



**CRONULLA | KOGARAH | PARRAMATTA**

# lunch special

## burgers

(Served with Chips)

Beef Burger	15
Chicken Burger	15
Pulled Beef	15
Plant Based	18
Naked Beef Burger	15

## chicken

(Served with Chips)

½ Chicken	15
Chicken Wings	13

## steak

(Served with Chips Or Salad)

250gms Wagyu Rump (MB5+)	31.90
250gms Rump Steak	24.90
Boerwors (Served With Mash)	24.90

## salad

Mixed Salad	12
Chicken Salad	18
Beef Salad	18

## seafood

Salmon fillet (Served With Salad)	24.90
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## drinks

House Beer / Wine	5
Sangria	10

Available Monday to Friday: 11am - 4pm



## to start

Garlic Bread / Herb Bread	8.00
Marinated Mixed Olives	7.00
Octopus Toast	15.99
Marinated octopus hand, romesco sauce served on Turkish bread	
Black Lumpfish Caviar	29.99
Served with cheese crackers	

## Oysters

SYDNEY ROCK OYSTERS

Natural Oysters Half/Full	29.99/59.99
Served with tabasco sauce & lemon wedges	
Rockefeller Oysters Half/Full	39.99/69.99
Served with parmesan & lemon wedges	
Oysters Millionaire Half/Full	49.99/79.99
Oysters cooked with MB7+ Wagyu meat & topped with black lumpfish caviar	
Oysters Caviar Half/Full	49.99/79.99
Served with black lumpfish caviar & chimichurri sauce	

## entrees

Wagyu Beef Carpaccio	33.99
Raw Wagyu beef served with egg yolk and truffle oil	
Wagyu Lollipop	19.99
Grilled MB7 + Wagyu mince served with onion puree	
Beef Tongue	19.99
Grilled Beef Tongue topped with sun dried tomato	
Loaded Potato Skin	18.99
Deep fried potato skin loaded with slow cooked pulled beef & spicy aioli	
Hot Stone Wagyu Beef (MB7+)	33.90
Grill your own wagyu to perfection at your table.	
Char Char Wings	19.99
Char-grilled wings served with our secret basting sauce & herb rice	
Garlic Mushroom	19.99
Cooked with garlic butter and wine	
Bone Marrow	22.99
Served with chimichurri sauce & bread	
Scallops	21.99
Served with burnt onion puree & leek	
Salt & Pepper Squid	19.99
Served with mixed lettuce, aioli & balsamic glaze	
Garlic Prawns	23.99
Served with turkish bread	

## kids

Chicken nuggets & chips	9.50
Burger & chips	12.90
Steak & chips	15.90
Fish & chips	15.90
Junior beef ribs & chips	19.90

# kids

# burgers

All our Burgers are open flame Char Grilled with our secret basting sauce. Burgers are served on milk buns & every burger is cooked fresh to order.

ALL BURGERS ARE SERVED WITH CHIPS.  
ALL BURGERS ARE AVAILABLE BUN-LESS.

## 500 Degrees Classic 26.99

200gm beef patty grilled on an open flame with our secret basting. Lettuce, tomato, onion, spiced pickle & aioli

## 500 Degrees Smokey 32.99

200gm beef patty grilled on an open flame with our secret basting. Lettuce, tomato, onion, spiced pickle & smokey aioli

## Wagyu Beef 32.99

200gm seasoned wagyu beef patty Grilled on an open flame, Lettuce, tomato, onion, spiced pickle & mustard aioli

## Plant Based Burger 28.99

Plant based patty, avocado, garnish & mustard aioli

## Pulled Beef 26.99

200gm slow cooked pulled beef with crispy onion ring, garnish, pickle & mustard aioli

## Grilled Chicken 26.99

Chicken breast grilled on an open flame with our secret Basting. Lettuce, tomato, onion, spiced pickle & mustard aioli

### ADD:

Gluten free bun	4.00
Egg	3.00
Avocado	3.00
Bacon	4.00
Onion rings	3.00
Beetroot	3.00
Cheese slice	3.00
Pineapple	3.00
Grass fed Beef Patty	10.90
Wagyu Beef Patty	13.90

