

STARTERS & SHARING

Breads

Mario's focaccia , cultured butter and sea salt. (vgo / gfo)	15
Garlic and Cheese Focaccia , fior di latte, provolone, parmesan cheese and parsley. (vgo / v)	23
Rosemary and sea salt Focaccia . (vg / v / df)	21
Mortadella Focaccia , stracciatella cheese, pistachio and honey. (n)	25
N'duja and Honey Focaccia , San Marzano tomato, spicey n'duja salami, stracciatella and local honey.	28
+ stracciatella or Proscuitto to any focaccia	6

One & Done

Wagyu Hashbrown , charred onion jam, black garlic purée, seared wagyu beef, pecorino and smoked bone marrow glaze. (gf)	15ea
Warm Buttered Brioche Lobster Roll , with dill and citrus mayonnaise	15ea
Wagyu Beef Skewer , garlic and red wine glaze, onion and caramalised puree (gf)	15ea
Gnocco Fritto , with stracciatella and proscuitto	14ea
Polenta Bite , topped with whipped Baccala Montecato and chive (gf)	14ea

Small Plates

Oysters , from Boomer Bay (Tasmania), served with mignonette dressing (gf/df)	36 ½ doz 72 doz
Arancini , mushroom, black truffle, aged pecorino and black garlic aioli (gf / v)	24
Crispy Calamari , lightly floured with wild garlic puree, lemon and fried saltbush. (gfo)	28
Grilled King Prawns , butterflied with Calabrian chilli butter and lemon (gf)	34
Bruschetta , grilled sourdough, heirloom tomato, basil, extra virgin olive oil and balsamic . (v / gfo)	22
Classic Beef Carpaccio , shaved parmasen, rocket, olive oil and grissini sticks	32
Burrata Agro dolce , pumpkin puree, pistachio dukkah and foccacia	28
Nonna's Meatballs , wagyu beef and veal mince, tomato sugo, parmigiano and fresh focaccia	25
Wood Fire Fremantle Octopus , romesco, chorizo, hazelnut crumb, n'duja and herb oils (n)	29
Polenta Chips , served with arribiata vodka sauce	18
King Fish Crudo , smoked almond, burnt citrus and fennel agro dolce	28
Antipasto Platter , selection of cured meats, cheeses, olives, pickled vegetables and focaccia bread	42
Serves 2-3	
Chef's Tasting Board , chefs selection from our hot entrees designed to share	89
Serves 4-5	



SIGNATURE MAINS

Roast Pork Belly , parsnip puree, apple and kohlrabi remoulade and parsnip chips. (gf)	55
Roast Celeriac Fondant , miso mushroom ragu and crisp enoki (v/vgo/gf)	38
Veal Cottoletta , herb crumbed veal, tuna emulsion, rocket, pear, walnut and parmesan salad	58
Wagyu Beef Short Rib braised in vincotto and served with a celeriac puree, chive dust and balsamic cipollini	55
Braised Lamb Shoulder , soft polenta, hazelnut and mint salsa verde(gf/nfo)	55

Please see our specials menu for **today's fish**

MP

PREMIUM CUTS FROM THE MFW COAL GRILL & AUSTRALIA'S BEST PRODUCERS

We take pride in the provenance
and quality of our meats.

If you'd like to know more, our team can
guide you through:

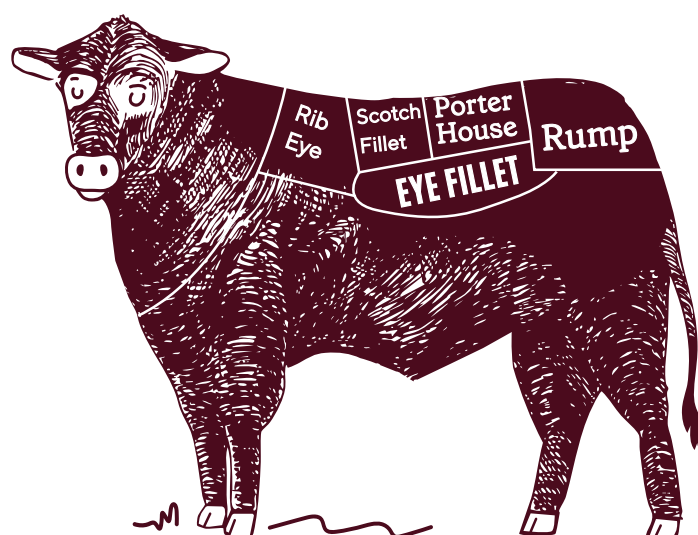
Dry ageing and its impact on flavour.

