



CRONULLA | KOGARAH | PARRAMATTA

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

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

wagyu steaks

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

cape grim steaks

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

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.

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

500° speciality

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

main plates

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

CHOICE OF BEEF/ CHICKEN/ KANGAROO/
BEEF TONGUE



Ribs

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

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

(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

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

something to share

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

Darling Downs Eye Fillet 1Kg	198.90
Western Downs QLD Scotch Fillet 1Kg	176.90

Meat Platter

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

Choose your steak

Rump 300g	129.90
Scotch Fillet 300g	155.90
Wagyu Rump 500g	185.90

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	259.90
Scotch Fillet 300g	285.90
Wagyu Rump 500g	315.90

sausages 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 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

