



MEAT MARKET

SOUTH WHARF

Dedicated to the flavours of an open flame grill, Meat Market is the ideal spot to sample the best meats Southern Australia has to offer. Meat Market offers pasture fed beef from some of Australia's best ethical producers, with our central kitchen we bring you back to the butcher where it all begins.

You will see our chefs carve and prepare some traditional and non - traditional cuts that are less likely to be on your regular steak menu.

We do not strive to be just a regular Steak - House, at Meat Market we see the value in all things meat and use the best possible produce in the best possible way from chicken to seafood to the more unusual wallaby and kangaroo locally sourced in Southern Australia.

The open kitchen means guests can get up close to the culinary action before enjoying some of the best meat in Melbourne. If you are looking for a dining experience with a difference join the chef at the kitchen bar where he will recommend the best dishes to your pallet but can also recommend wines from the list that may best match your dish of choice.

GUIDE

Page 2 – For the Table & Entree

Page 3 – Oysters

Page 4 – The Raw Bar & Charcuterie

Page 5 – Mains & Sides

Page 6 – About Our Meat

Page 7 - About Our Steaks

Page 8– Grill & Steak Temperatures

Page 9 – Feasting & Dessert

meatmarketsouthwharf.com.au



MeatMarketSouthWharfRB



@meatmarketsw

FOR THE TABLE

house made **DINNER ROLLS**, Australian salted butter, extra virgin olive oil
4

MT ZERO OLIVES, Yarra Valley goats feta
9 (v,gf)

ENTRÉE

air dried **WAGYU BRESAOLA**, soured vegetables, walnut oil, candied walnuts,
toasted brioche
20 (df)

selection of grilled **MERGUEZ, CHORIZO AND MORCILLA SAUSAGES**,
house made tomato, chilli jam
22 (df)

Basque style **CHICKEN BITES** with smoked paprika and roasted red peppers,
charred sourdough
19 (df)

Murray River salt and pink peppercorn dusted **PORT PHILLIP BAY CALAMARI**,
wild rocket, roasted garlic aioli
18 (gf,df)

pan fried "**APHRODITE**" **HALOUMI**, char grilled zucchini, red peppers, eggplant,
fresh herbs, lemon
17 (v,gf)

Great Ocean Road **SMOKED DUCK** salad, baby beets,
cranberries, freekah
22 (gf,df)

BRESAOLA - air-dried, salted beef that has been aged two or three months until it becomes a dark red, almost purple colour

APHRODITE HALOUMI - cooked stretched curd cheese made using traditional methods and is made from a mixture of goat's and sheep's milk

MT ZERO - family owned olive grove three hours west of Melbourne on the northern edge of the Grampians National Park in Victoria, Australia.

BASQUE STYLE - refers to the cuisine of the Basque Country and includes meats and fish grilled over hot coals

MERGUEZ - a red, spicy beef-based fresh sausage spiced with cumin, chili and harissa

CHORIZO - a fermented, cured, smoked sausage with distinctive smokiness and deep red color from dried, smoked, red peppers

MORCILLA - Spanish-style blood sausage eaten in Spain and Latin America

OYSTERS

It was a brave man who first ate an oyster Jonathon Swift once said and we are sure the you will agree and given our country is an island, it's no real surprise that we serve up seriously good seafood.

If you're an oyster aficionado, you'll already know which types please your palate most. And if you're new to oysters, then taste-testing is half the fun. Here at Meat Market our team of highly trained chef's work closely with Australia's best oyster farmers to ensure we have the best selection of oysters available on any given day.

Please ask your waitperson about today's availability

Natural, Tempura or Mignonette

26 (6) 50 (12)

PACIFIC OYSTER

The Pacific Oyster can be characterised by its fresh, clean and salty flavour – just like being rolled in the surf. Typically, it is large with a spiky shell and clean white interior. The Pacific Oyster prefers the cooler months and depending on the region it comes from, it is available from March to early December.

ST HELENS, TAS

Sweet, crisp taste typical of a pristine tidal estuary but heavily influenced by nutrient rich southeast and east coast oceanic currents

COFFIN BAY, SA

This classic South Australian oyster has been compared to a salty ocean wave breaking onto sweet mineral after tones

ROCK

Characterised by its deep, rich and sweet flavour, The Rock Oyster has a lasting flavour that is unknown in other oysters making it truly unique. Without doubt, it is one of the best eating oysters in the world and we have it at our doorstep.

