

# Dietary Requirement Menu



**Lactose Free**



**Nut Free**



**Gluten Free**





*"Perfection consists not in doing extraordinary things,  
but in doing ordinary things extraordinarily well"*  
Angelique Arnauld



TheMeat & WineCo

A cut above ...



we have endeavoured to select, through a meticulous evaluation process, some of the finest wines from both domestic and international wineries.



**source** » we have our very own Monte Beef brand, sourced from premium breeders of primarily Angus cattle, carefully reared and grazed on selected farms throughout Australia, monitored from paddock to plate.

» pedigree

we value putting our people first. it's seen in the incredible calibre of our people who not only love what they do, but enjoy being a part of the family. our staff are the key ingredient to our outstanding success.



» heritage

established in 2000, rooted and born in the rainbow nation of south Africa.



Middle East

United Kingdom

Israel

Africa

Australia



**SURCHARGE**

**SYDNEY**

**Darling Harbour & Parramatta**

\$5 per person on Sundays and public holidays

**MELBOURNE**

**Southbank**

\$5 per person on public holidays



**A cut above . . .**

[www.themeatandwineco.com](http://www.themeatandwineco.com)



Gluten Free

pages

01 - 04



Nut Free

05 - 08



Lactose Free

09 - 12

Blue: Sealed, very red in the centre. Room temperature  
Rare: Red in the centre. Lukewarm temperature  
Medium-Rare: Pinkish-red in the centre. Warm temperature  
Medium: Pink in the centre. Hot temperature  
Medium-well: Very little pink in the centre. Hot temperature  
Well-Done: No pink, brown in the centre. Hot temperature

#### Disclaimer

Although every possible care has been taken to ensure that these menus are allergy free, certain items may still contain traces of allergic ingredients as they are prepared in an environment that contains allergic ingredients.



## » Entrees

### Halloumi Cheese

Grilled halloumi cheese with char-grilled Mediterranean vegetables, roquette leaves, aged balsamic glaze and lemon oil 12

### Boerewors

(No basting) Grilled traditional African beef sausage served with garlic mash 14

### Beef Carpaccio

Seared Wagyu beef topside, thinly sliced and served with roquette leaves, aged Parmesan and drizzled with lemon oil 18

### Boerewors Skewer

(To share) (No basting) Skewered and char-grilled traditional African mini beef sausages and onions. Served with garlic mash 27

## Salads «

### The Meat and Wine Co Chef's Salad

Seared beef fillet drizzled with chimichurri sauce with mixed leaves, cherry tomatoes, green beans, potatoes, Spanish onion and black olives. Tossed with a red wine vinaigrette 19

### Caesar Salad

(No croutons) Cos lettuce, egg, chorizo, bacon and Parmigiano shavings tossed with our Chef's traditional Caesar dressing  
\*dressing contains anchovies 17

### Greek Salad

Assorted green leaves, Roma tomatoes, cucumber, marinated Kalamata olives, Spanish onion and creamy fetta. Tossed with a traditional Greek dressing 17



## » Super-Aged Meat «

*This is our speciality!*

Gluten free steaks are all grilled without basting or steak marinade. Served with chat potatoes

### MONTE SELECT (Grain-fed 120 days)

Rump Eye (Pasture-fed) 200g	24	Fillet	200g	34	
Rump	300g	27	Fillet	300g	49
Rib-Eye	350g	39	New Yorker	300g	34
Rib-Eye (Grass-fed)	300g	35	New Yorker	500g	46
Rib-Eye	600g	45			

### WAGYU (Grain-fed 500 days)

Our Wagyu is grain-fed for up to 500 days and with a selected minimum marble score of 6+ gives the wonderful succulent, rich and juicy beef flavour that high quality Wagyu is renowned for

Rump MB 6+	500g	47
Rib-Eye MB 6+	300g	59
Oyster Fillet MB 9+	200g	50

### MONTE GOLD (Grain-fed 130 days)

Monte Gold beef is aged to perfection, making it the of best of the best!

New Yorker	350g	46
Fillet	250g	49

### MONTE DRY-AGED

Using a time-old traditional aging method, our well marbled Monte Beef choice cuts are aged for approximately 4 weeks in a special temperature controlled environment. The end result is a more tender texture and a sweet natural full flavour!

Rump Cap (grain-fed)	350g	34
T-Bone (grain-fed)	650g	49
Rib-Eye on the bone (pasture-fed)	400g	49

## » Side Sauce for your Steak

Hot Chilli 4



## » Specialties

The Meat & Wine Co Specialties are all grilled without basting and steak marinade

### Signature Cut

(Mayura Wagyu herd's ancestry, bloodlines and pedigree are the major distinguishing factors in the quality of the beef to achieve the fine meat texture, high level of marbling and flavours)

(Grass-fed 500 days) 250g Mayura Wagyu fillet grilled to perfection, served with crushed potatoes sautéed with a medley of mushrooms, carrot purée, semi dried cherry tomatoes  
Drizzled with beef jus and truffle oil 65

### Flame-grilled Butcher Skewer

(No basting) (Temperature recommendation: Medium-Rare)

Marinated cuts of Angus rump cap skewered with onion and capsicum.

