





TheMeat & WineCo

A cut above ...



source >> the quality of our beef is carefully managed from pasture to plate - our commitment that an exceptional product is served every time

premium >>

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

>> **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



» Breads & Nibbles

Garlic bread £3.50

Cheesy garlic bread £4.50

Herb bread £3.50

Bread of the day £3.50

Mixed Bread Platter Garlic, Herb and Bruschetta £12.00

Kalamata olives Sml £3.00 / Lrg £5.00

Biltong Sml £4.25 / Lrg £8.50
African style cured beef, choose traditional or chilli flavour

Droëwors Sml £4.50 / Lrg £8.50
Dry traditional African beef sausage

Salads «

THE MEAT & WINE CO SALAD Sml £5.75 / Lrg £10.75

Thinly sliced cured beef (biltong) with mixed leaves, avocado, cherry tomato, cucumber, red onion and preserved lemon. Tossed with a red wine and seeded mustard vinaigrette

GREEK SALAD Sml £5.00 / Lrg £9.50

Assorted green leaves, vine ripened Roma tomatoes, cucumber, marinated Kalamata olives, red onions and creamy fetta. Tossed with a traditional Greek dressing

GARDEN SALAD Sml £3.50 / Lrg £7.00

Tossed mixed leaves with cucumber, vine tomatoes, red onion and a lemon mustard dressing

CAESAR SALAD Sml £5.00 / Lrg £9.50

Cos lettuce, pancetta crisps, garlic croutons, boiled egg, diced bacon and Parmesan shavings. Tossed with our chef's traditional caesar dressing and topped with a grissini bread stick

+ grilled sliced chicken breast Sml £6.50 / Lrg £11.50

+ grilled prawns Sml £6.50 / Lrg £11.50

SALT BEEF SALAD £9.50

Thinly sliced salt beef with assorted mixed leaves, cucumber, vine tomatoes, black grapes and raw mangos with a unique dressing of spices, herbs and balsamic vinegar

Prices include VAT & a discretionary 12.5% service charge will appear on your bill



» Entrées

BRUSCHETTA £7.00

Two slices of freshly baked bread topped with freshly diced tomato, red onion, creamy fetta, Parmesan, basil and pesto. Drizzled with balsamic glaze

CHEF'S SOUP OF THE DAY £5.50

Wholesome bowl of fresh hearty soup prepared daily. Served with a warm bread roll

HALLOUMI CHEESE £9.50

Grilled halloumi cheese served with char-grilled Mediterranean vegetables, roquette leaves, homemade rocket oil and aged balsamic glaze

SALT & PEPPER CALAMARI £7.00

Tender pineapple-scored calamari, lightly tossed in salt, pepper and spiced flour. Shallow fried to perfection and served with our homemade Nam Jim sauce

PERI-PERI PRAWNS £10.00

Succulent shelled prawns pan-fried with golden eschallots, red chillis, garlic and peri-peri sauce. Served with a rocket salad and sesame seed oil

CHICKEN WINGS £8.25

BBQ chicken wings grilled to perfection and served with blue cheese sauce and roquette leaves

BOEREWORS £8.50

Grilled traditional African beef sausage accompanied by chakalaka sauce and roquette leaves. Served on a bed of pap (polenta)

ENTRÉE TASTING PLATTER £28.00

Choose any four different entrées from the above to be presented on the platter

AFRICAN VOL-AU-VENT £7.00

Our succulent, slow-cooked, pulled beef rib meat, with portobello mushrooms and our signature basting encased in puff pastry

LAMB CHOPS £10.50

Flame-grilled lamb chops marinated with ancient spices and papaya, served with a roquette & fetta salad accompanied by our homemade mint & coriander yoghurt



» Specialities

SURF AND TURF

Seared scallops on a bed of grilled asparagus, served with a steak of your choice:

Rump 200g (English) £29.00

New Yorker 300g (Irish) £39.00

Fillet 200g (Irish) £42.00

Rib-Eye 300g (Scottish) £44.00

Served with fresh hand cut potato chips or garden salad and lemon garlic butter

FLAME-GRILLED BUTCHER SKEWER £18.00

Marinated cuts of beef skewered with onions and capsicum. Flame-grilled with our unique basting and served with fresh hand cut potato chips

EASTERN EUROPEAN BRAISED PORK WITH WILD MUSHROOMS £17.50

Marinated and slow-cooked pork shoulder, served with sautéed wild mushrooms, crushed new potatoes and a burnt apple sauce

KALAHARI ROAST LAMB £16.00

Slow-roasted shoulder of lamb, marinated in ancient bushman spices, on a bed of mint flavoured cous cous, roasted pine nuts and dried figs.