Grass fed vs. grain fed distinctions.

The benefits of bone-in cooking.

Different cuts.

Marble score (M.S).



04.06.26

MEAT: FROM THE COAL

All steaks are served with a **complimentary** sauce and side of your choice

Cape Grim, Tomahawk , M.S 3-5 (Grass fed)	M.P	
700g, Northern Tasmanian Rangers Rib-eye , M.S 3+ (Grass fed)	128	
330g, Jack's creek, Porterhouse , M.S 2-4 (Grass fed)	69	
300g, Stone Axe, Wagyu Porterhouse , M.S 9+ (Grain fed)	110	
350g, Stone Axe, Wagyu Scotch Fillet , 21-day dry-aged, M.S 9+ (Grain fed)	130	
400g, Riverine, Angus Scotch Fillet , M.S 2-3 (Grass fed)	98	
250g, Stanbroke, Wagyu Eye Fillet , M.S 7-8 (Grain fed)	98	
700g, Jack's Creek Porterhouse , M.S 2-4 (Grass fed)	138	
Carnivore Board , for Meat Lovers! Please ask your friendly waitstaff what selection of meats we have today, served with three sauces and three sides of your choice		M.P
Butchers Cut - ask staff for today's special		M.P

Add Bone Marrow to any Steak - Split Bone Marrow with shallot and parsley salad +14

Sauce Options (psst...all our sauces are gluten free)

Truffle butter // Pepper sauce // Red wine jus // Chimmichurri // Mushroom sauce

Extra Sauce: +5

ON THE SIDE

Broccolini , with shaved almonds and romesco sauce (vg / gf/n)	15
Rocket , pear, walnut and parmesan salad, dressed with extra virgin olive oil and balsamic (vg / dfo/n)	14
Truffled Mashed Potato (gf / v)	14
Roasted potatoes , with roasted red peppers and onion (gf / df / vgo)	15
Brussels Sprouts , chesnut cream, mustard dressing, lardo	15
Thick-Cut Chips , seasoned with flaky sea salt. (gf / df / v / vgo)	12



04.06.26

PASTA & RISOTTO

Pasta

All pasta made fresh in house with premium Italian Flour, fresh eggs and Durum Wheat Semolina

Duck and Mushroom Parpadelle with 24 month parmigiano reggiano	44
Oven Baked Gnocchi , napoli sauce, fior di latte , and parmesan cheese. (v)	42
Prawn Linguine , saffron onion cream, garlic prawns, and chilli. (gfo)	42
Spaghettoni Carbonara , egg-based carbonara, Otway guanciale, pecorino Romano and cracked pepper. (gfo)	39
Wagyu Cavatelli Bolognese , traditional bolognese made with wagyu mince. (gfo)	39
Paccheri Nonna Rosa , rosa vodka sauce, guanciale, pork sausage and pecorino romano (gfo)	38
Pumpkin Ravioli , ricotta pumpkin-filled ravioli, toasted pine nuts, amaretti, and fried sage. (v / n)	38
Linguine Frutti di Mare , mussels, clams, king prawn, morton bay bug, scallops with a brodo de pesce . (df / gfo)	49
Paccheri Pepper Beef Ragu , with buffalo stracciatella, parmesan crisp. (gfo)	42
Scallop Reginette , with puttanesca sauce, parsley, crispy caper and pangrattato	45

Risotto

Mushroom Risotto , porcini mushroom with crispy enoki and Baccala Montecato	44
Risotto alla Milanese , saffron risotto with slow cooked veal osso bucco and parmigiano reggiano(gf)	48



WOOD-FIRED PIZZA

Pizza Rossa (Red Base)