Flame-grilled and served with chat potatoes 32

### High Country Pork Cutlets

(No basting) Flame-grilled High Country pork cutlets served with roasted baby potatoes, bacon, cabbage and a fennel roquette salad 29

## Sides «

Roasted chat potatoes 7

Side salad 6

Tomato and blue cheese salad 8

Broccoli and carrot sautéed with butter and fresh herbs 8

Green beans sautéed with slivered almonds and butter 9

Garlic mash 7

Biltong 15

Char-grilled corn on the cob with chilli lime butter 7

## » Chicken

### Chicken Skewer

(No basting) Marinated pieces of chicken skewered with lemon, onion and capsicum.

Served with saffron rice 30

### Chicken Breast

Char-grilled chicken breast marinated with olive oil and fresh herbs. Served with zucchini, eggplant, cherry tomatoes, roquette and with garlic mash potato 26

## Seafood «

### Fresh Catch of the Day

Fresh catch of the day prepared daily by our Chef. Grilled with olive oil and served with chat potatoes, side salad or steamed vegetables.

Please ask your waiter for details 36

### Prawn & Beef Skewer

(No basting) (Temperature recommendation: Medium)

Tender cuts of Australian Angus beef skewered with Queensland king prawns, grilled and served with chat potatoes 39

### Salmon Skewer

(Temperature recommendation: Medium-Rare)

Skewered cubed pieces of salmon fillet and onion, char-grilled and served with steamed rice and a lemon wedge 30



## » Kids Menu

Available for children 12 and under

All kids meals served with a choice of garlic mash, steamed vegetables or salad

**Grilled Fish** 10

**Steak** (grilled with no basting and served well-done) 12

**Grilled Chicken Strips** 10

## Dessert «

**Crème Brûlée**

Crème brûlée infused with Madagascar vanilla bean.

Served with strawberries 12

## **Chef's Selection of Australian Cheese & Fruit**

Australia's finest cheese selection - smoked aged cheddar, heritage blue, ash brie and a quenelle of ash goats cheese with melted pickled onion cheddar and seasonal fruit 22



## » Entrees

### Chef's Soup of the Day

Wholesome bowl of fresh hearty soup prepared daily 10

### Bruschetta

(No pesto) Two slices of wood-fired ciabatta, diced tomato, Spanish onion, fresh basil and creamy fetta cheese. Finished with shaved Parmesan, balsamic glaze, cracked pepper and drizzled with extra virgin olive oil 12

### Chicken Wings

(No basting) BBQ chicken wings served with blue cheese sauce 13

### Halloumi Cheese

Grilled halloumi cheese with char-grilled Mediterranean vegetables, roquette leaves, aged balsamic glaze and lemon oil 12

### Boerewors

(No basting) Grilled traditional African beef sausage, served with pap (polenta) and our BBQ relish (Referred to in Africa as Pap and Sheba) 14

### Beef Carpaccio

Seared Wagyu beef topside thinly sliced and served with roquette leaves, aged Parmesan cheese and drizzled with lemon oil 18

### Boerewors Skewer

(To share) (No basting) Skewered and char-grilled traditional African mini beef sausages and onions. Served with pap (polenta) and BBQ relish (Referred to in Africa as Pap and Sheba) 27

## Salads «

### The Meat & Wine Co Chef's Salad

Seared beef fillet drizzled with chimichurri sauce with mixed leaves, cherry tomatoes, green beans, potatoes, Spanish onion and black olives. Tossed with a red wine vinaigrette 19

### Caesar Salad

Cos lettuce, egg, bacon, chorizo and Parmigiano shavings tossed with our Chef's traditional Caesar dressing and finished with crispy garlic croutons

\*dressing contains anchovies 17

### Greek Salad

Assorted green leaves, Roma tomatoes, cucumber, marinated Kalamata olives, Spanish onion and creamy fetta. Tossed with a traditional Greek dressing 17



## » Super-Aged Meat «

*This is our specialty!*

Nut free steaks are all grilled without steak marinade and basting.