Topped with crispy onion rings and a mint jus

LAMB SHANK £22.00

Slow-cooked provincial style lamb shank served on champ potato mash and roast vegetable ragout

Ribs «

Our ribs are slow-cooked in BBQ sauce and finished on a flaming hot char-grill sealing in our unique taste and flavour. Served with hand cut potato chips

PORK RIBS

Half Rack	500g	£17.00	Full Rack	1kg	£30.00
-----------	------	--------	-----------	-----	--------

BEEF RIBS

Half Rack	600g	£22.00	Full Rack	1.2kg	£34.00
-----------	------	--------	-----------	-------	--------

Taste the Best of Both £30.00

1/2 Beef Ribs or 1/2 Pork Ribs and 200g Rump Steak

» Sides

Onion rings £2.25

Seasonal vegetables £4.50

Mash potato £2.50

Steamed Basmati rice £2.00

Fresh hand cut potato chips £2.50

Roasted sweet potatoes £3.95

Creamed spinach £3.95

Garlic mushrooms £4.50

Grilled asparagus £3.95



» Super-Aged Meat «

This is our speciality

The quality of our beef is carefully managed from pasture to plate – our commitment that an exceptional product is served every time. Select grain and grass fed cuts are matured to perfection on our premises, then flame-grilled with our internationally renowned unique house basting or au natural. Served with fresh hand cut potato chips

MW PRIME-The very best from around the globe

IRISH CHATEAUBRIAND (GRASS FED)	per 100g	£15.00
Please ask your waiter for today's selection (min 450g)		
CHILEAN WAGYU RIB- EYE (M 3+)	300g	£50.00
ENGLISH ANGUS FILLET (GRASS FED)	300g	£48.00
USA RIB-EYE (GRAIN FED 120 DAYS)	400g	£40.00

MW SELECT-Scottish Black Angus grain fed for 120+ days and wet aged for 45+ days

NEW – YORKER	200g	£23.00
NEW – YORKER	300g	£32.00
RIB – EYE	300g	£29.00

MW GOLD- Hereford Cattle, grass fed and wet aged for 35+ days

RUMP (Irish)	200g	£15.00
RUMP (English)	200g	£17.00
RUMP (English)	300g	£22.50
NEW – YORKER (Irish)	200g	£19.00
NEW – YORKER (Irish)	300g	£26.00
FILLET (Irish)	200g	£30.00
FILLET (Irish)	300g	£41.00
FILLET (English)	200g	£35.00

MW DRY-AGED-Scottish Black Angus grain fed for 120+ days and dry aged for 30+ days

T – BONE	700g	£45.00
RIB – EYE ON THE BONE	500g	£40.00

STEAK TASTING PLATTER

Irish Fillet 200g, English Rump 200g, Irish New Yorker 200g, Scottish Rib - Eye 300g 900g £85.00
Irish Fillet 300g, English Rump 300g, Irish New Yorker 300g, Scottish Rib - Eye 300g 1200g £100.00

» Side Sauces for your Steak «

Green Peppercorn, Portuguese

BBQ Relish, Creamy Garlic

Creamy Mushroom, Béarnaise

Blue Cheese & Vodka, Hot Chilli

Garlic Butter

all sauces £2.00

Blue: seared, 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



» Poultry

CHICKEN BREAST £14.50

Lemon and chilli marinated chicken breast, char-grilled and served on herb mash. With lemon and chive butter

FLAME-GRILLED CHICKEN SKEWER £18.00

Marinated pieces of chicken, skewered with lemon, onion and capsicum. Served with flavoured rice and a creamy Portuguese sauce

PORTUGUESE-STYLE FLAME-GRILLED CHICKEN £15.00

Marinated half chicken, char-grilled in a peri-peri sauce and served with steamed basmati rice

DUCK ÉN CROUTE £17.50

Our roasted duck breast is sliced and marinated in a honey and soya sauce. Served with sautéed leeks in a puff pastry case, with a soya, ginger and honey sauce

Exotic Meats «

KANGAROO £24.00

Kangaroo fillet marinated in our unique basting and served with a traditional potato gratin and a red current jus