	L / ½M
Margherita , San Marzano tomato, fior di latte mozzarella and fresh basil. (v)	28/68
Bufala , San Marzano tomato, confit cherry tomato, fresh buffalo mozzarella, fresh basil. (v)	32/78
Prosciutto , San Marzano tomato, fior di latte mozzarella, prosciutto di parma, shaved parmesan, rocket and balsamic.	35/86
Calabrese , San Marzano tomato, fior di latte mozzarella, soppressa salami, roasted capsicum, and spicy n'duja.	32/78
Sopressa , San Marzano tomato, fior di latte mozzarella, soppressa salami, mushroom, parsley and gorgonzola	32/78
Capricciosa , San Marzano tomato, fior di latte, mushrooms, shaved leg ham, artichokes, and olives.	32/78
Tutto Carne , San Marzano tomato, fior di latte mozzarella, shaved leg ham, sopressa salami, N'duja salami, pork and fennel sausage and prosciutto	36/88
Mari e monti , San Marzano tomato, fior di latte mozzarella, chilli and garlic marinated king prawns, mushrooms, olives and parsley.	32/78
Nonna's Meatball , San Marzano tomato, fior di latte, house made meatballs, shaved parmasen, rocket and stracciatella cheese	34/85
Calzone of the Week , ask our friendly waitstaff!	

Pizza Bianca (White Base) Now also availavle in 1/2 Meter Size

Funghi , Black truffle paste, medley of mushroom, taleggio, truffle oil, and parsley.	32/78
Add Pork and Fennel Sausage:	+6
Verdura , Provelone, roasted capsicum, zucchini, eggplant, mushrooms and pesto. (n/v)	32/78
Braised Beef Rib , Smoked mozzarella, provolone cheese, topped with slow cooked beef short rib, grilled onion and black garlic onion jam	34/85
Sausage and Broccolini , fior di latte, scamorza cheese, italian broccolini, topped with pork sausage	32/78

Additions

Gluten-Free Base + 6 // Vegan Cheese + 5 // Anchovies +6 //

Extras charged accordingly. No substitutes.



COMING SOON ...MFW PARTY BUS



**GET IN NOW FOR YOUR CHRISTMAS FUNCTIONS
SCAN THE QR CODE AND SEND AN ENQUIRY NOW!**



Dietary Notes

Vegetarian (v) // Gluten-free (gf) // Gluten Free Options (gfo)

Vegan Options Available (vgo)

Dairy-free (df) // Contains Nuts (n)

Important Information

Minimum Spend: Lunch 35 p/p | Dinner Sun -Thur 45pp and Fri Sat 55 p/p (adults).

Service fees apply for orders below the minimum spend.

1.5% service fee on all credit card transactions.

10% surcharge on Sundays, 15% on Public Holidays.

No split bills.

Functions

Soirees, shindigs, and everything in-between

We'd love to host your next get-together.

contact us at functions@mfw.restaurant



We've Been Busy... Come Stalk Our Other Spaces.

Meat Flour Wine Berwick

Born from Italian roots and built with modern flair, Meat Flour Wine is a Chilelli family affair—sparked by Renato's decades of hospitality wisdom and brought to life by the next gen's energy and ideas. Our first grandson and nephew, Orlando, even had a hand in designing our house wine labels. We're fancy enough for date night, chill enough for a casual catch-up, and resilient enough to bounce back from an electrical fire (yes, really) that shut down our Braeside location in January 2024.

Traditional. Twisted. Follow along:



@meatflourwineberwick

Liar Liar

Liar Liar isn't your typical Japanese restaurant, it's a shape-shifter.

A dinner table that becomes a dance floor. A dining room that turns mischievous after dark. We built it to feel electric, curated by some of the best in the business, but never too polished. It's where omakase-style dining meets cocktails, and elegance occasionally collides with playful chaos.

And the best part? It's all happening right upstairs, above our MFW Braeside location. As the night unfolds, so does the vibe. It starts refined — but give it time. The cheeky mischief creeps in, the laughter gets louder, and suddenly you're dancing. Or confessing. Or both.

Think: part chaos, part charm — that one friend who talks you into staying out way too late, and somehow makes it worth it. That's us.

You'll leave full, a little fuzzy, and probably ordering one more round.

What's happening upstairs? Find out more:



@liarliar.braeside

Daily Hours of Operation

Monday to Sunday | 11:30am - 3pm, 5pm - Late

Find us Here

meatflourwine.com.au // IG | FB @meatflourwine