TWEED RIVER, NSW

Rich and creamy with a salty bite that leads to a mineral explosion with a soft dry finish.

MORETON BAY, QLD

Soft, salty, light and clean with a dry finish.

ANGASSI

If the Pacific Oyster is the Sauvignon Blanc of oysters and the Rock Oyster is the Chardonnay, the Angassi is the Shiraz! Full flavoured and meaty, the Angassi is big, rich and extremely tasty. Sometimes called the flat or native oyster, it's hard to come by, and very special, try them if you have the chance they are extraordinary!

HONEYMOON BAY, NSW

A big, rich, sharp flavour from this meaty guy, ending with a distinct hit of iodine.

ST HELENS, "WILD NATIVES", TAS

A firm resistant texture, passing sweetness into a lasting finish.
Test your chops with this one.

RAW BAR

OYSTERS natural, tempura or mignonette
26(6) 50(12)

yellowfin **TUNA CARPACCIO**, baby capers, Spanish onion, bottarga, basil oil
24 (gf,df)

king ora **SALMON CRUDO**, golden shallots, chervil, dill,
horseradish, Yarra Valley salmon caviar
22 (gf,df)

house cured **TASMANIAN OCEAN TROUT**, beetroot and grain mustard
remoulade, rye and linseed crisps
21 (df)

SMOKED TOMATO TARTARE, French green beans, tarragon,
mustard and macadamia feta
18 (v, ve, df,gf)

the Meat Market **CHARCUTERIE BOARD** 28 / 48

an amazing collection of Australian cured meats, all served
with a selection of house made relishes and pickles, lavosh
and grilled sourdough

ask your waiter for today's selection

TEMPURA – a light Japanese style batter of wheat flower

MIGNONETTE – condiment of shallots, cracked pepper and vinegar

BOTTARGA – cured tuna roe

CRUDO – olive oil, salt and lemon cured meat or seafood

TARTARE – finely chopped meat fish or vegetables

CARPACCIO – Italian term for paper thin slices of raw fish or meat

15% surcharge on public holidays | v: vegetarian | ve: vegan | gf: gluten free | df: dairy free |

MAINS

twice cooked free range **CHICKEN BREAST**, braised du Puy lentils,
winter vegetables, port reduction
32 (gf)

marinated **CAULIFLOWER STEAK**, kale, cucumber, mixed grains,
sundried tomato pesto
26 (v, ve, gf,df)

slow cider braised **PORK CHEEK**, parsnip puree, herb roasted baby carrots
32

char grilled Barnsley **DOUBLE LAMB CHOP**, sweet potatoes,
charred red onions, rosemary jus
34 (df,gf)

pan seared Lakes Entrance **SNAPPER**, mussel,
roasted fennel, saffron broth
36 (gf,df)

slow braised Flinders Island **WALLABY SHANK**, garlic,
red wine, tomato, pepperberry, pomme puree
28 (gf)

MEAT MARKET BURGER 200gm Wagyu beef patty, Gruyere cheese,
Boston pickles, caramelized onions, tomato chutney, lettuce,
tomato, toasted milk bun
26

SIDES

roasted **BABY CARROTS**, honey, pepitas
11 (v,gf,df)

crispy **FRIED CAULIFLOWER**, cumin salt
10 (v,df)

roasted **BRUSSEL SPROUTS**, lemon, pecorino
12 (v,gf)

FRENCH FRIES, roasted garlic aioli
9 (v,df)

Meat Market **GARDEN SALAD**
9 (v,gf,df)

crispy fried **ROSEMARY POTATOES**
10 (v,gf,df)

ABOUT OUR MEAT

T-VALLEY RUMP CAP

200 day grain fed Angus Beef from the gorgeous Riverina region of New South Wales. Known for its warm climate and above average rainfall and combined with genetically pure Angus cattle this is one of Australia's finest examples of a full flavoured Rump steak

CLAREMONT PLAINS EYE FILLET

150 day grain fed. Blue skies, fresh air and the green rolling hills of the local Victorian countryside. The Claremont Plains cattle live happy and healthy lives. They grow strong as nature intended, free from hormones and growth promotants.

These quality British bred yearling cattle are treated with care through ethical farming practices, ensuring a low-stress environment from the paddock to your kitchen. All of this respect gives you tender meat with well-balanced flavour.

