

Flame

VEITINGAHÚS OG BAR

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 COURSES MENU

All set menus are included 2 starter, 2 sides, 1 main course and 1 dessert

For pairing, we recommend our selected Japanese liquor, cocktails and wines. Please consult with our service people.

5 drink pairing 9,990 kr per person / 6 drink pairing 12,990 kr.per person



STARTERS

MISO SHIRU

House-blended miso soup with fresh wakame seaweed, tofu, spring onions

YASAI SALAD

Mixed salad with fresh kelp, cucumber, tomato, crab meat, tofu, Japanese pickles and sakura dressing

SIDES

CHEF 'S CHOICE

Daily choice from Flame chef team, please ask your waiter for more details

YAKIMESHI

Fried premium Japanese rice with egg with soya sauce

MAIN COURSES

Please choose one of the following main courses

椿 TSUBAKI

11.490 KR.

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

匠 TAKUMI

13.990 KR.

Grilled exclusive 30-day TAKUMI dry-aged ribeye (200g) with homemade teppanyaki sauce, along with fresh fresh mushroom, zucchini and onion flamed with brandy, served with homemade steak sauce

極 KIWAMI

19.990 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 zucchini, mushroom and onion, flamed with brandy, served with homemade wagyu pepper sauce.

FLAME SURF AND TURF

13.990 KR.

Grilled premium beef steak (200g) with homemade teppanyaki sauce and tiger prawn (100g) with yuzu sauce, along with fresh zucchini, mushroom and onion, flamed with brandy, served with home made pepper sauce

松 MATSU

10.990 KR.

Grilled selected fresh Icelandic salmon, big scallop and tiger prawn along with fresh zucchini, mushroom and onion, served with yuzu sauce.

繁 SHIGERI

13.990 KR.

Grilled exclusive Icelandic langoustine, Canadian lobster and tiger prawn with teppanyaki seafood sauce along with fresh zucchini, mushroom and onions, served with homemade yuzu sauce.

龟甲 KIKKO

24.990 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 (700g) with teppanyaki seafood sauce, accompanied by a selection of zucchini, mushroom and onion, served with homemade ponzu sauce.

DESSERT

DEZATO MORI

Selected seasonal Japanese ice cream.

add sake +990 kr.

SIDE DISH MENU

All the side dishes below are only order along with set menu



KABUTO 4.590 KR.

Exclusive Icelandic langoustine tail (110g) grilled with teppanyaki seafood sauce and garlic, rosemary and mushroom, served with yuzu sauce.



YAKI UDON 1.590 KR.

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



OSAKA 4.590 KR.

Exclusive Canadian lobster tail (110g) grilled with Teppanyaki seafood sauce and garlic, rosemary and mushroom, served with yuzu sauce.



TEMPURA 1.590 KR.

Deep-fried tempura butter-coated tiger prawns with homemade tempura sauce.



KOBE 7.990 KR.

World class – A5 grade Japanese wagyu sirlon steak (50g) with homemade Teppanyaki sauce and mushroom, garlic, rosemary and asparagus, flame with brandy, served with homemade wagyu steak sauce and fresh wasabi.



HOTATE 1.490 KR.

Exclusive selected big scallop grilled in soya-mirin based sauce topped with toriyaki sauce, black tobikko, and sprinkled with shichimi powder.

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