

X-press Lunch

Available Monday – Saturday 12pm – 4pm

Two courses \$38 Three courses \$48

Includes a glass of house selected wine, beer or soft drink

Single course mains are available at listed price

Entrée

Bruschetta

Fresh avocado, diced tomato, Spanish onion, garlic oil, basil and Grana Padana on lightly toasted bread

Grilled Cheese

Caciocavallo (aged Mozzarella) grilled and served with hickory smoked semi-dried tomatoes, rocket and lemon

Szechuan Calamari

Lightly fried Szechuan calamari served with nam jim sauce and fresh lemon

Main

FROM THE PADDOCK

Monte Beef is sourced from only premium breeders of the highest quality Angus cattle. The cattle are carefully reared and grazed on selected farms throughout Australia and monitored from the paddock to the plate using a process of stringent quality checks.

Grilled to your liking in our in-house basting served with crunchy chips or garden salad

| | | |
|------|----------------------------|----|
| 250g | Wagyu Rump (450D, MB 6+) | 26 |
| 150g | Black Fillet (150D, MB 2+) | 28 |
| 300g | Flat Iron | 25 |

Lime & Pepper Salmon

Seared salmon fillet served with chickpeas, green baby peas, Spanish onion, parsley, avocado, cucumber, toasted sunflower seeds, fresh lemon dressing and feta

Lamb Ribs

Char-grilled with a lemon, herb and mustard marinade.
Served with crunchy chips or garden salad

Short Rib Burger

Slow cooked beef short rib in a toasted bun with mixed cabbage slaw and aioli.
Served with crunchy chips or garden salad

Argentinean Chicken

Supreme-cut spiced chicken breast. Served with crunchy chips or garden salad

Risotto

Fresh and pickled peas, kale, hickory smoked semi-dried tomatoes, Grana Padana and sage

Dessert

Crème Brûlée

Classic crème brûlée with a raspberry popping candy shortbread biscuit

Semifreddo

Raspberry semifreddo with chocolate crumb, raspberry gel, torched meringue, raspberry crisps and rose petals crystals

Dessert

The Grand Finale 55

(Serves 4-5) A selection of our individual desserts.

Chocolate & Hazelnut Fondant, Apple Pie, Crème Brûlée and Semifreddo

Chocolate & Hazelnut Fondant 16

Chocolate fondant with white chocolate and hazelnut centre, served with fior de latte ice cream, short bread biscuit and caramel nougatine

Crème Brûlée 13

Classic crème brûlée with a raspberry popping candy shortbread biscuit

Apple Pie 14

Fried apple cigar with apple liqueur toffee, sour apple gel, mascarpone ice cream and smoked maple syrup

Semifreddo 15

Raspberry semifreddo with chocolate crumb, raspberry gel, torched meringue, raspberry crisps and rose petals crystals

Cheese

A selection of artisan cheeses served with fig jam, assorted crackers and seasonal fruit

Blue 13 per 50g Hard 13 per 50g Soft 13 per 50g

Liquid Dessert

Crumble 19

Chambord, Apple Schnapps, Limoncello, apple and lemon juice served in a sweet pastry crumbed martini glass

Sweet Savannah 19

Amarula, Wild Turkey Honey, Malibu and cream served in a shaved coconut rimmed martini glass

Affogato 12

Espresso, vanilla bean ice cream and choice of liqueur. Baileys, Kahlua, Frangelico, Fusion Caramel Vodka, Fusion Coffee Vodka, Fusion Chocolate Vodka

Dom Pedro 17

Vanilla bean ice cream blended with one of the following: Jameson, Kahlua, Baileys, Frangelico, Fusion Caramel Vodka, Fusion Coffee Vodka, Fusion Chocolate Vodka

The Glenmorangie Whisky Experience 24

4 tasters of Glenmorangie Whisky. These whiskies are aged for 10 years then a further 2 years in different casks to add depth of flavour; 10YO, Nectar D'or (Sauternes Cask), Quinta Ruban (Ruby Port Casks), Lasanta (Oloroso Sherry Cask)

Dessert Wines

| | 90ml | Btl |
|----------------------------------|--------------------|-------|
| Vasse Felix Cane Cut Semillon | Margaret River, WA | 14 58 |
| Mitchell Noble Botrytis Semillon | Clare Valley, SA | 12 48 |

