



THE  
MEAT  
CO



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



**source** *» The quality of our beef is carefully managed from pasture to plate – our commitment that an exceptional product is served every time.*

**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

Africa

Australia



## » Entrées

### Table Baguette

Garlic R 25

Cheesy garlic R 27

Cheesy garlic with biltong shavings R 32

### Chef's Soup of the Day

Wholesome bowl of fresh soup prepared daily R 34

### Moçambique-Style Chicken Livers

Chicken livers pan-fried in a peri-peri sauce with onions, garlic, chilli and peppers.

Served with a slice of toasted bread R 40

### Boerewors - Beef/Game

Flame-grilled South African sausage, served with African pap and spicy chakalaka sauce R 42

### Salt & Pepper Calamari

Scored calamari lightly tossed in salt, pepper and spiced flour.

Fried and served with garlic aioli R 43

### Baby Calamari

Grilled in lemon scented olive oil with garlic and served with lemon butter R 43

### Snails

Poached in white wine, finished under the grill with garlic and Parmesan cheese R 45

### Mussels

Half-shell New Zealand mussels, simmered in garlic and white wine cream R 49

### Grilled Halloumi Cheese

Halloumi served with Mediterranean vegetables, drizzled with rocket oil and aged balsamic R 59

### Game/ Beef & Beetroot Carpaccio

Thin slices of game/ beef loin, with our Chef's special herb pepper.

Served with beetroot slices, fried capers, rocket leaves, shaved Parmesan and horseradish cream R 62

### Prawn Avo Cocktail

Sweet chilly Prawn, iceberg lettuce wedge topped with mango salad, served with cocktail sauce R 69

### Parma Ham

Slices of Parma ham, served with rocket leaves, shaved Parmesan, glazed pears, drizzled with

Blue Gum honey R 69

### Deep-fried Camembert

Garlic and rosemary studded camembert, deep-fried, served with croutons, pickled walnuts

and cranberry jam R 78

### Mezze Platter for Two

An array of delicacies, including boerewors, salt and pepper calamari, chicken livers, pork rib-lets R 108

## » Salads

### House Salad

Fresh mixed salad leaves with cucumber, tomatoes, carrots, peppers, Spanish onion and avocado, tossed with orange vinaigrette R 47

### Caprese Salad

Tomato, Mozzarella, onion, drizzled with basil pesto R 48

### Tuna Salad

Flaked tuna tossed with onion and tomato chutney, layered with fresh dill, grated potato, apple, and eggs, Emmental cheese, topped with mayonnaise R 50

### Roquefort Salad

Fresh mixed salad leaves with cucumber, tomatoes, carrots, peppers, Spanish onion and avocado, tossed with Roquefort dressing R 50

### Greek Salad

Fresh lettuce tossed with cherry tomatoes, cucumber, Kalamata olives, Spanish onions, peppers and Greek feta cheese R 54

### Chicken Caesar Salad

Greens tossed in Caesar dressing with flame-grilled chicken, boiled egg, bacon, croutons and Parmesan shavings R 60

### Biltong Salad

Tossed greens, crowned with Spanish onions, cucumbers, carrots, peppers, tomatoes, marinated mushrooms, avocado and biltong shavings R 67

### Salmon Gravlax Salad

Sashimi style salmon accompanied with spring onion, capers, cucumber, lettuce and cottage cheese. Finished with a vinaigrette dressing R 69

### Vegetable Platter

Seasonal vegetables R 79



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



## » Super Aged Meat

All weights are pre cooked

Select grain-fed cuts are matured to perfection on our premises,  
Flame-grilled with either our unique house basting, or black pepper crust.

Enhance your steak with one of our 'steak style' sauces, side dishes, steak toppings  
and flavoured butters

### SA Prime AAA Grade Beef

Rump	300g	R 105	500g	R 140
Sirloin	300g	R 105	500g	R 140
T - Bone	500g	R 119	750g	R 159
Fillet	250g	R 115	500g	R 180
Prime Rib	500g	R 119		
Fillet on bone	250g	R 115 (when available )		

### SA Organic Beef

Sirloin	300g	R 115
Rump	300g	R 115

### Mediterranean Crusted Rump (300g)

R129

Organic 300g rump steak, crusted with coriander, dried chilli, oregano, lemon zest,  
salt and pepper. Flame-grilled and finished with a warm lemon, tomato and olive dressing

### Australian Rib - Eye (when available)

Rib Eye	300g	R 169
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## Steak Toppings & Flavoured Butters «

Herb Butter	R 7	Cheese and Bacon	R 20	Chicken Livers	R 30
Garlic Butter	R 7	Cheese and Biltong	R 25	Mussels	R 30
Anchovy Butter	R 7	Feta and Avocado	R 25		

## » Hanging Skewers

### Butcher Skewer

A selection of prime cuts, skewered with sweet onions and roasted peppers R 108

### Mixed Grill Skewer

Select cuts of meat - beef, chicken, game/beef boerewors, and a lamb chop, skewered with onions,  
flame-grilled to your liking R 115

### Chicken Skewer

Tender chicken fillet, marinated in Middle Eastern spices, skewered with peppers and flame-grilled R 135

### Prawn Skewer

Peri - Peri spice marinated Prawns skewered with red peppers and flame-grilled R 280