# salad

## Rocket & Poached Pear Salad 22.90

Baby Rocket, cherry tomato, onion, Poached pear & Parmesan Cheese

## Mixed Salad 21.90

Mesclun lettuce, tomato, onion, cucumber, capsicum & herb vinegar dressing

## Mediterranean Salad 23.90

Mesclun lettuce, tomato, cucumber, kalamata olives, red onion, feta cheese & Mediterranean dressing

## Caesar Salad 24.90

Cos lettuce, egg, croutons, bacon, shaved parmesan, anchovies & ceasar dressing

## Roasted Pumpkin & Feta Salad 25.90

Mesclun lettuce, tomato, onion, cucumber, capsicum, beetroot, pumpkin, feta cheese & herb vinegar dressing

## Octopus Hand Salad 29.90

Mesclun lettuce, tomato, onion, cucumber, capsicum, slow cooked octopus hand, feta cheese & herb vinegar dressing

## Prawn and Avocado Salad 29.90

Iceberg lettuce, avocado, cucumber, red onion, feta cheese, prawns, almond flakes & Mediterranean dressing

## Beef Tongue Salad 29.90

Grilled beef tongue served on Mediterranean salad & sundried tomatoes

## Spicy Beef Salad 29.90

Grilled steak cooked in piri piri sauce, mixed lettuce, tomato, onion, cucumber & herb vinegar dressing

# chicken

All our chickens are open flame Char Grilled with our secret basting sauce and served with one choice of either rosemary roasted potatoes, salad or chips

## 1/2 Chicken BBQ / Piri Piri 29.90

## Chicken Breast BBQ / Piri Piri 29.90



# steaks

All premium steaks are char-grilled on an open flame, lightly seasoned with choice of your salt and can be basted in our secret basting on request. Served with one choice of either roasted rosemary potatoes, salad, chips

CHOOSE YOUR SALT:  
PINK SALT, SEA SALT, GARLIC AND HERB SALT

Add King Prawns 2pcs 25.00  
Add Half Lobster 89.90  
Add Bone Marrow 15.90  
Butter of God 5.00

## premium steaks

<b>Margaret River WA Sirloin</b> 300g 100 days grain fed MB2+	<b>49.90</b>
<b>New England Beef T-bone</b> 500g 100 days grain fed MB2+	<b>69.90</b>
<b>Darling Downs Eye Fillet</b> 250g Pasture fed beef MB3+	<b>59.90</b>
<b>Western Downs QLD Scotch fillet</b> 300g 120 days grain fed MB2+	<b>57.90</b>
<b>Darling Down QLD Rump</b> 300g 100 days grain fed MSA	<b>42.90</b>
<b>Riverina Lamb Loin Chop</b> (Basted) 3pcs	<b>49.90</b>
<b>Wulkuraka QLD Kangaroo Loin</b> 300g Served with chimichurri sauce	<b>48.90</b>

## wagyu steaks

<b>A5 Full Blood Wagyu Scotch</b> 200g 700 days grain fed Served with 24K gold and Black Caviar	<b>219.90</b>
<b>Tajima Wagyu New York</b> 250g (MB9+) 450 days grain fed	<b>129.90</b>
<b>Rangers Valley Wagyu Rump</b> 400 days grain fed MB5+ 500g	<b>79.90</b>
<b>2GR Hanger Steak</b> 300g 200 days grain fed	<b>79.90</b>

## cape grim steaks

<b>Cape Grim Tomahawk</b> 1.5 kg Pasture fed beef	<b>169.90</b>
<b>Cape Grim Rib Eye on the bone</b> 400g Pasture fed beef	<b>85.90</b>

## dry age steaks

Our Dry Aged beef is aged in house over a period of 30-45 days. The end result is succulent beef cut which oozes with flavour as a result of the dry ageing process.