Fortified Wines

| | 60ml | Btl |
|--------------------------------------|-------------------|--------|
| NV Penfolds Grandfather Port (750ml) | Magill Estate, SA | 24 250 |
| NV Hanwood Estate Tawny (750ml) | Riverina, NSW | 10 60 |
| NV All Saints Muscat (375ml) | Rutherglen, Vic | 11 54 |
| NV Campbells Topaque (375ml) | Rutherglen, Vic | 11 58 |



Fresh from the Bakery

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| Bread Board Baked artisan bread served with cultured butter and black salt | 7 |
| Garlic Bread Fresh bread grilled with whipped garlic butter | 8 |

Let's Begin

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| Biltong South African strips of beef, dried and cured. Traditional or chilli | 15 |
| Bruschetta Avocado, diced tomato, Spanish onion, garlic oil, basil and Grana Padana on lightly toasted bread | 12 |
| Boerewors Grilled African beef sausage, Mielie pap croquette and barbeque relish (Mielie Pap: South African porridge made from maize and corn kernels; similar to polenta) | 15 / 27 |
| Pork Belly Char-grilled smoky pork belly. Served with a coriander, wombok and fermented chilli salad, puffed wild rice and finished with crispy crackling crumb | 16 |
| Palava Prawns A North African dish of seared prawns, silverbeet and toasted pepitas in a creamy Portuguese style sauce | 19 |
| Szechuan Calamari Lightly fried Szechuan calamari served with nam jim sauce and lemon | 15 / 22 |
| Piri Piri Scallops Seared wild sea scallops with pea puree, pickled samphire, chicken crackling served with spicy piri piri vinaigrette | 19 |
| Grilled Cheese Caciocavallo (aged Mozzarella) grilled and served with hickory smoked semi-dried tomatoes, rocket and lemon | 15 |
| Beetroot Salad Sous-vide beetroot, whipped goat's curd, quinoa crisp, cherry tomato, puffed rice and wild garlic oil | 15 |
| Tasting Plate (serves 4) Szechuan Calamari, Pork Belly, Bruschetta and Pavala Prawns | 59 |

www.themeatandwineco.com
www.seagrassbhg.com

Flame-grilled Skewers

Served with your choice of crunchy chips or house salad unless specified*

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| Beef (Temperature recommendation: Medium) Petite beef tenders brushed with our in-house basting and lightly seasoned | 36 |
| Prawn & Beef Petite beef tenders and South Australian prawns brushed with our in-house basting and lightly seasoned (Temperature recommendation: Medium-Rare) | 39 |
| Portuguese Chicken Marinated chicken pieces with a mild Portuguese spice blend | 29 |
| Lamb Moroccan spiced and lightly basted | 36 |
| Salmon (Temperature recommendation: Medium) Lime and pepper crusted Tasmanian salmon | 32 |
| Kangaroo (Temperature recommendation: Medium-Rare) Kangaroo loin-fillet marinated in native bush spice, char-grilled and served with chat potatoes, tomato chutney and crispy onion rings* | 36 |

Sides & Salads

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| Crunchy chips | 7 |
| Onion rings | 7 |
| Home-made mash | 7 |
| Side garden salad | 7 |
| Chat's with garlic butter and flat leaf parsley | 8 |
| Dry-baked sweet potato with buffalo ricotta, radishes, spring onion & chive oil | 12 |
| Mac & cheese with manchego and chorizo | 10 |
| Sautéed broccolini , pan roasted almonds and cultured butter | 13 |
| Green beans , tossed through a rich tomato and basil sugo | 12 |
| Charred corn kernels , smoked corn puree, corn puffs and cherry tomato with lemon dressing | 12 |
| Wedge Salad - Honey bacon, cherry tomatoes, fried shallots, crisp iceberg, crumbled Roquefort. House-made Ranch dressing | 13 |
| Chickpea Salad - Chickpeas, green baby peas, Spanish onion, flat leaf parsley, avocado, cucumber, toasted sunflower seeds, fresh lemon dressing and feta | 13 |
| Spinach Salad - Heirloom tomato, baby spinach, cumin, honey, cinnamon, crispy shallots, chilli, yoghurt and lemon oil dressing | 12 |
| Greek Village - Tomato, cucumber, marinated olives, Spanish onion, baby Cos, Feta and traditional Greek dressing | 12 |

From the Paddock

Monte is the premium line of beef exclusive to The Meat & Wine Co. Monte Beef is sourced from only premium breeders of the highest quality 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. Monte premium cuts have a high marble score, tender texture and robust flavour. All meat is aged in a temperature controlled environment for a minimum of twenty-eight days.

