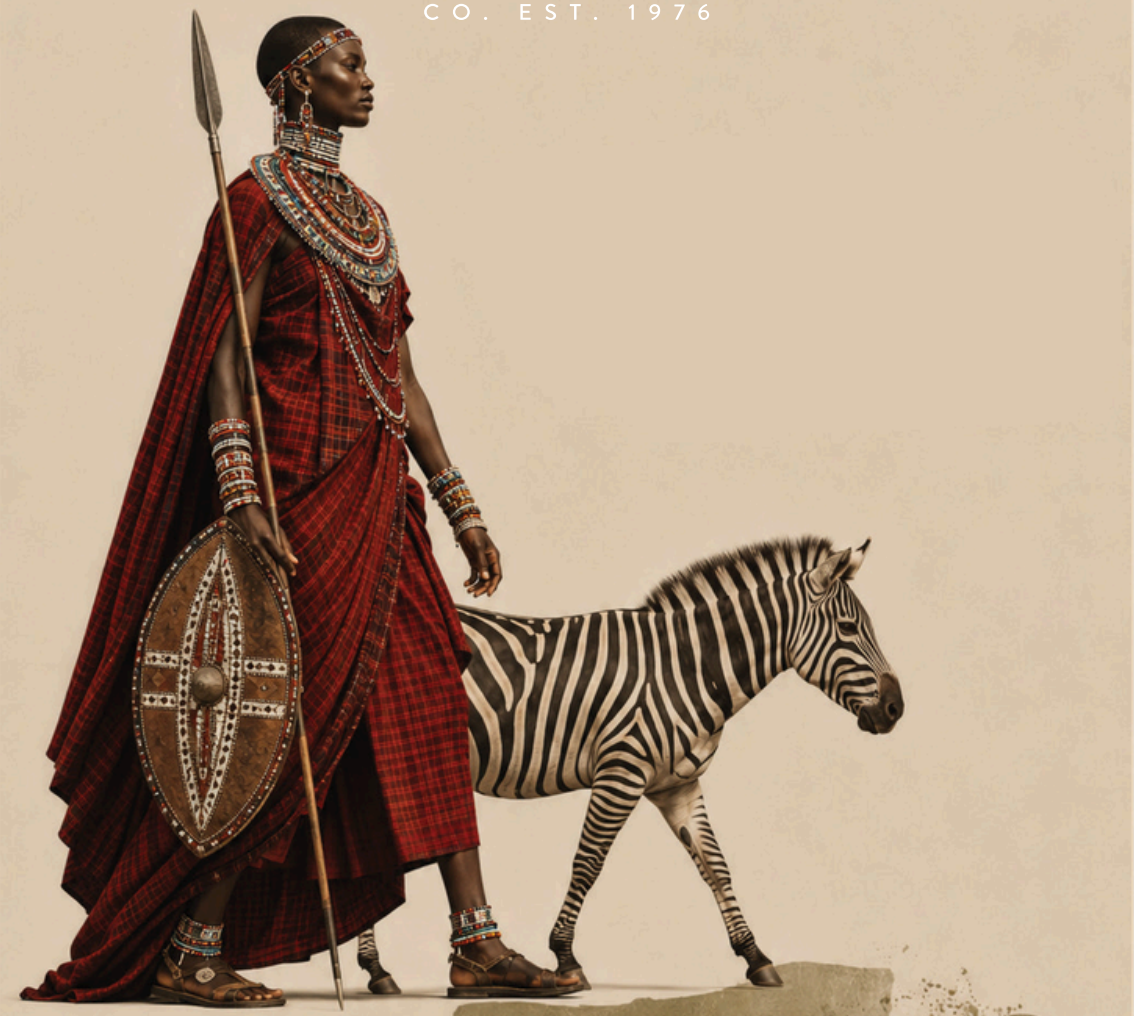
THE

MEAT

CO. EST. 1976



BUSINESS LUNCH MENU

COLD STARTER

(*Choose 01*)

Tuna Tartare(S)(SS)

Yellow n tuna,citrus zest avocadocream,olive oil,sweet potato purée & sesame seeds

Prime Steak Tartare (SS)

Hand-chopped raw prime fillet, kimchi mayo, cucumber and ponzu pearls,
crispy Bubu Arare, caper berries & sourdough bread

Crispy Salmon (S)(SS)

Spicy salmon tartare, squid ink rice, a mix of tobiko & fried crispy shiso

Go Green

Fresh garden greens, avocado, edamame,pear,pumpkin seeds, quinoa & honey mustard dressing

HOT STARTER

(*Choose 01*)

Grilled Octopus (S)

Chargrilled octopus tentacles, quinoa, fregolasarda, salicornia, mixed capsicums,
chives & yellow pepper emulsion

Seared Scallops (S)

Served with green pea purée, chicken chorizo, Grana Padano, smoked paprika & pea shoots

Red Chilli Prawns (C)

(A house favourite for a decade)

Succulent Gulf prawns pan-fried with garlic, ginger, red chilli, lemongrass & cream, coriander emulsion,
served with lemon coriander rice

MAIN COURSE

(*Choose 01*)

Chargrilled Chicken Breast

Skinless chicken breast with broadbeancassolette,snow peas, chicken chorizo, Paris mash & chicken jus

Salmon Fillet (S)(C)

Pan-seared salmon fillet with crushed potatoes and fresh peas, poached prawns,
buttered salicornia & leek velouté sauce

Silver Fern A-Grade Grass-Fed Beef Fillet – 200g

Cooked inbutterandglazedwithouruniquesauce,servedwithaside & sauce

Spinach & Ricotta Tortellini

Homemade tortellini stuffed with spinach & ricotta cheese, baby spinach, Datterini tomato sauce,
aged Parmesan cheese & basiloil

DESSERT

(*Choose 01*)

Baked Cheesecake(N)

Classic vanilla baked cheesecakeservedwithfresh berries & mixed berry sauce

Caramel Malva Pudding (N)

South African-inspired dessert with caramel toffee sauce & Rooibos tea ice cream

(C) Crustacean | (N) Nuts | (S) Seafood | (SS) Sesame Seeds | (V) Vegetarian. Please ask your waiter for gluten-free & dairy-free options.
All prices are inclusive of 7% municipality fee,10% service gratuity & 5% VAT