<b>Dry Aged T Bone</b> 400g 30 days / 45 Days 150 days grain fed MB3+	<b>99.90 / 119.90</b>
<b>Dry Aged Prime Rib</b> 350g 30 days / 45 Days 150 days grain fed MB3+	<b>95.90 / 115.90</b>

## 500° speciality

<b>24 Karat Gold steak</b> 250g Eye Fillet wrapped with 24k gold	<b>139.90</b>
<b>24 Karat Gold Tomahawk</b> 1.5 kg Tomahawk wrapped with 24k gold	<b>399.90</b>
<b>Flamed Steak</b> 500g T bone flamed with whisky, served with one choice of either roasted rosemary potatoes, salad or chips	<b>99.90</b>

## main plates

<b>Bone in Lamb Shoulder</b> (400g) 5hrs slow cooked lamb shoulder served with mash	<b>48.90</b>
<b>Boerewors</b> (300g) South African 100% beef sausage, served with mash	<b>45.90</b>
<b>Skewered</b> (300g) Skewers are open flame Char Grilled with capsicum & spanish onion. Served with one choice of either roasted rosemary potatoes, salad or chips.	<b>39.90</b>

CHOICE OF BEEF/ CHICKEN/ KANGAROO/  
BEEF TONGUE





# Ribs

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All Ribs are open flame Char Grilled with our secret basting and served with one choice of either roasted rosemary potatoes, salad or chips.

<b>Full Plate Angus Beef Ribs</b>	<b>58.90</b>
<b>1/2 Rack Angus Beef Ribs</b>	<b>44.90</b>
<b>Full Plate Northern Rivers Pork Ribs</b>	<b>68.90</b>
<b>1/2 Rack Northern Rivers Pork Ribs</b>	<b>48.90</b>
<b>Full Plate Clover Valley Lamb Ribs</b>	<b>58.90</b>
<b>1/2 Rack Clover Valley Lamb Ribs</b>	<b>44.90</b>
<b>Full Plate of Mix Ribs</b>	<b>79.90</b>

(2 Ribs of your choice)

## ranges of combos

All our combos are open flame Char Grilled with our secret basting sauce and served with one choice of either roasted rosemary potatoes, salad or chips

<b>Chicken and Ribs</b>	<b>59.90</b>
(1/2 Chicken & Choice of Ribs)	
<b>Chicken and Rump</b>	<b>59.90</b>
(1/2 Chicken & 250g Rump)	
<b>Ribs and Rump</b>	<b>59.90</b>
(Choice of Ribs & 250g Rump)	
<b>Wings and Ribs</b>	<b>59.90</b>
(4pcs Wings & Choice of Ribs)	
<b>Sirloin and Ribs</b>	<b>72.90</b>
(300g Sirloin & Choice of Ribs)	

## something to share

Served with one choice of either roasted rosemary potatoes, salad or chips

<b>Darling Downs Eye Fillet 1Kg</b>	<b>198.90</b>
<b>Western Downs QLD Scotch Fillet 1Kg</b>	<b>176.90</b>

### Meat Platter

Choice of half rack of ribs, 2pcs Lamb Loin chops, 300g Boerewors, 4pcs chicken wings &

### Choose your steak

Rump 300g	<b>129.90</b>
Scotch Fillet 300g	<b>155.90</b>
Wagyu Rump 500g	<b>185.90</b>

### Ribs Platter

A combination of pork, lamb & beef ribs

**119.90**

### Braai Platter (platter for 4)

Beef ribs, lamb ribs, boerewors 300g, full chicken, chicken wings, 4 King prawns, corn &

### Choose your steak

Rump 300g	<b>259.90</b>
Scotch Fillet 300g	<b>285.90</b>
Wagyu Rump 500g	<b>315.90</b>

## sauces and butter

Give your meals more flavour with our homemade sauce selection.

\$4 each

- Chimichurri sauce
- Mushroom sauce
- Pepper sauce
- Basting sauce
- Piri Piri sauce
- Red wine jus
- Aioli
- Burnt Onion relish
- Garlic butter
- Herb butter

# S A U C E S



# S E A F O O D

## seafood

**Salmon fillet** 37.90

Salmon fillet cooked with garlic butter, served with asparagus and romesco sauce

**Whole Barramundi** 39.90

Grilled whole baby Barramundi, served with capsicum salsa

**Grilled Octopus Hand** 35.90

Served with leek, sticky Worcestershire and romesco sauce

**Piri Piri Prawns** 47.90

4 pcs of grilled king prawns cooked with homemade piri piri sauce. Served on the bed of Herb rice

**Seafood Platter** 149.90

Served with S&P calamari, prawns, oysters, grilled squid, salmon fillet, scallops, tartar sauce & Half lobster on a bed of rice

**Lobster** 99.00

Half Lobster Served with Romesco sauce and asparagus

## vegetarian

**Pumpkin Steak** 25.90

Served with Leek & Onion puree

**Herb & Garlic Portobella mushrooms** 25.90

Served with Onion Puree

**Veggie Platter** 35.90

Served with field mushroom, steamed vegetable, roasted rosemary potatoes, leek, roasted pumpkin & onion purée served on a base of garden salad

## sides

**Chargrilled Veggies** 16.00

**Sautéed broccolini** 12.00

with garlic butter & almond flakes

**Creamy cheese corn** 12.00

Served with butter, mayonnaise & mozzarella cheese.

