. 18

Baba Ghanouj

Puréeed fire-roasted eggplant, with tahini, garlic, lemon juice, and olive oil. 13

Vegetarian Grape Leaves

Hand-rolled grape leaves stuffed with rice, lemon juice, and herbs. 17

Mama Daloua

Puréeed fire-roasted eggplant with garlic, lemon juice, and olive oil. Topped with pomegranate seeds, walnuts, and parsley. 15

Shanklesh

Aged feta cheese infused with dry herbs and spices. 15

Labneh

Strained yogurt served with olive oil, garlic, and Mediterranean spices. 15

Shamandar Dip

Red beets blended with tahini paste and garnished with walnuts and olive oil. 14

Kebe Nayeh

(Steak Tartar - Advanced ordering suggested)

A Flames specialty. Beef tenderloin, mixed with crushed wheat, herbs and spices. 36

Muhammara

Red pepper and walnut spread, served with pita bread. 15

SALADS

Flames House Salad

Lettuce, tomatoes, cucumbers, parsley, onions, dried mint, feta cheese, lemon and olive oil dressing. 15

Greek Salad

Romaine lettuce, tomatoes, cucumbers, red onions, turnips, olives, feta cheese, and oregano dressing. 16

Flames Caesar Salad

Creamy feta dressing garnished with crisp seasoned pita. 16

Fattoush Salad

Lettuce, tomatoes, cucumbers, dried mint, radishes, thyme, sumac, pomegranate molasses, and olive oil dressing. 16

Tabouleh Salad

Chopped parsley, tomatoes, cracked wheat, onion and lemon dressing 18

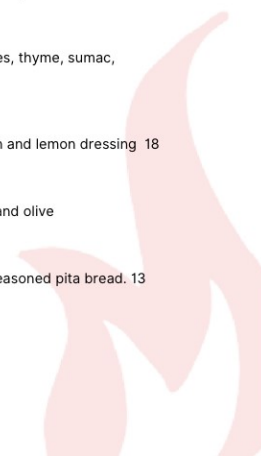
Arminian Salad

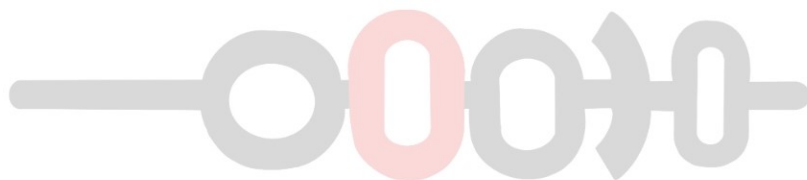
Cucumbers, tomatoes, onions, mint, lemon juice, and olive

Ba'doumsiyeh

Tahini based parsley salad garnished with crisp seasoned pita bread. 13

Finish your salad with a skewer or falafel





ENTREÉS

Farrouj Meshwee (La-La Chicken)

Grilled quartered bone-in chicken marinated with lemon, and herbs. Drizzled in garlic and topped with a pita blanket. 31

Jordanian Mousakhan

Choice of grilled bone-in quartered chicken, or deboned dark meat chicken, finished with extra virgin olive oil, sumac, walnuts, and sautéed onions. 33

Shawarma

Tender oven roasted beef or gyro meat. 29
Shredded chicken with garlic sauce. 28

Majadra Vegetarian Lovers

A Lebanese vegan specialty of lentils, rice, and crispy caramelized onions, finished to perfection. 28

Flames Crispy Escalope

Mediterranean panko encrusted chicken or eggplant. 29 Beef 31. Shrimp. 33

Grape Leaves

Choice of hand-rolled meat or vegan grape leaves 30

Falafel Entrée

Flames' proprietary recipe, served with tahini sauce. 28

Ouzi

Carla's gourmet twist on Beef Wellington. House ground tenderloin, peas, carrots, seasoned rice, and slivered almonds. Baked in crispy phyllo dough, topped with ghee sautéed pine nuts. Served with housemade yogurt. 33

Whole Red Snapper

Flames' best kept secret. Red snapper prepared with lemon and herbs, flash fried, served with rice and fries, completed by zesty, garlic, and tahini sauces. MKT

Sayadieh Fish

White fish filet, pan seared with extra virgin olive oil, lemon, cilantro and herbs, topped with tahini, crispy onions, ghee pine nuts 34

Kibbeh Platter

Seasoned cracked wheat filled with minced beef, sautéed onions, pine nuts, and fried. Served with baba ghanouji and yogurt. 33

Land or Sea

Fillet mignon accompanied by any protein skewer and served with batta harra, grilled veggies, and hummus. 52

Select entrees and kabobs come with a choice of rice or fries accompanied by Lebanese style vegetables and a Flames house salad.

Upgrade to our premium vegetables for \$4

Add any protein

Shish Taouk 10, Da'mas Chicken 10, Kafta Meshwee 10, Vegan Kafta 12, GYRO Meat 10, Lamb 12, Tenderloin 12 Shrimp 12, Salmon 12, Falafel 10

Elevate your meal with...

Premium grilled veggies. 6, Alternative salad. 4, Bulgar wheat pilaf 8

Specialty Breads

Greek gyro bread 4, Spicy ratatouille bread. 6, Miniature Ka'ak bread. 8, Gluten free pita. 4

Additional sauces

Garlic Sauce, Tziki, Zesty Sauce, Tahini
Garlic Aioli, Jalapeño Garlic

KABOBS

Shish Taouk

Marinated, hand-carved chicken breast, drizzled with garlic sauce 29

Da'mas Chicken

Marinated, boneless dark meat chicken, drizzled with garlic sauce 29

Kafta Meshwee

Seasoned minced lamb and beef, served with parsley and onion 30

Lamb Meshwee

Marinated, hand-carved lamb marinated skewered with onions and peppers, and finished with sumac and parsley 36

Aleppo Kafta

Grilled kafta nestled in spiced ratatouille bread 33
Add rice 4

Tenderloin Meshwee

Hand-carved seasoned tenderloin of beef skewered with onion. 34

Salmon Meshwee

Wild-caught, sushi grade salmon skewered with house preserved brined lemon, drizzled with garlic sauce. 34

Shrimp Meshwee

Marinated jumbo shrimp skewered with house preserved brined lemon drizzled with garlic sauce. 35

Vegan Kafta

Impossible meat blended with our house vegetable blend, topped with housemade tahini 30
Upgrade to aleppo style. 33

Flames Duet or Flames Trio

Your choice of any two skewers 35
Your choice of any three skewers 43

HANDHELDS

Flames Famous Lamb Burger

Homemade lamb burger with Mediterranean seasonings. Finished with feta cheese, hummus, lettuce, turnips, tomato, onion, pickles, and drizzled with tahini. 29

Mediterranean Kafta Burger

Homemade kafta burger with Mediterranean seasonings. Finished with lettuce, tomato, turnips, onion, and pickles. 28 (Vegan Kafta Available)

Flames Chicken Burger

Seasoned crispy chicken breast. Finished with lettuce, tomato, pickles, and turnips 28

Gyro

Lebanese take on the classic gyro. Served on Greek pita 28

Flames Signature Wraps

Chicken shawarma wrapped with fries, turnips, pickles and garlic sauce 28

Beef shawarma wrapped with tomatoes, pickles, turnips, banana peppers, onions, and tahini 28

Falafel wrapped with hummus, tomatoes, onions, turnips, pickles, tahini, and cayenne.



Consuming raw or undercooked, meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.