

# **The Meat Co Westfield Sample Menu**

## **Breads**

*Chocolate & beetroot bread £3.50*

*Sourdough bread £3.50*

*Mixed bread platter £13.50*

*Chocolate & beetroot bread, sourdough bread, cheesy garlic bread*

## **Entrées**

*Chefs soup of the day (v) £6*

*Wholesome bowl of fresh soup prepared daily*

*Our famous cheesy garlic bread (v)(n) £7*

*A crisp baked baguette, garlic & parsley butter, loaded cheese crust.*

*Served with home-made dip & marinated olives*

*Boerewors £10.25*

*Grilled traditional African beef sausage, served with polenta chips, chakalaka sauce & micro herbs*

*Mushroom arancini (v) £7*

*Fried mushrooms risotto balls, truffle cream, piquillo pepper & cress*

*Chicken wings £8.75*

*BBQ chicken wings, grilled to perfection, served with blue cheese sauce & rocket leaves*

*SALT & PEPPER CALAMARI (house favourite for a decade) (s) £8*

*Scored calamari lightly tossed in salt, pepper & spiced flour.  
Shallow fried & served with home-made nam jim sauce*

*Rib meat croquette £9  
Slow braised beef rib meat, roasted mushroom & smoked sriracha mayonnaise*

*Smoked salmon & goats cheese (s)(n) £15  
Oak smoked salmon, goats cheese mousse & croquette, roasted baby beetroot, puree, honey walnuts & croutons*

*Red chilli prawns (house favourite for a decade) (sf)  
£10.50*

*Succulent prawns pan-fried with garlic, ginger, red chilli, lemongrass & cream, served with flavoured rice*

*Entrée tasting platter (sf) £32.50  
Delicious platter of salt & pepper calamari, BBQ chicken wings, mushroom arancini, boerewors & polenta chips*

### **Gourmet burgers**

*All burgers are flame-grilled on a sesame seed brioche bun, served with lettuce, caramelised onion, tomato, pink sauce & hand cut potato chips*

*Classic burger (ss) 200 grams £12.50*

*400 grams £20*

*A superb, 100% pure beef burger  
Chicken burger (ss) 200 grams £12*

*400 grams £19.50*

*Flame-grilled chicken fillet  
Rib meat burger (ss) 200 grams £21*

*400 grams £31*

*Braised boneless rib meat.  
Topped with a garlic marinated portobello mushroom*

*Halloumi & Portobello mushroom burger (ss) 200  
grams £11*

*400 grams £18.50*

*Grilled halloumi with a roasted portobello mushroom,  
served with rocket, caramelised onions & home-made  
tomato & pepper chutney*

**Burger toppings**

*Personalise your burger with one of these extra  
toppings*

*Beef bacon £4*

*Cheddar cheese £2*

*Blue cheese £3*

*Goats cheese £3*

*Portobello mushroom £2*

*Fried egg £2*

*Grilled pineapple £2*

**Chicken**

*Char-grilled chicken breast £16*  
*Skinless chicken breasts marinated in lemon & herbs.*  
*Flame-grilled, served with creamy mash, lemon &*  
*chive butter*

*Char-grilled chicken skewer £20*  
*Thigh fillets, marinated with Middle Eastern spices,*  
*skewered with peppers, flame-grilled & served with*  
*flavoured rice*

*Whole boneless chicken £21*  
*Portuguese style flame-grilled chicken, marinated &*  
*basted with our unique peri-peri & Chef's special herbs*  
*& spices.*  
*Served with fried polenta chips*

#### **Seafood**

*Sea bass fillet (s) £22*  
*Pan seared sea bass fillet, Mediterranean ragout with*  
*crushed olives, cherry tomato & grilled asparagus*

*Salmon fillet (sf)(s) £19*  
*Pan seared salmon fillet, crushed potato with fresh*  
*peas, poached prawns & leek velouté sauce*

#### **Vegetarian**

*Tricolour ravioli (v) £17.50*  
*A combination of beetroot, spinach & ricotta, roasted*  
*wild mushroom, spinach, truffle oil & Parmesan*

*Vegetarian dish of the day (v) £9.50*  
*Freshly prepared daily. Please ask your waiter for*  
*details*

#### **Salads**

*Rocket, apple & walnut salad (v)(n) £11.50*  
*Fresh rocket leaves, drizzled with lemon mustard dressing, shavings of aged parmesan, sliced apple, beetroot & spiced walnuts*

*Seafood salad (sf)(s) £15*  
*Marinated baby prawns, crab meat, avocado, tomato & cucumber salsa.*  
*Served with crispy puff pastry shell*

*Greek salad (v)*

*Small: £5.75*

*Large: £10.50*

*Cherry tomatoes tossed in home-made Greek dressing with cucumber, Kalamata olives, onion, green peppers, croutons & Greek feta cheese*

