





TheMeat & WineCo

A cut above ...



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.

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



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

» Entrées

Freshly Baked Bread Loaf

Freshly baked bread loaf served with a choice of garlic butter, herb butter, roasted capsicum butter or mushroom truffle butter 6

Mixed Bread Platter

Two freshly baked bread loaves served with a choice of 2 butters (garlic, herb, roasted capsicum or mushroom truffle butter) and Bruschetta 22

Chef's Soup of the Day

Wholesome bowl of fresh hearty soup prepared daily. Served with a warm bread roll 10

Bruschetta

Two slices of wood-fired ciabatta, 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 12

Chicken Wings

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

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 and aged Parmesan cheese, 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

Portuguese Prawns

Succulent shelled prawns, pan-fried with golden eschalots and creamy Portuguese sauce. Served with steamed jasmine rice 18

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

Beef Short Rib Risotto

Beef short ribs braised in rib basting, herbs, orange zest, and juniper berry served on a mushroom risotto 16

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) 27

Entrée Tasting Platter

Salt and pepper calamari with gremolata sauce, bruschetta, Portuguese prawns and grilled chicken wings with blue cheese sauce 55



» Salads

Caesar Salad

Cos lettuce, egg, bacon, chorizo and Parmigiano shavings tossed with our Chef's traditional Caesar dressing and finished with crispy garlic croutons 17
With grilled chicken breast or grilled prawns 23
*dressing contains anchovies

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

Greek Salad

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

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 speciality! All steaks are grilled to perfection with our in-house basting and 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
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 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	48

» Side Sauces for your Steak

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

» Specialties

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

(Temperature recommendation: Medium-Rare)

Marinated Angus rump cap skewered with onion and capsicum.

Flame-grilled with our in-house basting and served with super crunchy chips 33

High Country Pork Cutlets

Flame-grilled and basted High Country pork cutlets served with roasted baby potatoes, bacon, cabbage and a fennel roquette salad 29

Lamb Shanks

Moroccan spiced lamb shanks braised with carrot, celery and chick peas served with garlic mash potato 32

Lamb Cutlets

Greek style marinated lamb cutlets, flame-grilled and served with potato and cauliflower gratin and wilted baby spinach 38

Kangaroo Fillet

(Temperature recommendation: Medium-Rare)

Kangaroo fillet marinated in our in-house basting, served with crushed sweet potato and pumpkin, sweet potato chips and a black cherry jus 32

Ribs «

Our beef and pork ribs are slow-cooked in BBQ sauce and finished on a flaming hot char-grill, sealing in our unique taste and flavour. Lamb ribs char-grilled with lemon, herb and mustard marinade. All served with super crunchy chips

Lamb Ribs	Half Rack	29	Full Rack	45
Beef Ribs	Half Rack	29	Full Rack	45
Pork Ribs	Half Rack	37	Full Rack	52

Taste the Best of Both

Half Beef or Lamb Ribs and a 200g Eye-Rump Steak 49

Ribs Platter

A selection of Beef, Pork and Lamb Ribs 52

» Sides

Onion Rings 6	Side salad 6	Chips 7
Chat Potatoes 7	Garlic Mash 7	Biltong 15
	Stuffed mushrooms with fetta cheese 9	
	Tomato and blue cheese salad 8	
	Asian greens with sesame and soy dressing 9	
	Char-grilled corn on the cob with chilli lime butter 7	
	Broccoli and carrot sautéed with butter and fresh herbs 8	
	Green beans sautéed with slivered almonds and butter 9	

» Burgers

Wagyu Beef Burger

Hand pressed 225g Wagyu beef burger patty, grilled, basted and served on a warm bun with baby cos lettuce, tomatoes, onion rings, gherkins, pink sauce and BBQ sauce.
Served with super crunchy chips 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 super crunchy chips 23

Side Sauces for your Burger

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

Steak Sandwich

Char-grilled 200g rib-eye steak served in a freshly baked roll with green lettuce leaves, fresh tomatoes, onion relish, sautéed mushrooms and hot English mustard mayonnaise.
Served with super crunchy chips 27

Chicken «

Grilled Chicken Breast

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

Flame-grilled Portuguese-style Chicken

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

Chicken Skewer

Marinated pieces of chicken skewered with lemon, onion and capsicum.
Served with saffron rice and a creamy Portuguese sauce 30

» Seafood

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

Fresh Catch of the Day

Fresh catch of the day prepared daily by our Chef. Please ask your waiter for details 36

Prawn & Beef Skewer

(Temperature recommendation: Medium)
Tender cuts of Australian Angus beef skewered with Queensland King prawns, grilled and served with super crunchy chips 39

Pan-fried Giant Prawns

Succulent giant prawns pan-fried with garlic butter, parsley and served with your choice of chips, garlic mash or garden salad 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

Pasta «

Pasta of the Day

Freshly prepared daily by our Chef. Please ask your waiter for details 20

» Kids Menu

Available for children 12 and under.

All kids meals served with a choice of chips, mash potato, steamed vegetables or salad.
(Excluding Pasta of the Day)

Pasta of the Day 10

Beef Burger 10

Grilled Chicken Strips 10

Battered Fish 10

Steak (Served Well-Done) 12

Dessert «

The Grand Finale

Not to be missed! A chocolate fondante with vanilla ice-cream, vanilla crème brûlée, mango parfait and chilli chocolate mousse (Served on a platter for two) 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 strawberries and finished with a tuille biscuit 12

Warm Chocolate & Pistachio Fondante

Warm dark chocolate and pistachio fondante with a melting centre.
Served with vanilla ice-cream and a pistachio nougatine 15

Mango Parfait

Mango parfait infused with cardamon spice served with crushed pistachio biscotti and mixed berry compote 13

Chilli Chocolate Mousse

Chilli chocolate mousse served on an orange biscuit base with blood orange sorbet 14

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, walnut bread and fresh seasonal fruit 22