Served with roasted chat potatoes

### MONTE SELECT (Grain-fed 120 days)

Eye of Rump (Grass-fed)	200g	24	Rump	300g	27
Rib-Eye (Grass-fed)	300g	35			
Rib-Eye	350g	39	Rib-Eye	600g	45
New Yorker	300g	34	New Yorker	500g	46
Fillet	200g	34	Fillet	300g	49

### WAGYU (Grain-fed 500 days)

Our Wagyu is grain-fed for up to 500 days and with a selected minimum marble score of 6+ gives the wonderful succulent, rich and juicy beef flavour that high quality Wagyu is renowned for

Rump MB 6+	500g	47
Rib-Eye MB 6+	300g	59
Oyster Fillet MB 9+	200g	50

### MONTE GOLD (Grain-fed 130 days)

Monte Gold beef is aged to perfection, making it the of best of the best!

New Yorker	350g	46
Fillet	250g	49

### MONTE DRY-AGED

Using a time-old traditional aging method, our well marbled Monte Beef choice cuts are aged for approximately 4 weeks in a special temperature controlled environment. The end result is a more tender texture and a sweet natural full flavour!

Rump Cap (grain-fed)	350g	34
T-Bone (grain-fed)	650g	49
Rib-Eye on the bone (pasture-fed)	400g	49

## Side Sauces for your Steak «

Green Peppercorn, Portuguese, BBQ Relish, Creamy Mushroom, Creamy Garlic 3  
Blue Cheese and Vodka, Hot Chilli 4



## » Specialties

Nut Free specialties are grilled without steak marinade and basting

### **Signature Cut** (Grain-fed 130 days)

(Mayura Wagyu herd's ancestry, bloodlines and pedigree are the major distinguishing factors in the quality of the beef to achieve the fine meat texture, high level of marbling and flavours)

(Grass-fed 500 days) 250g Mayura Wagyu fillet grilled to perfection, served with crushed potatoes sautéed with a medley of mushrooms, carrot purée, semi dried cherry tomatoes  
Drizzled with beef jus and truffle oil 65

### **Flame-grilled Butcher Skewer**

(Temperature recommendation: Medium-Rare) (No basting)

Marinated cuts of Angus rump cap skewered with onion and capsicum.

Flame-grilled and served with chat potatoes 33

### **High Country Pork Cutlets**

(No basting) Flame-grilled High Country pork cutlets served with roasted baby potatoes, bacon, cabbage and a fennel roquette salad 29

## Sides «

Roasted chat potatoes 7

Garlic mash 7

Onion rings 6

Side salad 6

Biltong 15

Tomato and blue cheese salad 8

Char-grilled corn on the cob with chilli lime butter 7

Broccoli and carrot sautéed with butter and fresh herbs 8

## » Burgers

Nut free burgers are prepared without basting or marinade

### **Wagyu Beef Burger**

Hand pressed 225g Wagyu beef burger patty, grilled and served on a warm bun with baby cos lettuce, tomatoes, onion rings, gherkins, pink sauce and BBQ sauce.

Served with roasted chat potatoes 23

### **Chicken Burger**

Grilled marinated chicken breast served on a warm bun with baby cos lettuce, tomatoes, Spanish onion, pink sauce and BBQ sauce. Served with roasted chat potatoes 23

### **Side Sauces for your Burger**

Green Peppercorn, Portuguese, BBQ Relish, Creamy Mushroom, Creamy Garlic 3

Blue Cheese and Vodka, Hot Chilli 4



## » Chicken

### Chicken Skewer

(No basting) Marinated pieces of chicken skewered with lemon, onion and capsicum.  
Served with saffron rice and a creamy Portuguese sauce 30

### Chicken Breast

(No herb marinade) Char-grilled chicken breast marinated with olive oil and fresh herbs.  
Served with zucchini, eggplant, cherry tomatoes, rocket and chat potatoes 26

### Flame-grilled Portuguese-style Chicken

Marinated whole chicken, char-grilled in a peri-peri basting and served  
with flavoured steamed rice 32

## Seafood «

### Fresh Catch of the Day

Fresh catch of the day prepared daily by our Chef. Grilled and drizzled with olive oil,  
served with chat potatoes, side salad or steamed vegetables.  
Please ask your waiter for details 36

### Prawn & Beef Skewer

(No basting) (Temperature recommendation: Medium)  
Tender cuts of Australian Angus beef skewered with Queensland king prawns,  
grilled and served with chat potatoes 39

### Salmon Skewer

(Temperature recommendation: Medium-Rare)  
Skewered cubed pieces of salmon fillet and onion, brushed with teriyaki sauce  
and char-grilled. Served with steamed rice, teriyaki sauce and a lemon wedge 30

## » Kids Menu

Available for children 12 and under.  
All kids meals served with a choice of garlic mash, steamed vegetables or salad

**Beef Burger** 10

**Grilled Chicken Strips** 10

**Grilled Fish** 10

**Steak** (served well-done) (no basting) 12

## Dessert «

### Crème Brûlée

Crème brûlée infused with Madagascar vanilla bean.  
Served with strawberries and finished with a tuile biscuit 12

