



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.

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[meatmarketsouthwharf.com.au](http://meatmarketsouthwharf.com.au)



MeatMarketSouthWharfRB



@meatmarketsw

# FOR THE TABLE

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House made **SOURDOUGH** bread, saltbush butter and Mt Zero extra virgin olive oil

4

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

## ENTRÉE

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air dried **WAGYU CARPACCIO**, pickled vegetables, walnut oil, candied walnuts  
20 (df)

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

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

Champagne poached **S.A KING PRAWN** cocktail, avocado, cos lettuce,  
Marie Rose sauce  
19 (gf,df)

Mt Zero lake salt and pink peppercorn dusted **PORT PHILLIP BAY CALAMARI**,  
wild rocket, roasted garlic aioli  
17 (v,gf)

Great Ocean Road **SMOKED DUCK** salad, orange, hazelnuts, frizzle  
22 (df)

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

**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

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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 or tempura

26(6) 50(12)

yellowfin **TUNA CEVICHE**, cucumber, red onion, jalapeno, lime, shallot

24 (gf,df)

Saltgrass **LAMB TARTAR**, saltbush, native coastal succulents, sunrise lime

22 (gf,df)

Bombay Sapphire cured **TASMANIAN OCEAN TROUT**, ruby red grapefruit,  
pickled lemon, juniper, dill, linseed crisps

21 (df)

**WALDORF SALAD**, celery, walnuts, grapes, gem lettuce  
and apple, cashew 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

**CEVICHE**– is a seafood dish typically made from fresh raw fish cured in citrus juices, such as  
lemon or lime.

**WALDORF SALAD** – A Waldorf salad is a fruit and nut salad generally made of fresh apples,  
celery, grapes and walnuts, dressed in mayonnaise, and served on a bed of lettuce

**TARTARE** – finely chopped meat fish or vegetables

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

## MAINS

BBQ free-range **SPATCHCOCK**, green beans, cannellini beans, lemon, basil oil  
32 (gf)

marinated **CAULIFLOWER STEAK**, wild rocket, cucumber, mixed grains,  
sun-dried tomato pesto  
26 (v,ve,gf,df)

cider brined Valencia free range **PORK TOMAHAWK**, grilled peaches, cherry tomatoes,  
grilled polenta and aged balsamic  
32

char grilled Barnsley **DOUBLE LAMB CHOP**, red pepper coulis,  
kipfler potato salad and preserved lemon pesto  
34 (df,gf)

Confited Tasmanian **SALMON**, cabbage, salted ricotta, peas, horseradish, dill crumb  
36 (gf,df)

Searched Flinders Island **WALLABY FILLET**, wattle seed,  
candied macadamias, pea puree, pickled baby carrots  
34 (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**, goats curd, dukkha, mandarin oil  
11 (v,gf)

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

flame grilled **CORN**, chipotle mayo, pecorino, lime  
12 (v,gf)

**GREEN BEANS**, almonds, brown butter  
12 (v,gf)

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

Meat Market **CEASAR SALAD**  
9 (v,gf)

twice cooked **ROSEMARY POTATOES**  
10 (v,gf,df)

# ABOUT OUR MEAT

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## **MAYURA FULL BLOOD WAGYU BEEF**

First established in 1845, Mayura Station is a nation award winning boutique beef producer specialising in full blood Wagyu beef. Mayura Station has made exemplary commitment to ensuring the bloodlines and pedigree of its full blood Wagyu herd are of the highest quality. Combined with Mayura Stations unique terroir and sculptured slow growth grain feeding program, their Wagyu can be distinguished by its complexity of flavour and tenderness.

## **DARLING DOWNS WAGYU**

Authentic Australian Long Fed Wagyu

One of Australia's most prestigious and awarded beef brands, Darling Downs Wagyu contains the finely distributed and highly desirable levels of marbling sought after by chefs worldwide. Darling Downs won the champion medal at the Royal Queensland Food & Wine Show in 2016 for the second year running.

## **CLAREMONT PLAINS**

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.

## **GREAT SOUTHERN PINNACLE**

Encompassed by The Great Dividing Range and refreshed by the climate of the Great Southern Ocean, we have some of the best cattle and sheep pastures in the world.

Renowned for their natural fertile pastures, these lush growing regions include Gippsland, King Island, Flinders Island and Tasmania.

Great Southern cattle are all grass fed, free range and free of antibiotics, added hormones and GMO's. Raising the best animals possible in a natural, stress-free environment is all about saying 'no' to shortcuts – producing a premium product that delivers an outstanding eating experience every time.

## **1000 GUINEAS SHORTHORN**

Shorthorn cattle have long been renowned for their muscular and marbling traits. This has been recognised by the meat industry, and the reward is now at a premium for shorthorn cattle producers.

The Beef Shorthorn Society Australia offers an exceptional opportunity for breeders of shorthorns to maximise profit from beef sales, through an alliance with leading meat processor, JBS Australia.

The JBS Thousand Guineas program is named after the first beef bull of any breed – a Beef Shorthorn named Comet – to be sold in Britain for 1000 guineas in 1810. JBS Australia leads a marketing drive, both domestically and internationally, to promote the quality of shorthorn marbled beef.

# ABOUT OUR STEAKS

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## 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 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.

## PHILADELPHIA SKIRT

One of the flat steaks, the skirt steak sometimes called a Philadelphia Steak, under rated and wonderfully delicious. If you live in the U.S. (or someplace that learned to butcher from Americans) then the skirt steak comes from the plate primal. If you live in the U.K. then it comes from the flank. Either way, it has a lot of marbling and connective tissue. This makes it an extremely flavourful piece of meat. Typically sliced across the grain to ensure tenderness, the “Philly” may not be the most tender steak around but it is most surely one of the tastiest.

## 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.

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

# 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.

Mayura Station **WAGYU RUMP** MS 7+  
250gm 36

Mayura Station **"PHILADELPHIA SKIRT"** MS 5+  
300gm 44

Darling Downs **WAGYU SCOTCH FILLET** MS 7+  
250gm 78

Our Signature **WAGYU TASTING PLATE**  
served with a radicchio and pickled grape salad  
300-350g 75

"Great Southern Pinnacle" **RIB EYE**  
600gm 75

"Great Southern Pinnacle" **TOMAHAWK**  
1.2kg 135

"1000 Guineas" **PORTERHOUSE**  
300g 34

"Claremont Plains" **EYE FILLET**  
200g 39

Please choose a **SAUCE** to compliment your steak | each sauce 3.5  
trio of mustards  
bordelaise  
green pepper corn  
diane  
café de paris

## 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

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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**, **CAPRESE SALAD**

### MAIN

Little Joe **FLANK** , Robbins Island **RUMP**, Basque style **BBQ SPATCHCOCK**, 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 **CAPRESE SALAD**

### MAINS

Bass Strait **RIB EYE**, Claremont Plains **EYE FILLET**, **BBQ SPATCHCOCK**, honey roasted **CARROTS**, cumin spiced **CAULIFLOWER** , Meat Market **SALAD**

75 Per Person

## DESSERT

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mango and vanilla **NEW YORK CHEESECAKE**, hibiscus syrup  
14 (vgo,v)

dark chocolate flourless **TORTE**, cherry, coconut macaroon ice cream,  
cherry syrup, cocoa crumb  
14 (v,gf)

Mornington Peninsula **STRAWBERRY TART**, dark chocolate and  
passion fruit truffle, basil dust  
14 (v,gf)