



The Flame BBQ - Mouthwatering, Original Family Recipes That Will Bring You Back

For the past 15 years, Lou Kampi, owner of The Flame BBQ, has been sharing his family's vision of what barbecue should be with customers all over the North Hills and people always come back for more.

Originally, The Flame BBQ was a small restaurant in Shaler that quickly outgrew its location due to demand. Kampi opened up a second location in Cranberry in 2011 because he found that many of his Cranberry customers were driving down to Shaler for his menu. And while he's grown the business and now spends time between two locations, Kampi's still committed to the original basics of barbecue that got him into the business in the first place.

"Our family always had a lot of cooks and we all learned the recipes and passed them around," he said. "We all create new recipes and experiment in the kitchen, so everything on our menu is unique, homemade and 100 percent our creations from start to finish. The macaroni salad is named after my mother and our pepper and onion marinade is a secret family recipe that we use for the Pittsburgh Steak and Hot Sausage. The Macaroni and Cheese is three cheeses and people love it."

It's comfort food at its best, even down to the homemade sides. While the Mac n' Cheese, Cheezy Potato Bake, and Baked Beans are the most popular, the Anna Mae Mac Salad, which is Kampi's mom's recipe, is the most popular cold side on the menu, especially for parties. There's also a kid's menu for the Cranberry location offering hot dogs, pepperoni rolls, and chicken tenders. But Kampi's found that kids love The Flame BBQ's pulled pork as much as the adults.

Kampi said he's always looking to come up with something different for customers and never stops experimenting in the kitchen.

"We're always thinking of new things for the menu. We came up with the Boss Bull when we opened the new store," he said. "More recently, we've created pierogies with pulled pork. A lot of people have been trying our brisket lately and the pulled chicken and pulled beef are always hot sellers."

With the majority of the menu being gluten free, The Flame BBQ is a great choice for people with food allergies as well. And, there's a fish and shrimp offering on the menu for those celebrating Lent this spring. They offer catering for events and operate concession stands at various local sporting events like Seneca Valley and North Catholic games.

"We try to stay visible and partake in the community," Kampi said. "We do concessions where we can and participate in local fundraisers for charity like A Taste of Cranberry."

For more information on the Flame BBQ, including their full menu, current coupons and specials and catering orders, go to their website at theflamebbq.com. The Cranberry

PICK UP SPECIAL:

\$19.99 Special
Feeds 3 to 4
1lb. Pulled Pork or Pulled Chicken
Four 6oz. Homemade Sides (Mix n' Match)
Four Kaiser Rolls



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10% off
one catering order!

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location is at 1343-B Old Freedom Road, behind Grease Monkey and is a full-service, sit down restaurant with a drive-through pickup window. The Shaler location is at 1805 Babcock Boulevard. To call in a Cranberry take-out or catering order, call 724.772.2270. For catering at Shaler, call 412.821.0202.