LITTLE JOE FLANK STEAK

Little Joe is the global epitome of grass fed beef. It is exclusive in supply and a luxurious eating experience perfectly suited to the most discerning customer. Little Joe promises to deliver an all-natural grass fed steak that offers a minimum marble score of four a feat near impossible to replicate.

FLINDERS ISLAND BONE IN PORTERHOUSE

Flinders Island — a strip of knuckled granite peaks, wild sandy beaches and rolling countryside marooned in Bass Strait, sets the backdrop for this beautifully dry aged grass fed Angus steak. The bone is left on to maximize the flavor of this finely marbled piece of beef.

ROSEDALE RUBY SCOTCH FILLET

Raised on pristine pastures and grain finished for approximately 110 days, Rosedale Ruby is quickly becoming the most respected and trusted brand for Pure Australian Beef of Distinction. Rosedale Ruby A+ premium grade free-range beef comes from our herd of young, award-winning, prime Angus-Charolais cattle that are less than 36 months of age it is completely 100% hormone and chemical free, to ensure the finest flavour, tenderness, marbling and nutrition.

GREAT SOUTHERN RIB EYE

Encompassed by the Great Southern Ocean. Fringed by the Great Dividing Range. Defined by farmers who believe the best way is the only way. Producing the world's best, naturally raised beef is all about consistently raising the bar. Thankfully the lush pastures and the rich farming tradition here give us the ability to produce, process and deliver this.

Welcome to Great Southern Beef – Australian by Nature. Respecting a shared belief in producing greatness.

HOPKINS RIVER PORTERHOUSE

Raised amongst the graceful red gums under the picturesque Grampians at Dunkeld in the heart of Western Victoria, Hopkins River Beef has the ideal combination of beef flavour and consistency. Hopkins River pride them selves on cattle wellbeing and care and all cattle are handled in a manner that minimizes stress, are free from added hormone treatments all of which ultimately assists in eating quality

ROBBINS ISLAND WAGYU FLATIRON

Located on the North Western tip of Tasmania, Robbins Island has a temperate and pristine coastal environment. This coupled with a herd of Wagyu cattle with direct bloodlines to 'Michifuku', one of the most 'Tajima' sires. Prized for his genes and high marbling characteristics these steaks are an example of a complete harmony in nature.

ABOUT OUR STEAKS

EYE FILLET

The tenderloin sits beneath the ribs, next to the backbone. It has two ends: the butt and the “tail”. The smaller, pointed end—the “tail”—starts a little past the ribs, growing in thickness until it ends in the “sirloin” which is closer to the butt of the cow. This muscle does very little work, so it is the most tender part of the beef. The centre - cut can yield the traditional Eye Fillet or tenderloin steak, as well as the Chateaubriand steak and beef Wellington. The tail, which is generally unsuitable for steaks due to size inconsistency, can be used in recipes where small pieces of a tender cut are called for, such as beef Stroganoff.

FLANK STEAK

The flank is steak cut from the lower chest of the cow. The cut is common in Columbia, where it is known as Sobrebarriga, literally meaning “over the belly”. A relatively long and flat cut, flank steak is used in a variety of dishes. It can be grilled, pan-fried, broiled, or braised for increased tenderness. Grain and marbling is very apparent in flank steaks, as it comes from a well-exercised part of the cow, and many chefs cut across the grain to make the meat tenderer. Full of flavour and not to be missed.

RUMP CAP STEAK

Rump cap or top sirloin cap is a prime beef cut very popular in Brazil known there as picanha (pea-kan-yah). When cooked appropriately (rare or medium rare) this cut is incredibly tender, juicy and tasty. Because Brazilian beef cuts are different from Australian ones, rump cap is not a cut you will find easily at supermarkets. The rump cap as the name suggests is the capping meat over the rump/top silverside and in Australia is mostly an export cut due to the high price commanded in the SE Asian market. The fat is extremely important part of the cut as it enhances the flavour of the meat.

SCOTCH FILLET

A rib steak is a beef steak sliced from the rib of a beef animal, with rib bone attached. In Australia, “ribeye” is used when this cut is served with the bone in. With the bone removed, it is called “Scotch fillet” or “whiskey fillet”. It is both flavorful and tender, coming from the lightly worked upper rib cage area. Its marbling of fat makes it very good for fast and hot cooking. In the United States, the term rib eye steak or Spencer steak is used for a rib steak with the bone removed; however in some areas, and outside the U.S., the terms are often used interchangeably. The term “cowboy ribeye” or “cowboy cut” is often used in American restaurants for a bone-in rib eye. The rib eye or “ribeye” was originally, as the name implies, the center best portion of the rib steak, without the bone.