## » Specialties

### **BBQ Beef Short Ribs**

Braised for 3 hours, grilled with our home-made BBQ sauce R 87

### **Saucy Steak (200g)**

Flame-grilled prime beef, smothered in a sauce of your choice R 89

### **Game of the Day**

Freshly prepared daily. Ask your waiter for today's specialty R 98

### **Trinchado**

Prime beef strips, pan-fried with garlic, a touch of peri-peri and served with sliced potatoes and olives R 90

### **Pork Chops**

Succulent loin chop, flavoured with fresh herbs and wholegrain mustard, grilled and served with braised apple and red cabbage R 79

### **Rump Escargot (300g)**

Rump topped with snails in a creamy garlic sauce R 119

### **Fillet Mignon**

Medallions of beef with crispy bacon, served on crusty croutons and smothered in a creamy mushroom sauce R 121

### **Oxtail**

Braised in tomato and red wine with a hint of garlic R 130

### **Marinated Lamb Kebab**

Tender lamb cubes, marinated in Mauritian spices, garlic, ginger, olive oil, salt and black pepper, skewered with peppers and flame-grilled R 135

### **Calf's Liver**

Pan-fried calf's liver, served with Colcannon mash and balsamic butter R 130

### **Lamb Chops**

Karoo lamb, flavoured with fresh mint and glazed in a sweet honey sauce R 139

### **Lamb Shank**

Braised in red wine, with onions, rosemary and bay leaves R 170

### **Spare Ribs** (pork or beef)

A rack glazed in our famous basting

600g R 130      1kg R 175

### **Saucy Ribs** (pork or beef)

Smothered in a sauce of your choice

600g R 135      1kg R 180

All mains are served with onion rings and a choice of chips, creamed potato, baked potato, rice or pap

## » Side Dishes

### Side Starches

Chips, baked potato, mash potato, rice or pap (African Polenta) R 20

### Sauces

Blue cheese and vodka, Madagascar green pepper, peri-peri, creamy mushroom, monkey gland, creamy garlic, Portuguese, chakalaka or cheese R 25

### Side Orders (any one of the following)

Onion rings, sliced tomato and onion, fresh chilli, garlic R 20

Feta, olives, avocado R 22

Vegetables of the day R 26

Side salad, sautéed mushrooms, creamed spinach, butternut R 28

### Biltong Bowl R 62

### Cocktail Roll R 2.50 each

## Gourmet Burgers «

A home-made burger, seasoned, basted and flame-grilled. Served on a golden toasted bun

<b>Classic Burger</b>	single patty	R 59	double patty	R 75
<b>Cheese Burger</b>	single patty	R 62	double patty	R 82
<b>Cheese, Bacon and Egg</b>	single patty	R 69	double patty	R 85
<b>Chicken Burger</b>	single breast	R 59	double breast	R 79

### Pork Burger

200g grilled pork patty, served with sliced apple, tomato, lettuce, topped with Calvados braised prunes R 69

### 400g Mighty Beef Burger

Giant 400g beef patty, flame-grilled, topped with roasted red pepper and garlic pesto and served with all the trimmings R 79

### Three Cheese burger

200g beef patty, flame grilled, with cheddar cheese, grilled halloumi, and a ricotta and red pepper pesto, served with all the trimmings R 85



## » Seafood

### Grilled Fish & Chips

Cajun spiced Hake fillet, grilled and served with cucumber and onion salad, with garlic and red pepper aioli R 74

### Calamari

Baby calamari marinated in lemon, rosemary and garlic, grilled, and served with tomato and white bean Cassoulet R 84

### Sole

Whole sole, lightly dusted in 4 pepper spice, grilled and served with lemon and fresh herb butter R 112

### Kingklip

Turmeric and chilli marinated Kingklip fillet, grilled and served with pumpkin ragoût and peach & onion chutney or served with Thermidor sauce R 120

### Grilled Prawns

Succulent prawns, marinated and grilled with garlic, thyme and lemon.  
Served with coriander lemon rice R 280

### Lobster Thermidor /Grilled

Rock lobster, flamed in Cognac, showered with mushrooms and baked with tangy cheddar cheese (when available) 5Q

### Line fish of the day

Fresh catch of the day Grilled in lemon butter R 98

## Chicken «

### Chicken Breast

Flame-grilled, marinated in your choice of lemon & herb, peri-peri or BBQ R 72

### Chicken Kebab

Chicken fillets, marinated with Middle Eastern spices, skewered with peppers and flame-grilled R 79

### Chicken Schnitzel

Chicken breast, coated with fresh herb and orange flavoured bread crumbs and served with mushroom sauce R 80

### Spatchcock Chicken

Flame-grilled and basted with our unique lemon & herb or peri-peri sauce R 99



## » Desserts

### **Sorbet**

A trio of fruit flavours R 29

### **Ice-Cream & Chocolate Sauce**

Creamy vanilla ice-cream with hot chocolate sauce R 36

### **Crème Brûlée**

Baked custard with a caramelised crust R 39

### **Orange Crème Caramel R39**

### **Chocolate Panna Cotta**

Traditional Panna Cotta flavoured with chocolate, served with wild berry coulis R 39

### **Cheese Cake**

Fridge cheese cake R 40

### **Chocolate Mousse**

Rich, decadent dark chocolate R 40

### **Malva Pudding**

Traditional South African baked dessert R 42



