



PASSPORT

A cut above...

A cut above...



THE MEAT & WINE CO

NAME

SYDNEY DARLING HARBOUR: OCTOBER 2003

SYDNEY PARRAMATTA: FEBRUARY 2007

MELBOURNE SOUTHBANK: DECEMBER 2005

DATE OF BIRTH

DARLING HARBOUR: L1, 31 WHEAT ROAD, IMAX THEATRE COMPLEX, COCKLE BAY,
DARLING HARBOUR, SYDNEY NSW 2000

PARRAMATTA: CORNER MARKET AND CHURCH STREET, PARRAMATTA, SYDNEY NSW 2150

SOUTHBANK: 3 FRESHWATER PLACE, QUEENSBRIDGE SQUARE, QUEENSBRIDGE STREET,
SOUTHBANK VIC 3006

ADDRESS

DARLING HARBOUR: +61 2 9211 9888

PARRAMATTA: +61 2 9630 2434

SOUTHBANK: +61 3 9696 5333

TELEPHONE NO.

DARLING HARBOUR: +61 2 9211 8189

PARRAMATTA: +61 2 9630 3835

SOUTHBANK: +61 3 9696 5322

FAX NO.

DARLING HARBOUR: sydney@themeatandwineco.com

PARRAMATTA: parramatta@themeatandwineco.com

SOUTHBANK: melbourne@themeatandwineco.com

EMAIL



A WARM WELCOME TO YOU FROM THE MEAT & WINE CO.

As part of an international group of steakhouse restaurants located in Africa, Israel, the Middle East and the UK, where "Steak you'll leave home for...." is the specialty.

Prime cuts of superior quality beef, perfectly aged and then grilled to perfection, are what The Meat & Wine Co is best known for. All of this is further enhanced by an extensive range of great wines, complemented by an unwavering commitment to service excellence no matter where you may dine at a Meat & Wine Co restaurant worldwide.

The Meat & Wine Co's very own **Monte Beef** brand is sourced from premium breeders of primarily Angus cattle, carefully reared and grazed on selected farms throughout Australia. Monitored from paddock to plate using a process of stringent quality checks.

Aged to perfection, **Monte Beef** gives the discerning meat connoisseur the most juicy, succulent, perfectly marbled, tender steak experience. Combined with our signature in-house basting, proprietary grilling methods and perfect accompaniments, **Monte Beef** is truly a cut above . . .

But that's not all!

At The Meat & Wine Co there is something for everyone. The menu offers a delicious selection of seafood, chicken and premium game.

Be enthralled by the striking displays of wine - unique to each site - which form a signature feature of all The Meat & Wine Co restaurants. Lavish decor combined with rich textures and colours add to the contemporary feel of these exciting restaurants.

Deliciously good food and wine, complemented by stunning venues and an unwavering commitment to service excellence, ensure that our patrons all over the world continue to leave home or work, for more.

THE MEAT & WINE CO
Australia Israel UK

THE MEAT CO
Africa Middle East

We have a gluten free menu, lactose free menu and nut free menu available for our guests with these allergies. Please advise your waiter if you require a copy of our allergy menus.

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



A cut above . . .
www.themeatandwineco.com



		SURCHARGE:
SYDNEY	DARLING HARBOUR	\$5 per person on Sundays and public holidays
	PARRAMATTA	\$5 per person on Sundays and public holidays
MELBOURNE	SOUTHBANK	\$5 per person on public holidays

ENTRÉES

BREADS

Garlic Bread	5
Herb Bread	5
Turkish Rolls (2 freshly baked Turkish rolls served with balsamic and olive oil)	5

MIXED BREAD PLATTER

Garlic, Herb and Bruschetta	19
-----------------------------	----

CHEF'S SOUP OF THE DAY

Wholesome bowl of fresh hearty soup prepared daily. Served with a warm bread roll	9
---	---

BRUSCHETTA

Two slices of wood-fired bread, topped with basil and pine nut pesto, 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	11
--	----

CHICKEN WINGS

BBQ chicken wings served with sliced carrot, cucumber and blue cheese sauce	13
---	----

HALLOUMI CHEESE

Grilled halloumi cheese with char-grilled Mediterranean vegetables, roquette leaves, aged balsamic glaze and lemon oil	13
--	----

BOEREWORS

Grilled traditional African beef sausage, served on pap (polenta) with our BBQ relish (Referred to in Africa as Pap and Sheba)	14
--	----

BEEF CARPACCIO

Seared Angus beef striploin, thinly sliced and served with Nashi pear, roquette leaves, red radish and a sesame soy dressing	17
--	----

SALT AND PEPPER CALAMARI

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

LEMONGRASS INFUSED CHILLI PRAWNS

Succulent shelled prawns, pan-fried with golden eschalots, lemongrass and coriander in a home-made spicy red sauce. Served with steamed jasmine rice and a fresh lime wedge	18
---	----

CHILLI MUSSELS

South Australian mussels cooked in a spicy Napolitana sauce finished with white wine and served with warm Turkish bread	19
---	----