FLATIRON STEAK

This cut of steak is from the shoulder of the animal. It is located adjacent to the heart of the shoulder clod, under the shoulder blade. Flat iron steaks usually have a significant amount of marbling. To make it more marketable, with the tough fascia is removed and the steaks that are cross cut from this muscle. As a whole cut of meat, it usually weighs only around a kilo.

PORTERHOUSE

In New Zealand and Australia, it is known as Porterhouse and Sirloin (strip loin steak). According to the National Cattlemen’s Beef Association, the steak is marketed under various names, including Ambassador Steak, Boneless Club Steak, Hotel-Style Steak, Kansas City Steak, New York Steak, and Veiny Steak. Delmonico’s Restaurant, an operation opened in New York City in 1827, offered as one of its signature dishes a cut from the short loin called a Delmonico steak. Due to its association with the city, it is often referred to as a New York strip steak.

RIB EYE

A rib steak is a beef steak sliced from the rib of a beef animal, with rib bone attached. In the United States, the term rib eye steak is used for a rib steak with the bone removed; however in some areas, and outside the U.S., the terms are often used interchangeably. The rib eye or “rib eye” was originally, as the name implies, the centre portion of the rib steak, without the bone.

It is considered a more flavourful cut than other steaks, such as the fillet, due to the muscle being exercised by the animal during its life. Its marbling of fat makes this suitable for slow roasting or grilling cooked to different degrees of doneness.

GRILL

We look to ensure our meat is of the highest quality and flavour when we serve it to the table and rest our steaks so that juices re-distribute throughout the cut. Please see our steak temperature guide for further information on how we prepare our steaks.

T-Valley **RUMP CAP**
250g 34

Little Joe **FLANK STEAK**
300g 42

Claremont Plains **EYE FILLET**
180g 45

Flinders Island **BONE-IN PORTERHOUSE**
300g 62

Rosedale Ruby **SCOTCH FILLET**
300g 54

Great Southern **RIB EYE**
600g 75

Robbins Island **WAGYU FLATIRON**
200g 70

Hopkins River **PORTERHOUSE**
500g 65

Please choose a **SAUCE** to compliment your steak | all extra sauces 3.5

trio of mustards
bordelaise
green pepper corn
diane
café de paris
garlic butter

STEAK TEMPERATURES

We look to ensure our meat is of the highest quality and flavour when we serve it to the table and rest our steaks so that juices re-distribute throughout the cut.

Every one of our steaks is temperature checked prior to sending to the table and below is the guide we use to ensure consistency and quality.

Blue - < 35° - seared on the outside and completely red throughout

Rare - 40° - 45° - mostly red

Medium Rare - 50° - 55° mostly pink with a red centre

Medium - 55° - 60° pink throughout

Medium Well - 60° - 65° mostly brown with a pink centre

Well Done - above 65° brown throughout

We are always happy to advise and be guided by you so please feel free to indicate your specific preference to our waiters.

FEASTING

Ideal for the large table and for the indecisive. A taste of our finest dishes and meats for the group.

The rules of feasting at Meat Market :: Minimum of four, one in all in!

CLASSIC FEAST

ENTRÉE

Mt Zero **OLIVES** with feta, cured **OCEAN TROUT**, grilled **HALOUMI SALAD**

MAIN

Little Joe **FLANK** , Tender Valley **RUMP**, Basque style **CHICKEN BREAST**, honey roasted **CARROTS**, Meat Market **SALAD**

55 Per Person

PREMIUM FEAST

ENTRÉE

mt zero **OLIVES** with feta, salt and pepper **CALAMARI**, cured **OCEAN TROUT**, grilled **HALOUMI SALAD**

MAINS

Great Southern **RIB EYE**, grain merchant **EYE FILLET**, twice cooked **CHICKEN BREAST**, honey roasted **CARROTS**, cumin spiced **CAULIFLOWER** , Meat Market **SALAD**

75 Per Person

DESSERT

spiced rhubarb and vanilla **CHEESECAKE**, date and cocoa crumb, hibiscus syrup
14 (ve, v,gf,df)

dark chocolate **FONDANT**, hazelnut ice cream, espresso wafers
14 (v)

ruby red grapefruit **TART**, custard apple cream, candied quinoa
14 (v,gf)