

MEAT FLOUR WINE

BREAD

Focaccia Al Forno Rosemary, sea salt & olive oil (v)	12.50
Garlic base and fior di latte mozzarella, parmigiano, parsley (v) + San Danielle Prosciutto 6	15

SHARING / STARTERS

Antipasto Platter Selection of cured meats, cheeses, olives, pickled vegetables and focaccia bread Small (serves 2-3 people) 39 Large (serves 4-5 people) 75	
Chef's Tasting Board A selection of starters and snacks designed to share Small (serves 2-3 people) 45 Large (serves 4-5 people) 75	
Arancini served with aioli – see wait staff for today's flavour	16
Parmesan crumbed Eggplant Chips & anchovy mascarpone cream	15
Crispy Calamari with with black garlic aioli and herb salad	19
Le Bruschette Classic - tomato, onion, basil and balsamic (v) Ricotta - whipped ricotta with mushrooms and caramelised onions (v)	14 16
Lemon Ricotta filled Zucchini Flowers with broad bean smash and lemon garlic dressing	21
Anchovy Mousse with assorted breads	14

ENTREE

Buratta Cheese , mixed hierloom tomatoes, fresh basil and ciabatta (v)	25
Black Lip Mussels steamed with white wine, chorizo and tomato served with ciabatta bread	22
Pork Belly with truffle celeriac puree, broad bean, mustard fruits (gf)	24
Angus Beef Tartare on squid ink crackers with black garlic and herb oil (available until sold out) (gf)(df)	25
House-cured Duck Prosciutto with baby beetroots, goats curd and apple (gf)	22
Grilled Octopus with potato, black olive and 'nduja emulsion (gf)(df)	24
Grilled Morton Bay Bug with roasted baby roma tomatoes and basil oil (gf)(df)	25

MEAT FROM OUR COAL GRILL

Carnivore Board – Chefs Selection of 3 cuts of meat with 3 sides and 3 sauces to match. Ask your waiter for all the details!	POA
Great Southern Pinnacle Porterhouse pasture fed M.S. 2-4 300g (gf)	39
Northern Queensland Kobe Cuisine Wagyu Porterhouse grain fed M.S. 8+ 250g (gf)	69
Master Kobe Wagyu Rump grain fed M.S. 8+ 250g (gf)	42
Redgum Creek Black Angus Eye Fillet pasture fed M.S. 2-4 250g (gf)	45
Northern Queensland Kobe Cuisine Wagyu Eye Fillet grain fed M.S. 7+ 250 gr (gf)	75
Northern Queensland Wagyu Scotch Fillet grain fed M.S 9 (gf)	

O'Connor Black Angus Rib Eye , 600g, M.S. 2-4 served with your choice of two sides (gf)	250g \$55 / 500g \$99 90
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Cut of the week – See wait st aff for this weeks cut!

All steaks are served with one of the below sides and sauce of your choice

SAUCES

Red wine jus, Pepper sauce, Mushroom sauce, Truffle butter, Chimichurri (gf) Extra sauce 4.5

ON THE SIDE

Thick cut chips (v)	9
Rocket, parmesan, pear, honey and walnut salad (v)(gf)(n)	12
Garlic rosemary chats (v)	9
Green Beans with pancetta crumb and pecorino (gf)	12
Broccolini with almond flakes in red wine dressing (v)(gf)(n)	12
Gorgonzola Cauliflower bake, walnuts (v)(gf)(n)	12
Truffle mash (v)(gf)	12
Mushrooms, pancetta, peas in red wine sauce (gf)(v)	13
Grilled baby Cos hearts with pecorino and salsa verde (gf)(v)	9
Grilled Asparagus with hazelnut pesto and pecorino	12
Tomato, cucumber and bufala salad with croutons (df)	15

HOW IT'S COOKED

Blue 28 C Raw, cool center
Rare 32-34 C Very red, tepid center
Medium Rare 38-42 C Red center, warm
Medium 55-58 C Pink Center
Medium Well 62-68 C Slightly pink center
Well done 75 C Cooked throughout, no pink
Meats are then rested to finish the cook process

MARBLE SCORE

Marble Score (M.S.) is the fat that is deposited between muscles fibers. The presence of marbling has a very positive effect on the eating quality of beef in terms of tenderness, juiciness and flavour. Marble Score can range from 1 to 9

MAINS

Parmesan and parsley crumbed Veal Cotoletta , sauteed rainbow chard, chick pea, cherry tomato and salsa verde	38
Fish of The Day – See wait staff for today's catch!	
Grilled Cauliflower Steak with your choice of side and salsa verde (v)(gf)	26
Slow cooked Beef Short Rib truffle mash, roasted shallots and smoked ricotta salata (gf)	42
Fennel and chili spiced Pork Chop with wild broccoli and endive with pancetta and vincotto jus	39
Slow cooked lemon honey Lamb Shoulder with chats, peas and pecorino (gf)	39
Fritto Misto – fried selection of sardines, calamari, octopus, zucchini, prawns and market selection of fish	49

LUNCH OPTIONS

Monday – Friday 11:30am-3:00pm

SALADS

Tuna Salad with cos lettuce, marinated zucchini, shaved fennel, pinenuts and lemon thyme dressing	22
Chicken Caesar Salad with cos lettuce, shaved parmesan, anchovies, croutons, fried egg and aioli	22
Grilled salt and pepper Calamari Salad with mixed herbs, pickled cucumber, rocket, radicchio, semi dried tomato and red onion	22