*Caesar salad*

*Small: £5.75*

*Large: £10.50*

*Cos lettuce, beef bacon, garlic croutons, boiled egg, parmesan shavings.*  
*Tossed with chef's traditional Caesar dressing*

**Salad toppings**

*Grilled chicken £4.25*

*Grilled beef fillet £9.50*

*Grilled prawns £6.50*

**Super aged meat**

*All of our steaks are cooked in butter & glazed with our unique house basting or your choice of, pepper basted, black pepper crusted, natural. All served with fresh hand cut potato chips*

**Natural free range grass-fed beef**

*Fillet*

*200 grams £39*

*300 grams £50*

*RIB-EYE*

*300 grams £34*

*400 grams £44*

*New Yorker 300 grams £35*

*Rump*

*250 grams £20.50*

*300 grams £26*

**The very best prime, 150 day grain-fed beef**

*Fillet*

*200 grams £44*

*300 grams £59*

*Rib-eye*

*300 grams £38*

*400 grams / £48*

*New Yorker*

*200 grams £31*

*300 grams £41*

*Enhance your steak with one of our 'steak style' sauces or side dishes.*

**Steak toppings**

*Giant prawns x3 £20*

*Scallops x3 £10*

*Bone marrow x1 £5*

*Sautéed mushrooms £5.50*

*Roasted bone marrow £7.25*

*With bordelaise sauce*

**Sauces £2.25 each**

*Peri – peri*

*Blue cheese*

*Creamy peppercorn*

*Creamy mushroom*

*Béarnaise*

*Chilli*

*Garlic & parsley butter*

*Bordelaise*

**Sides**

*Hand cut potato chips £2.95*

*Macaroni & cheese £3.50*

*Mashed potato £3*

*Onion rings £2.75*

*Steamed seasonal vegetables £5*

*Broccoli with chilli & garlic £5*

*Chunky polenta chips with truffle aioli  
£3.50*

*Garlic mushrooms £5*

*Grilled asparagus £4.50*

*Kalamata olives £3.75*

*Tomato, onion & basil salad £3.75*

*Crushed Rosemary & garlic potatoes  
£3.50*

*Fresh garden salad £3.75*

**Connoisseurs choice**

*Chateaubriand 500 grams £100  
(serves 2 or 1 hungry – allow up to 45  
minutes to prepare)*

*Grain-Fed Fillet roasted to perfection &  
carved, cut from the centre of the beef  
tenderloin. Served with glazed baby  
potatoes, grilled asparagus, sautéed  
mushrooms & choice of sauce*

*Ask your waiter for sizes available*

*Wagyu rib-eye (Australia)*

*300 grams £60*

*400 grams £75*

*World renowned for superior marbling characteristics & naturally enhanced flavour, tenderness and juiciness.  
Wagyu beef takes steak to another level.  
Marble score (4 - 5). Flame-grilled with our unique house basting.  
Served with your choice of a side*

*Rib-eye on the bone 500 grams £49.50  
Dry aged grass fed rib-eye on the bone, flame-grilled with our international renowned unique house basting.  
Served with fresh hand cut potato chips*

*T-bone 700 grams £55  
Dry aged grass fed T bone, flame-grilled with our international renowned unique house basting.  
Served with fresh hand cut potato chips*

### **Specialities**

*Slow braised oxtail £24  
Traditional African slow braised dish.  
Served with creamy mash & glazed carrots*

*Beef ribs (Half rack or full) £23 / £40  
Beef ribs slow-cooked in BBQ sauce and finished on a flaming hot char-grill, sealing in our unique taste & flavour.*

*Served with hand cut potato chips*

*Barbeque beef short ribs £24  
Braised for 3 hours, then grilled with our  
home-made BBQ sauce.  
Served with choice of mashed potato,  
chips or onion rings*

*Lightly smoked lamb cutlets £30  
Lamb cutlets marinated in Mauritian  
spices, smoked & flame-grilled with our  
unique house basting, served with garlic  
rosemary potato & red pepper coulis*

### **Hanging skewers**

*Grass-fed fillet Butcher's skewer £35  
Skewered with mixed peppers & flame-  
grilled.  
Served with your choice of mashed potato  
or hand cut potato chips*

*Angus butcher skewer £23  
A selection of marinated, aged beef cuts  
skewered with onions & peppers, flame-  
grilled with our unique house basting &  
served with fresh hand cut potato chips*

*Marinated lamb rump skewer (served  
medium or more) £25  
Tender lamb rump cubes, marinated in  
Mauritian spices, garlic, ginger, olive oil.*

*Skewered with courgettes, shallots &  
flame-grilled*

*(sf) - shellfish, (n) - nuts, (s) - seafood, (ss)  
- sesame seeds, (v) - vegetarian*