BOEREWORS SKEWER (To share)

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)	26
--	----

ENTRÉE TASTING PLATTER

Char-grilled halloumi cheese with Mediterranean vegetables, salt and pepper calamari with Nam Jim sauce, bruschetta and grilled chicken wings with blue cheese sauce	49
--	----

SALADS

THE MEAT & WINE CO CHEF'S SALAD

18

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

CAESAR SALAD

16

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

CHICKEN CAESAR SALAD

20

Succulent grilled chicken breast, cos lettuce, poached egg, bacon and Parmigiano shavings tossed with our Chef's traditional Caesar dressing and finished with crispy garlic croutons* **dressing contains anchovies*

GREEK SALAD

16

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

GARDEN SALAD

12

Tossed mixed leaves with cucumber, Roma tomatoes, Spanish onion, capsicum, celery and snow pea sprouts. Dressed with red wine vinaigrette

POACHED CHICKEN AND PUMPKIN SALAD

17

Poached chicken roulade finished with Szechuan spice, served with oven roasted pumpkin, baby spinach, walnuts, Danish fetta and roquette leaves. Tossed with a tangy lime dressing

MEAT TEMPERATURES

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

This is our specialty!

The Meat & Wine Co's very own **Monte Beef** brand is sourced from only premium breeders of primarily **Angus** cattle, carefully reared and grazed on selected farms throughout Australia and monitored from the paddock to the plate using a process of stringent quality checks. Aged to perfection, Monte beef gives the discerning meat connoisseur the most juicy, succulent, perfectly marbled, tender steak experience. Combined with our signature in-house basting, proprietary grilling methods and perfect accompaniments, Monte Beef is truly a cut above!

MONTE SELECT *(Grain-fed 120 days)*

Our Monte Select cattle steaks are aged to enhance their flavour and texture

Recommended Wine: Heathcote Estate Shiraz - 19/80

Rib-Eye	350g	37
Rib-Eye	600g	45
New Yorker	300g	34
New Yorker	500g	45
Fillet	300g	49
Fillet	200g	33
Rump	300g	28

THE MEAT & WINE CO WAGYU *(Grain-fed 500 days) (Marble Score 6+)*

The Meat & Wine Co 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

Recommended Wine: Howard Park Leston Cabernet Sauvignon - 19/79

Rump	500g	45
Rib-Eye	300g	59

MONTE GOLD *(Grain-fed 130 days) (Marble Score 2+)*

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

Recommended Wine: Terrazas De Los Andes Reserva Malbec - 14/58

New Yorker	350g	45
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!

Recommended Wine: Mitolo "Jester" Shiraz - 16/65

T-Bone	500g	45
Rib-Eye on the bone	400g	48
Rump	400g	39

MONTE PASTURE-FED

Monte pasture-fed cattle are raised in pristine pastures in Australia's best beef grazing regions. This is the natural way to experience Australian beef flavour

Recommended Wine: Conde De Valdemar Crianza Rioja - 12/49

Saucy Eye-Rump <i>(With your choice of sauce)</i>	200g	26
---	------	----

SIDE SAUCES FOR YOUR STEAK

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

SPECIALTIES

- PEPPER CRUSTED FILLET ON THE BONE** (Grain-fed 130 days) **55**
Our Monte Gold 250g fillet is perfectly aged on the bone and grilled to perfection, pepper crusted and served with potato croquette and an oven roasted tomato
Recommended Wine: Cape Mentelle "Trinders" Cabernet Merlot - 15/62
- FLAME-GRILLED BUTCHER SKEWER** (Temperature recommendation: Medium-Rare) **32**
Marinated cuts of Angus beef skewered with onion and capsicum.
Flame-grilled with our in-house basting and served with super crunchy chips
- PORK PLATE** **29**
Flame-grilled High Country pork cutlet served with a home-made pork mince potato pie, crushed peas and red wine jus
- LAMB SHANKS** **28**
Slow-cooked Provençale-style lamb shanks served on champ potato mash and a roast vegetable ragoût
- LAMB CUTLETS** **36**
Herb marinated lamb cutlets, flame-grilled and served with an olive ratatouille, sautéed spinach and drizzled with rosemary jus

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 super crunchy chips
Recommended Wine: Guigal Côtes du Rhone Syrah Grenache Mourvedre - 13.5/54

- | | | | |
|-------------|--|------|-----------|
| LAMB | Char-grilled with lemon, herb and mustard marinade | | |
| | Half Rack | 600g | 29 |
| | Full Rack | 1kg | 45 |
| BEEF | Half Rack | 600g | 29 |
| | Full Rack | 1kg | 45 |
| PORK | Half Rack | 600g | 35 |
| | Full Rack | 1kg | 49 |
- TASTE THE BEST OF BOTH** **49**
½ Beef or Lamb Ribs and a 200g Eye-Rump Steak
- RIBS PLATTER** **49**
A selection of Beef, Pork and Lamb Ribs