BURGERS

All burgers are served with thick cut chips

Wagyu Beef Burger with bacon, mustard pickles, double cheese	20
Southern Fried Chicken Burger with lettuce, tomato, provolone ranch	20
Chipotle Pulled Pork Burger with slaw. chili, aioli	21
Slow-cooked Beef Short Rib Burger with cheese saue, fried onion rings and tomato relish	22
Veal and Pork Meatball Panini with melted provolone and rocket	20

(v) – vegetarian (gf) – gluten free (df) – dairy free (n) – contains nuts

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Average Minimum Lunch Spend \$35 pp
Average Minimum Dinner Spend \$45

1.5% service fee applies to all credit card transactions
15% Surcharge applies on Public Holidays
No Split Bills

MEAT FLOUR WINE

RISOTTO

Risotto of the Week – ask our wait staff for this weeks' selection

Confit Duck Risotto with porcini mushrooms and goats cheese 32

PASTA

Fresh Pasta is made daily by our foodie chefs (durum semolina & fresh egg)

Penne with a medley of **forest Mushrooms**, rocket and pistachio pesto, parmesan, finished with truffle oil parmesan (v)(n) 28

Add Chicken +5

Linguine with chilli and garlic **marinated Prawns** and a Saffron onion cream sauce 31

Cavatelli with slow cooked **Lamb Ragù** topped with pangrattato, peas, pecorino cheese and dehydrated olives 29

Oven-baked potato Gnocchi with Napolitana sauce, melted bufala mozzarella and basil (v) 29

Ricotta Gnocchi with broad bean puree and crisp pancetta 26

CHEF'S CREATIONS

Pumpkin and Rosemary Ravioli with gorgonzola sauce, sage and pinenuts (v)(n) 28

Prawn Tortolone with prawn bisque, basil oil, Avrugá caviar and finger lime 38

Linguine Ai Frutti di Mare with mussels, prawns, salmon, scallops, red onion, black olives, fresh chilli 38

Penne Bolognese (traditional veal and pork ragu) 25

Penne Carbonara with pancetta in an egg, parmesan and pecorino cheese-based sauce 27

Gnocchi Napoletana (v) 25

Gluten Free Penne or Spaghetti +3 (please allow 20 min)

PIZZA ROSSA

Bufala: S.Marzano tomato, fresh mozzarella di bufala, fresh basil, EVOO (v) 26

Napoletana: S.Marzano tomato, anchovies, black olives, capers, oregano 25
Add tin of premium anchovy fillet +\$7

Diavola: Yellow S.Marzano tomato, hot 'Nduja salami paste, fresh bufala mozzarella, rocket 26

Prosciutto: S.Marzano tomato, fior di latte mozzarella, fresh rocket, cherry tomatoes, San Danielle Prosciutto, shaved parmigiano, balsamic glaze 26

Mari e Monti: S.Marzano tomato, fior di latte mozzarella, king prawns, mushrooms, olives, fresh chilli, parsley 26

Gamberi: S.Marzano tomato, fior di latte mozzarella, king prawns, marinated zucchini, cherry tomatoes, garlic, fresh chilli 26

Calabrese: S.Marzano tomato, fior di latte mozzarella, hot sopressa salami, roasted red capsicums, olives, oregano 25

Marinara: S.Marzano tomato, calamari, mussels, scallops, prawns, garlic, cherry tomato, black olives, chilli 32

Capricciosa: S.Marzano tomato, fior di latte mozzarella, smoked leg ham, artichokes, mushrooms, olives, anchovies 25

Tutto carne: S.Marzano tomato, fior di latte mozzarella, hot sopressa salami, smoked leg ham, hot 'Nduja salami paste, San Daniele Prosciutto 26

Parmigiana: S.Marzano tomato, fior di latte mozzarella, roasted eggplant, fresh cherry tomatoes, ricotta salata, fresh basil, EVOO (v) 24

Sopressa: S.Marzano tomato, hot sopressa salami, gorgonzola, mushrooms, fresh basil, chilli 25

Quattro Formaggi: S.Marzano tomato, fior di latte mozzarella, gorgonzola, provolone picante, parmigiano (v) 25

Margherita: S.Marzano tomato, fior di latte mozzarella, fresh basil, oregano (v) 23

PIZZA BIANCA (no tomato base)

Funghi: truffle mushroom base, gorgonzola cheese, medley of mushrooms, porcini, truffle oil (v) 25

Verdura: Oven roasted red capicum, mushrooms, eggplant, zucchini, provolone cheese, fresh basil pesto (v)(n) 24

Rustica: fior di latte mozzarella, pork, fennel and chilli sausage, fresh broccoli, chili 25

PIZZAIOLI CREATION

Patata: Bianca base, gorgonzola, roasted potatoes and marinated radicchio 28

Gluten free + 5

Extras charged accordingly / No substitutes

WELCOME BACK TO MEAT FLOUR WINE!

We're so happy to have you back in the restaurant dining with us!

Things look a little bit different for us all at the moment as we continue to navigate new terrain, but we're thrilled we get to entertain you once again at MFW.

The idea of dishing up delicious meals for you once again has kept us going over the last few months and we would like to thank you for all the support you have shown us.

With love, The Meat Flour Wine Family

OPENING HOURS Effective October, 2020

Monday – Sunday

Lunch 11:30 am – 3:00 pm

Dinner 4:30 pm onwards

Bookings are recommended, Sitting times apply

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