**Sautéed Asparagus** 12.00

Served with romesco sauce

**Medley Tomato** 12.00

Sauteed with olive oil, served with bocconcini & olives.

**Baked Portobella mushrooms** 13.00

**Creamy Mash Potato** 10.00

**Roasted rosemary potatoes** 9.00

**Chips** 10.00

**Sweet Chips** 10.00

**Steam Veggies** 10.00

**Herb Rice** 10.00

## dessert

**Creme Brulee** 17.90

**Sticky Date Pudding** 17.90

Homemade sticky date pudding served with vanilla ice cream

**Chocolate Lava Cake** 17.90

Homemade lava cake served with vanilla ice cream

**Poached Pear** 17.90

Slow cooked poached pear served with cream cheese

**Celebration Chocolate Cake** 25.90

*Special for celebrations  
Served with gold & open flame*

\*\*10% surcharge apply on Sundays & Public Holidays.



# steak guide

## the steak guide

### Blue

RAW INSIDE

Red inside, only flash-browned on the outside

### Rare

JUICY AND RED

Bright pink to bloody in the middle with a firm brown crust

### Medium Rare

JUICY AND RED

Light pink to bloody in the middle, with a firm brown crust

### Medium

PALE PINK

Pink in the middle, with a firm brown crust

### Medium Well

ALMOST GRILLED THROUGH

Pale pink in the middle, well browned on the outside

### Well Done

GRILLED THROUGH

Grilled through inside, well browned on the outside





# 4 courses

\$95.90PP

## to start

(to share)

- Oysters  
Served with Tabasco sauce & lemon wedges

## entree

(to share)

- Char Char Wings  
Char-grilled wings served with our secret basting sauce
- Octopus Toast  
Marinated octopus hand, romesco sauce served on Turkish bread

## mains

(select one per person)

- Half Rack of Ribs
- Western Downs QLD Scotch fillet 300g
- Margaret River WA Sirloin 300g
- Salmon fillet

Mains also included with one choice of either roasted rosemary potatoes, salad or chips

## dessert

(select one per person)

- Creme Brulee
- Poached Pear

set menu

# 3 courses

**\$75.90PP**

## entree

(to share)

- **Salt & Pepper Squid**  
Served with mixed lettuce, aioli & balsamic Glaze
- **Mediterranean Salad**  
Mesclun lettuce, tomato, cucumber, kalamata olives, red onion, fetta cheese & Mediterranean dressing

## mains

(select one per person)

- **Darling Down QLD Rump 300g**
- **Boerewors (300g)**  
South African 100% beef sausage
- **Bone in Lamb Shoulder(400g)**  
5hrs slow cooked lamb shoulder
- **Pumpkin Steak**  
Served with Leek & Onion puree

Mains are served with one choice of either roasted rosemary potatoes, salad or chips

## dessert

(one per person)

- Scoop of icecream

set menu

# LUXE

4 courses \$129.90PP

## to start

(to share)

- Oysters

Served with Tabasco sauce & lemon wedges

## entree

(to share)

- Hot Stone Wagyu Beef (MB7+)

- Octopus Toast

Marinated octopus hand, romesco sauce served on Turkish bread

## mains

(select one per person)

- Half Rack of Ribs

- Cape Grim Rib Eye on the bone 400g

- Western Downs QLD Scotch fillet 300g

- Rangers Valley Wagyu Rump 500g (MB5+)

- Darling Downs Eye Fillet 250g

- Salmon fillet

Mains also included with one choice of either  
roasted rosemary potatoes, salad or chips

## dessert

(select one per person)

- Creme Brulee

- Sticky date pudding

set menu