Monte cuts are grilled to your liking in our in-house basting and served with crunchy chips or house salad

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| MONTE GRAIN SELECT (Grain-fed 120 days) | | | |
| New Yorker | 300g | 36 | |
| Fillet | 200g | 38 | |
| Rump | 300g | 28 | |
| Rib-Eye | 350g | 43 | |
| Flat Iron | 300g | 25 | |
| Rib-Eye on the Bone - Unfrenched | 600g | 59 | |
| MONTE FREE RANGE (Pasture-fed 120 days) | | | |
| Rump Eye | 200g | 23 | |
| Rib-Eye on the Bone (Dry Aged) | 400g | 52 | |
| MONTE BLACK | | | |
| Fillet (150D, MB 2+) | 300g | 54 | |
| Wagyu Rib-Eye (450D, MB 6+) | 300g | 69 | |
| Wagyu New Yorker (450D, MB 6+) | 300g | 62 | |
| Wagyu Rump (450D, MB 6+) | 500g | 49 | |

Sauces

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| Portuguese - spicy peri peri, cream and garlic | 4 |
| Barbeque Relish - onion, capsicum and carrot | 4 |
| African Hot Chilli | 4 |
| Creamy Garlic | 4 |
| Madagascar Green Peppercorn | 4 |
| Crumbled King Island Blue Cheese | 4 |
| Mernda Valley Mushroom | 4 |

Other Favourites

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| Premium Beef Burger (cooked medium) 280g Pasture-fed primal beef patty, aged vintage cheddar, lettuce, tomato, Spanish onion, truffle aioli and caramelised onion jam. Served with chips and pickle on the side | 29 |
| Chicken Breast Argentinean spiced chicken breast, supreme-cut and pan roasted. Served with a thyme, garlic and shallot puree, sautéed greens, new potatoes, garlic stems and chimichurri | 26 |
| Risotto Fresh and pickled peas, kale, hickory smoked semi-dried tomatoes, Grana Padana and sage | 23 |

Ribs

Beef and pork ribs are slow-cooked in barbeque sauce then finished on a flaming hot char-grill. Lamb ribs are char-grilled with a lemon, herb and mustard marinade.

All are served with crunchy chips or house salad

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| Beef Ribs | Half Rack | 32 | Full Rack | 49 |
| Pork Ribs | Half Rack | 39 | Full Rack | 59 |
| Lamb Ribs | Half Rack | 29 | | |
| Short Rib Beef short rib slow-cooked for 8 hours in our house smoked spice blend and finished on the char-grill. Accompanied by chilli cabbage pickle with flat leaf parsley and pine nuts | | | | 38 |
| Ribs Platter A selection of beef, lamb and pork ribs | | | | 59 |
| The Best of Both Your choice of the following combinations | | | | |
| Half Beef Ribs & Rump 200g | | | | 49 |
| Half Lamb Ribs & Rump 200g | | | | 49 |

Children's Menu

Children 12 years & under.

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| Cheese Burger with crunchy chips, green beans or salad | 12 |
| Grilled Chicken Tenders with crunchy chips, green beans or salad | 12 |
| Mac & Cheese | 10 |

Meat Temperatures

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| 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 |

Allergies

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

Halal

A selection of Monte Beef products are Halal certified from our supplier and precautions are taken in the cooking methods of our dishes, however our restaurant kitchen environment is not certified by the A.F.I.C. We clean tongs, boards and pans when preparing these dishes mentioned within the parameters of above. Please ask your waiter for details of our halal selection.

SURCHARGE

Sydney - \$5 per person on Sundays and public holidays
Melbourne - \$5 per person on public holidays