FROM THE OUTBACK

- KANGAROO FILLET** (Temperature recommendation: Medium-Rare) **29**
Kangaroo fillet marinated in our in-house basting and served with honey roasted sweet potatoes, pecan and red currant jus



- | | | | |
|------------------------------|----------|----------------------------|-----------|
| SUPER CRUNCHY CHIPS | 6 | ONION RINGS | 5 |
| ROASTED CHAT POTATOES | 7 | SEASONAL VEGETABLES | 8 |
| GARLIC MASH | 7 | SIDE SALAD | 6 |
| POTATO GRATIN | 7 | BILTONG | 15 |

BURGERS

200g Angus beef burger patty, grilled, basted and served on a warm seeded bun with baby cos lettuce, tomato, Spanish onion, BBQ and 1000 Island sauce.
All burgers are served with super crunchy chips and onion rings

CLASSIC BURGER		17
CHEESE BURGER	(With cheddar cheese and cheese sauce)	18
SAUCY BURGER	(With your choice of sauce)	19
CHICKEN BURGER	(Grilled chicken breast)	17
SIDE SAUCES FOR YOUR BURGER		
	Green Peppercorn, Portuguese, BBQ Relish, Mustard,	3
	Cheese, Creamy Mushroom, Creamy Garlic,	3
	Blue Cheese and Vodka, Hot Chilli	4
STEAK SANDWICH		26
	Char-grilled 200g fillet steak served in a freshly baked Turkish roll with green salad leaves, fresh tomato, BBQ sauce, onion relish and mayonnaise. Served with super crunchy chips	

CHICKEN

CHICKEN SKEWER		29
	Marinated pieces of chicken skewered with lemon, onion and capsicum. Served with saffron rice and a creamy Portuguese sauce	
GRILLED CHICKEN BREAST		26
	Marinated chicken breast with lemon and herbs, char-grilled and served on garlic mash potato with lemon and chive butter	
FLAME-GRILLED PORTUGUESE-STYLE CHICKEN		32
	Marinated whole chicken, char-grilled in a peri-peri basting and served with flavoured steamed rice	

SEAFOOD

FRESH CATCH OF THE DAY		36
	Fresh catch of the day prepared daily by our Chef. Please ask your waiter for details	
PRAWN AND BEEF SKEWER	(Temperature recommendation: Medium)	38
	Tender cuts of Australian Angus beef skewered with Queensland king prawns, grilled and served with super crunchy chips	
PAN-FRIED GIANT PRAWNS		39
	Succulent giant prawns, marinated in sumac and fresh herbs. Pan-fried and served with a coconut, coriander and lime rice, topped with fennel salad. Peri-peri sauce on the side	
SALMON SKEWER	(Temperature recommendation: Medium-Rare)	29
	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	
SALT AND PEPPER CALAMARI		26
	Tender pineapple-scored calamari lightly tossed with flour, salt and pepper. Shallow-fried and served with steamed jasmine rice, home-made Nam Jim sauce and a lemon wedge	

PASTA

PASTA OF THE DAY

Freshly prepared daily by our Chef. Please ask your waiter for details

19

KIDS MENU

Available for children 12 and under

PASTA OF THE DAY

BURGER AND CHIPS

CHICKEN STRIPS AND CHIPS

FISH AND CHIPS

BEEF RIBLETS AND CHIPS

STEAK AND CHIPS (Served Well-Done)

PORK RIBLETS AND CHIPS

9

10

10

10

13

12

15

DESSERT

THE GRAND FINALE

Not to be missed! A chocolate fondante with vanilla ice-cream, vanilla crème brûlée, rich pecan pie with malt ice-cream and strawberry cheese cake (Served on a platter for two)

Recommended: Le Grand Muscat 10-15year old - 9.50/39

29

ICE-CREAM

Three scoops of classic ice-cream served with an almond and pistachio biscotti. Please ask your waiter for today's flavours

10

CRÈME BRÛLÉE

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

Recommended: McWilliams Riverina "Morning Light" Botrytis Semillon - 13.5/55

12

WARM CHOCOLATE AND PISTACHIO FONDANTE

Warm dark chocolate and pistachio fondante with a melting centre. Served with vanilla ice-cream and a pistachio nougatine

Recommended: Valdespino Pedro Ximinez Yellow Label Sherry - 12/49

15

APPLE AND RHUBARB CRUMBLE

Slow-cooked apples with cinnamon and rhubarb. Served with rhubarb sauce and cinnamon ice-cream. Recommended: Campbell's Rutherglen Muscat - 10/40

13

PECAN PIE

Rich pecan pie served with malt ice-cream and drizzled with classic caramel sauce

Recommended: Campbell's Rutherglen Tokay - 10/40

14

CHEF'S SELECTION OF AUSTRALIAN CHEESES

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 walnut bread. Recommended: Hennessy XO Cognac - 20

22

CHOCOLATE TASTING PLATE

A trio of chocolate textures! Dark chocolate and hazelnut fudge, white and dark chocolate mousse with orange biscuit. Served with rich dark chocolate ice-cream

Recommended: Penfolds Grandfather Port - 20

15