

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
'Nduja and Honey Focaccia , San Marzano tomato, spicy 'nduja salami, stracciatella and local honey.	28
Pizza Fritta , ricotta, local honey and pistachio	19
+ Stracciatella or Prosciutto 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
Prawn & Lobster Roll , with dill and citrus mayonnaise	19ea
Wagyu Beef Skewer , caramelised onion purée, chimichurri and crisp shallots (gf)	15ea
Baked Half Shell Tasmanian Scallops , 'Nduja & herb butter and lemon pangratatto	28 for 2

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 purée and lemon (gfo)	28
Bruschetta , grilled sourdough, heirloom tomato, basil, extra virgin olive oil and balsamic . (v / gfo)	22
Classic Beef Carpaccio , shaved parmesan, rocket, olive oil and grissini sticks (gfo)	32
Nonna's Meatballs , wagyu beef and veal mince, tomato sugo, parmigiano and fresh focaccia	25
Wood Fire Fremantle Octopus , romesco, chorizo, hazelnut crumb, 'nduja and herb oils (n)	32
Polenta Chips , served with arrabiata vodka sauce (gf/vg)	18
Crudo of the Week , please ask waitstaff for today's selection	POA
Vitello Tonnato , shaved veal, traditional tuna caper sauce, caper berries and a herb rocket salad	30
Fried Zucchini Flowers , ricotta cacio e pepe and local honey (v)	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

Traditional Porchetta , charred apple purée, roast fennel, mustard and cider jus (gf)	55
Whole Roasted Eggplant , Vegan pesto Trapanese, smoked almonds, sun-dried tomato, basil, crispy shallot & garlic, aged balsamic and burnt eggplant oil (gf/df/vg)	39
Barolo Braised Beef cheek , charred heirloom carrots, potato and horseradish purée, watercress and shallots (gf)	55
Bellarine Lamb Backstrap , our peperonata, pistachio mint pangratatto, Vincotto jus (gf/df)	58
Veal Cotaletta , tomato salmoriglio dressing, roast baby potatoes	49
½ Free Range Chicken , cooked over coal, tarragon mustard butter, gem lettuce with parmesan and buttermilk dressing (gf)	48
Please see our specials menu for today's Fish of the Week	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:

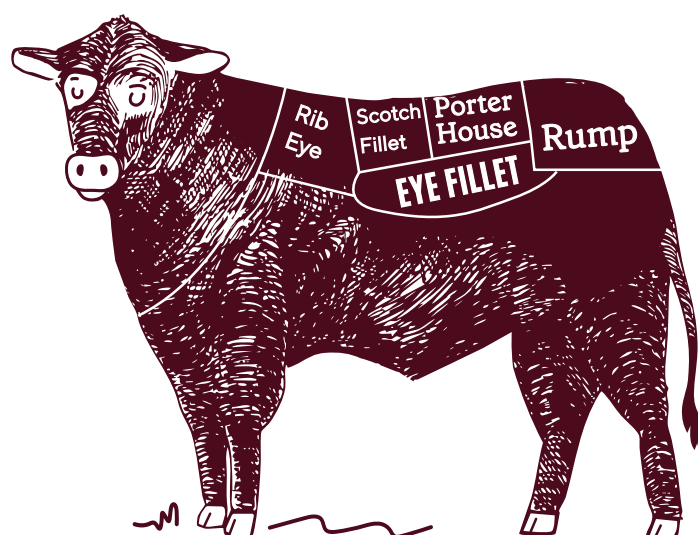
Dry ageing and its impact on flavour.

Grass fed vs. grain fed distinctions.

The benefits of bone-in cooking.

Different cuts.

Marble score (M.S).



MEAT: FROM THE COAL

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

Black Angus, Tomahawk , M.S 3+ (Grass fed)	M.P
700g, Northern Tasmanian Rangers Rib-eye , M.S 3+ (Grass fed)	135
330g, Jack’s creek, Porterhouse , M.S 2-4 (Grass fed)	69
300g, Black Opal, Wagyu Porterhouse , M.S 9+ (Grain fed)	115
350g, Black Opal, Wagyu Scotch Fillet , 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
300g, Southern Rangers, Flank Steak , M.S 4+ (Grass Fed)	58
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 // Chimichurri // 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/gf / n)	14
Truffled Mashed Potato (gf / v)	14
Roasted Potatoes , with roasted red peppers and onion (gf / df / vgo)	15
Coal Grilled Heirloom Zucchini , whipped lemon ricotta, pine nut & pepper crumble	15
Vine Ripened Tomato , cucumber, basil & shallot salad, dried olives, sherry vinaigrette	16
add Buffalo Mozzarella +15 (gf/dfo)	
Thick-Cut Chips , seasoned with rosemary sea salt. (gf / df / v / vgo)	14



01.10.26

PASTA & RISOTTO

Pasta

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

Casarecce alla Norma , ricotta salata, fried eggplant and Napoli (v)	38
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 , vodka sauce, guanciale, 'nduja, 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, moreton bay bug, calamari, chilli with a brodo de pesce . (df / gfo)	49
Paccheri Pepper Beef Ragu , with buffalo stracciatella, parmesan crisp. (gfo)	42

Risotto

Risotto Primavera , spring vegetables, crisp artichoke, goat's curd and burnt orange powder (gf)	39
Please see our specials menu for today's Risotto of the Week	MP



WOOD-FIRED PIZZA

Pizza Rossa (Red Base)

Margherita , San Marzano tomato, fior di latte mozzarella & fresh basil. (v)	28
Bufala , San Marzano tomato, confit cherry tomato, fresh buffalo mozzarella & fresh basil. (v)	32
Prosciutto , San Marzano tomato, fior di latte mozzarella, prosciutto di parma, shaved parmesan, rocket and balsamic.	35
Calabrese , San Marzano tomato, fior di latte mozzarella, sopressa salami, roasted capsicum, and spicy 'nduja.	32
Sopressa , San Marzano tomato, fior di latte mozzarella, sopressa salami, mushroom, parsley and gorgonzola	32
Capricciosa , San Marzano tomato, fior di latte, mushrooms, shaved leg ham, artichokes, and olives.	32
Tutto Carne , San Marzano tomato, fior di latte mozzarella, shaved leg ham, sopressa salami, 'Nduja salami, pork and fennel sausage and prosciutto	36
Mari e monti , San Marzano tomato, fior di latte mozzarella, chilli and garlic marinated king prawns, mushrooms, olives and parsley.	34
Nonna's Meatball , San Marzano tomato, fior di latte, house made meatballs, shaved parmesan, rocket and stracciatella cheese	
Vodka Pizza , Vodka sauce base, smoked mozzarella, spicy salami, basil, stracciatella and pecorino on crust	37

Pizza Bianca (White Base)

Funghi , Black truffle paste, medley of mushroom, taleggio, truffle oil, and parsley	32
Add Pork and Fennel Sausage:	+6
Verdura , Provelone, roasted capsicum, zucchini, eggplant, mushrooms and pesto. (n/v)	32
Braised Beef Rib , Smoked mozzarella, provolone cheese, topped with slow cooked beef short rib, grilled onion and black garlic onion jam	34
Gamberi , Fior di latte, zucchini, chilli and garlic marinated prawns, 'nduja, confit cherry tomato and parsley	34
Lamb Pizza , Mozzarella and confit garlic base, slow cooked lamb, eggplant, hot honey, chilli, goats' cheese and parsley	37

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: 55 p/p (adults).

Service fees apply for orders below the minimum spend.

10% surcharge on Weekends, 18% 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