### Chef's Selection of Australian Cheese & Fruit

Australia's finest cheese selection - smoked aged cheddar, heritage blue, ash brie  
and a quenelle of ash goat's cheese. A caramelised shallot and fig tart with melted  
pickled onion cheddar and seasonal fruit 22



## » Entrees

### Beef Carpaccio

(No cheese) Seared Wagyu beef topside, thinly sliced with roquette leaves and drizzled with lemon oil 18

### Salt & Pepper Calamari

Tender pineapple-scored calamari lightly tossed with flour, salt and pepper. Shallow-fried and served with home-made gremolata sauce and a lemon wedge 16

### Pork Belly

Double cooked sticky pork belly served with a salad of snow peas, snow pea sprouts, carrots and Spanish onion. Dressed with chilli, lime and roasted peanuts 16

## Salads «

### The Meat & Wine Co Chef's Salad

Seared beef fillet drizzled with chimichurri sauce with mixed leaves, cherry tomatoes, green beans, potatoes, Spanish onion and black olives. Tossed with a red wine vinaigrette 19

### Caesar Salad

(No Parmigiano shavings) Cos lettuce, egg, bacon and chorizo tossed with our Chef's traditional Caesar dressing and finished with crispy garlic croutons. \*dressing contains anchovies 17

### Greek Salad

(No fetta cheese) Assorted green leaves, Roma tomatoes, cucumber, marinated Kalamata olives, Spanish onion. Tossed with a traditional Greek dressing 17



## » Super-Aged Meat «

*This is our specialty!*

Lactose free steaks are all grilled without basting, steak marinade and butter.  
Served with super crunchy chips

### MONTE SELECT (Grain-fed 120 days)

Eye of Rump (Grass-fed)	200g	24	Rump	300g	27
Rib-Eye (Grass-fed)	300g	35			
Rib-Eye	350g	39	Rib-Eye	600g	45
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Rump Cap (grain-fed)	350g	34
T-Bone (grain-fed)	650g	49
Rib-Eye on the bone (pasture-fed)	400g	49

## Side Sauces for your Steak «

BBQ Relish 3  
Hot Chilli 4



## » Specialties

The Meat & Wine Co Specialties are all grilled without basting, steak marinade and butter

### Flame-grilled Butcher Skewer

(No basting) (Temperature recommendation: Medium-Rare)

Marinated cuts of Angus rump cap beef skewered with onion and capsicum.

Flame-grilled and served with super crunchy chips 32

### Lamb Shanks

Moroccan spiced lamb shanks braised with carrot, celery and chick peas, served with roasted chat potatoes 32

### Lamb Cutlets

Greek style marinated lamb cutlets, flame-grilled and served with chat potatoes and wilted baby spinach 38

## Sides «

Super crunchy chips 6

Roasted chat potatoes 7

Onion rings 6

Side salad 6

Biltong 15

Asian greens with sesame and soy dressing 9

## » Ribs

Our ribs are slow-cooked in BBQ sauce and finished on a flaming hot char-grill, sealing in our unique taste and flavours. Served with super crunchy chips

### Lamb

Char-grilled with lemon, herb and mustard marinade

Half Rack 29

Full Rack 45

## Chicken «

### Chicken Skewer

Marinated pieces of chicken skewered with lemon, onion and capsicum.

Served with steamed rice 30

### Chicken Breast

Marinated chicken breast with lemon and herbs, char-grilled and served with zucchini, eggplant, cherry tomato, roquette and super crunchy chips 26



## » Seafood

### Fresh Catch of the Day

Fresh catch of the day prepared daily by our Chef. Grilled with olive oil and served with chat potatoes, side salad or steamed vegetables.

Please ask your waiter for details: 36

### Prawn & Beef Skewer

(No basting) (Temperature recommendation: Medium)

Tender cuts of Australian Angus beef skewered with Queensland king prawns, grilled and served with super crunchy chips 40

### Salmon Skewer

(Temperature recommendation: Medium - Rare)

Skewered cubed pieces of salmon fillet and onion, brushed with teriyaki sauce and char-grilled. Served with steamed rice, teriyaki sauce and a lemon wedge 30

### Salt & Pepper Calamari

Tender pineapple-scored calamari lightly tossed with flour, salt and pepper. Shallow-fried and served with steamed jasmine rice, home-made gremolata sauce and a lemon wedge 29

## Kids Menu «

Available for children 12 and under.

All kids meals served with chips, steamed vegetables or salad

Grilled Chicken Strips 10

Grilled Fish 10

Steak (served Well-Done) (no basting, butter or marinade) 12

## » Dessert

### Fruit Plate

Chef's selection of Australian seasonal fresh fruit 12