SPRINGBOK £26.50

Fillet of springbok marinated in a red wine, cinnamon and star anise reduction. Served with herb crushed potatoes and a red currant jus

» Seafood

CATCH OF THE DAY £18.00

Fresh catch of the day prepared daily by our chef, please ask your waiter for details

PAN-FRIED GIANT PRAWNS £27.00

Succulent giant prawns pan-fried in garlic butter. Served with fennel salad and basmati rice with Peri-Peri sauce on the side

PRAWN AND BEEF SKEWER £24.00

King prawns marinated, with herbs and garlic, skewered along with marinated cuts of beef, onions and capsicum. Flame-grilled and served with hand cut potato chips (Recommended cooking temperature - medium)



» Vegetarian

VEGETARIAN £9.00

Freshly prepared vegetarian option of the day prepared by our chef.
Please ask your waiter for details

PASTA OF THE DAY £9.50

Freshly prepared pasta of the day prepared by our chef.
Please ask your waiter for details

WARM ROASTED VEGETABLE SALAD £9.00

Roasted vegetables marinated in garlic, mixed herbs, olive oil and balsamic vinegar.
Served with rocket leaves, green beans, olives and fetta cheese, all tossed in basil oil

Burgers «

All burgers are served with fresh hand cut potato chips

DOUBLE UP YOUR BURGER £7.50

CLASSIC BURGER £11.75

A superb 225g, 100% pure beef burger, seasoned, basted and flame-grilled.
Served with crisp lettuce, tomato, fresh onions, pink sauce and caramelised onions

CHEESE BURGER £12.75

Our favourite classic burger served with cheddar cheese, cheese sauce
and caramelised onions

HAWAIIAN BURGER £13.75

Our favourite classic burger served with cheddar cheese, pineapple,
bacon and caramelised onions

CHICKEN BURGER £11.00

Marinated chicken breast grilled and served with crisp lettuce,
tomato, fresh onions and pink sauce

GOURMET BURGER £15.00

A superb 225g 100% pure beef burger served with grilled aubergine,
zucchini, capsicum, BBQ relish, mozzarella cheese, English mustard, mayonnaise
dressing and caramelised onions served with onion rings

» Burger Toppings

PORTOBELLO MUSHROOMS £2.00

BLUE CHEESE £2.50

BACON £2.00

Kid's Menu «

Available for children 12 and under

All kid's meals (except pasta) are served with chips, salad, mash or vegetables

"CHARITY CHICKEN STRIPS" £5.50

£1.00 from the sale of this dish will be donated to the Nelson Mandela Children's Fund

KID'S FILLET 100g £12.50

CHEESE BURGER & CHIPS £6.00

FISH GOUJONS & CHIPS £6.00

KID'S PASTA £5.50



» Dessert

“MADIBA CHARITY MALVA PUDDING” £6.50

Nelson Mandela’s favourite pudding, spongy caramelized texture made with apricot jam and served with vanilla ice-cream

£1.00 from the sale of this dish will be donated to the Nelson Mandela Children’s Fund

ICE-CREAM or SORBET PLATTER £5.00

Choice of 3 ice-cream or sorbet scoops. Please ask your waiter for today’s flavours

CRÈME BRÛLÉE £6.50

Crème brûlée infused with Madagascan vanilla bean, served with a special spiced sweet pastry and strawberry sorbet

HOT CHOCOLATE FONDANTE £7.50

Warm dark chocolate fondante with white chocolate and pistachio heart, served with pistachio ice cream

TRADITIONAL BREAD AND BUTTER PUDDING £7.50

Served with a dark caramel sauce and rum ‘n’ raisin ice-cream

FRUIT PLATTER £15.00

A variety of seasonal fresh fruits (serves 2)

PLATTER OF AGED CHEESE Plate for 1 £11.50 Plate for 2 £20.00

Chef’s selection of cheese served with quince paste, honey glazed walnuts and cheese crackers

THE CHEF’S TASTING PLATTER £12.00

Not to be missed! A perfect platter to sample and share. Please ask your waiter for the Chefs selection (serves 2)

We do not knowingly use any GM ingredients

NUT ALLERGIES

Due to the presence of nuts in some of our dishes, we cannot guarantee the absence of nut traces in any of our dishes

RAW OR UNDERCOOKED FOODS

Consuming raw or undercooked meats, poultry, seafood, shellfish or egg may increase your risk of food borne illness





