



**FLAT IRON
BURGER CO.**
SHORT RIB BURGERS
•RIBS & CHICKEN•

EXCLUSIVELY AT

The
Rainbow

BURGERS, CHICKEN

RIBS & FIXINGS

BURGERS

ALL SERVED
seasoned
WITH FRILES

All our smashburgers are made from 100% British Beef, using a combination of cuts selected by us, after extensive research (aka tasting, it was a hard day) and made only for us by our butchers. We then add a dusting of our own in-house seasoning, and smash them into a searingly hot flat top grill. All burgers are made up of two thin patties and total weight around 1/4lb. Served in a bun with shredded lettuce, pickles, diced onion and our signature Big Whack sauce. For the 'science' on smash burgers see the back page

STRAIGHT UP 14

Exactly as above, a simple smashburger with no frills

CHEESE BURGER 15.5

As above, a simple smashburger + double American Cheese

BACON CHEESEBURGER 17

A cheeseburger, but with added smoked streaky bacon, because everything is better with bacon

CHILLI CHEESEBURGER 18

A cheeseburger, topped with our own house smoked no bean beef chilli & sliced jalapenos

THE ROLL UP YOUR SLEEVES BURGER 22

A beautiful meaty mess, served with three Frenchs mustard brushed patties, smoked streaky bacon, Big Whack sauce, Heinz ketchup, Frenchs Mustard, triple American cheese, sliced jalapenos and smashed tato tots, served with an 'essential kitchen roll'

SEASONINGS

- Choose from:
- Salted
- Rosemary Salt
- Flat Iron Seasoning

EXTRA TOPPINGS

- Smoked streaky bacon x2 £2
- Sliced jalapenos £1
- No bean smoked beef chilli £3
- +1 Beef Patty £2.55

CHICKEN, RIBS, VEGGIES X FIXINGS

BUFFALO CHICKEN BURGER

15.5

Chicken thigh fillet coated in a crispy seasoned coating, dipped in buffalo sauce, shredded lettuce, cheese & blue cheese sauce - inna bun with seasoned fries

HUNTERS CHICKEN BURGER

16.5

Chicken thigh fillet wrapped in smoked streaky bacon, topped with melted cheese and homemade BBQ sauce - inna bun with seasoned fries

UNBEEFABLE BURGER (VG)

14

Homemade beetroot burger with a blends of chickpeas & oats, caramelised red onion chutney - inna bun with seasoned fries

WINGS X RIBS

BUFFALO WINGS

10

Crispy wings, tossed in homemade buffalo sauce - blue cheese dip

CHINESE SALT AND PEPPER WINGS

10

Crispy wings, tossed in a home made Chinese salt & chilli seasoning with sweet chilli dip

CAULIFLOWER WINGS VG

9

Crispy cauliflower 'wings', tossed in homemade buffalo sauce - blue cheese dip

SMOKED BBQ RACK OF RIBS

20

Homesmoked babyback ribs, drenched in homemade BBQ sauce - served with leaves and seasoned fries

RIBS, WINGS AND THINGS

20

1/2 rack of Homesmoked BBQ ribs, buffalo wings, seasoned fries, blue cheese dip, leaves

FIXINGS X SIDES

SEASONED FRIES VG

4.5

The clue is in the name

DIRTY CHEESE FRIES TO SHARE V

8.5

A tray of fries topped with nacho cheese sauce, drizzled with buffalo sauce, BBQ sauce & spicy mayo

CHILLI CHEESE FRIES TO SHARE

10.5

A tray of fries topped with no bean smoked beef chilli, nacho cheese sauce, drizzled with buffalo sauce, BBQ sauce & spicy mayo & sliced jalapenos

SEASONED TATO TOTS VG

5

Seasoned fried tato tots

SMOKED MAC N CHEESE V

7.5

Mac with smoked cheese sauce topped with crispy parmesan bread crumbs

Add bacon for £1



SCIENCE & STUFF

SMASHED BURGERS - WHY IT WORKS

Smashing our custom blend ground beef firmly onto a screaming hot griddle increases contact points, delivering maximum crust and maximum flavor.

We use a scraper to scrape the burger up from the griddle, making sure to get every last bit of tasty brown crust. By cooking two 2-ounce patties instead of one 4-ounce patty, we get double the amount of crust, while a slice of cheese in between the patties keeps things moist.

By now we all know that the old piece of burger wisdom "never press on your burger!" is either patently false or, at the very least, wildly inaccurate - I mean, there's an entire successful burger chain devoted to using the technique. While a more traditional griddled burger might be cooked with the goal of a loose, tender texture in mind, a smash burger goes for one thing only: maximum crust.

See, by placing a ball of meat on a hot, unoiled griddle and smashing it down firmly into a flat, thin disk, you greatly increase the contact points between the meat and the griddle, which in turn increases the Maillard reaction. That's the series of chemical reactions that create the rich brown crust that makes our steaks and burgers taste so freaking good. Maximum crust = maximum flavor = maximum craving.

SO WHY THE NAME FLAT IRON?

Well, simply put that's how we got started, we got hold of an old flat iron from a boot sale and used that to smash our burgers onto a scorching hot Lodge cast iron skillet.

Our original iron is pictured to the right

