



ABOUT FLAME TEPPANYAKI

WHAT IS FLAME TEPPANYAKI?

FLAME TEPPANYAKI IS A JAPANESE CUISINE COMBINE WITH ANCIENT ASIAN CULTURE AND STYLE OF COOKING FROM JAPAN. THE WORD "TEPPANYAKI" DESCRIBES THE WAY THE FOOD IS COOKED. ITS NAME COMBINES THE WORDS TEPPAN (鉄板), WHICH MEANS "IRON PLATE," AND YAKI (焼き), WHICH MEANS "GRILLED."

HOW DO YOU EAT FLAME TEPPANYAKI?

YOU WILL BE SIT AROUND THE TEPPANYAKI TABLE WHILE CHEF IS COOKING HIGH QUALITY INGREDIENTS SUCH AS FRESH VEGETABLE, SEAFOOD AND BEEF ON THE SPECIAL IRON PLATE IN FRONT OF YOU. THIS COOKING METHOD USUALLY INVOLVES CUTTING THE MEAT AND VEGETABLES INTO SMALL PIECES, ACCOMPANIED BY VARIOUS DIPPING SAUCES. OUR DISH SERVING ORDER IS DIFFERENT FROM WESTERN STYLE WITH MAIN COURSE SERVE AT SAME TIME, AS OUR MASTER TEPPANYAKI CHEF WILL SERVE THE FOOD ACCORDING TO THE INGREDIENTS.

WHAT CAN YOU EXPECT FROM FLAME TEPPANYAKI?

HIGH QUALITY FOOD COOKED BY OUR MASTER TEPPANYAKI CHEF AND SERVED DIRECT FROM SPECIAL GRILL PLATE (TEPPAN) WITH THE MOST FRESH AND JUICY TASTE. OUR MASTER TEPPANYAKI CHEF WILL ALSO PERFORM SOME FLAMES AND TRICKS DURING THE COOKING. THIS IS A UNIQUE TEPPANYAKI EXPERIENCE IN THE HEART OF REYKJAVIK.

ENJOY!

TEPPANYAKI 6 COURSE TASTING MENU

FIRST

FLAME SIGNATURE SUSHI

Shrimp tempura, cucumber, cream cheese topped with torched salmon, wasabi mayo, unagi sauce and tobiko

SECOND

YASAI SALAD

Mixed salad with fresh kelp, cucumber, tomato, shrimp, peach and sesame dressing

THIRD

YAKIMESHI

Fried premium Japanese rice with and soya sauce

FOUR

YUZU SORBET

Delicate Japanese Yuzu sorbet to cleanse

FIVE

SURF AND TURF

Grilled premium steak and tiger prawn, along with fresh broccoli, mushroom and onion, flamed with brandy, served with home made steak sauce and Teppanyaki seafood sauce.

SIX

MOCHI

Japanese mochi ball with Ice cream served with cream and berry syrup, cookie crumbles and matcha powder

14.990 kr. per person

pairing with 5 different drink 9.990 kr. per person

Uppgrade steak or tiger prawn to
Atlantic lobster (1pcs)- 17.990 kr. p.p.
ITO A5 Japanese Wagyu Sirlon (100g) - 22.990 kr. p.p.
Premium giant rock lobster (1pcs) - 24.990 kr. p.p.



Please let us know if you have any food allergies



TEPPANYAKI MENU

Complimentary soup and fried rice are included



FLAME SURF AND TURF

10.990 kr

Grilled premium beef tenderloin (200g) and tiger prawn, along with fresh broccoli, mushroom and onion, flamed with brandy, served with home made steak sauce and Teppanyaki seafood sauce.

椿 TSUBAKI

9.990 kr

Grilled premium TSUBAKI beef tenderloin (200g) along with fresh mushroom, broccoli and onion flamed with brandy, served with homemade steak sauce

極 KIWAMI

16.990 kr



The world's most luxurious steak, authentic Japanese Wagyu beef is truly in a league of its own and an A5 grade, the rarest of all steaks, less than 1% of total Japanese production. What sets Wagyu apart from other meats is that it has the most marble of any meat that can be found. This is the fat in the muscles that makes the meat so tender and juicy. When the meat melts like butter in your month, these rich flavours surround the senses with a unique and incredible taste. Our teppanyaki masters recommend tasting these special steaks on a teppanyaki table.

Grilled A5 grade ITO Japanese Wagyu beef sirloin steak (100g) with homemade teppanyaki sauce, along with fresh broccoli, mushroom and onion, flamed with brandy, served with homemade wagyu sauce.

松 MATSU

8.990 kr

Grilled selected fresh Icelandic salmon, big scallop and tiger prawn along with fresh broccoli, mushroom and onion, served with homemade Teppanyaki seafood sauce.

繁 SHIGERI

10.990 kr

Grilled exclusive Icelandic langoustine, atlantic lobster and tiger prawn with teppanyaki seafood sauce along with fresh broccoli, mushroom and onions, served with homemade Teppanyaki seafood sauce.

龟甲 KIKKO

preparation time 20-30 mins

21.990 kr



A luxury seafood that has been prized by chefs for years, premium giant rock lobster harvested fresh from the Pacific Ocean has the sweetness of lean meat and the crispy goodness of the tendons' fibre. That's why this delicacy is a must-try seafood dish on our teppanyaki table.

Grilled giant rock lobster (340-390g) with teppanyaki seafood sauce, accompanied by a selection of broccoli, mushroom and onion, served with homemade Teppanyaki seafood sauce.

双葉 FUTABA



7.490 kr

Classic Teppan fried vegetable cake with vegetables and tofu, served with homemade sauce.

ADD ON MENU

All the dishes below are only order along with Teppanyaki menu

FROM FLAME KITCHEN

YASAI SALAD

1.290 kr

Mixed salad with fresh kelp, cucumber, tomato, shrimp, peach and sesame dressing

NIGIRI - 2 PCS

Salmon / Kani / Ebi

990 kr

EDAMAME



790 kr

Traditional Japanese green beans with sea salt and topped with shichimi

GYOZA - 3 PCS

1.690 kr

Deep fried premium Japanese dumpling with homemade sauce and sesam on top

TEMPURA - 3PCS

1.590 kr

Deep-fried tempura butter-coated tiger prawns with Japanese mayo sauce.

SUSHI OF THE DAY - 4 PCS

2.490 kr

Freshest sushi of the day from Flame kitchen, please ask your waiter for more details

SASHIMI - 4 PCS

Salmon

1.390 kr

LAVA POPUP LOBSTER

1.890 kr

Deep-Fried red tempura coated Icelandic langoustine with lava Sauce

YAKI UDON

1.690 kr

Stir fry Japanese Udon noodles, vegetables and prawns with homemade tsuyu sauce.

MOCHI - DESERT

2.590 kr

Japanese mochi ball with Ice cream served with whipped cream and berry syrup, cookie crumbles and matcha powder

FROM FLAME TEPPAN

OSAKA

4.590 kr

Exclusive atlantic lobster tail

KABUTO

2.490 kr

Exclusive Icelandic langoustine tail

KOBE

7.990 kr

World class – A5 grade Japanese wagyu sirloin steak (50g)

HOTATE

1.990 kr

Exclusive selected big scallop

PLEASE LET THE WAITER KNOW IF YOU ARE ALLERGIC TO FOOD!