



PASSPORT

Steaks you'll leave home for . . . Steaks you'll leave home for . . . Steaks you'll leave home for . . .

SURCHARGE:

BAHRAIN

All prices are subject to a 15% service charge



THE MEAT COMAPANY

NAME

BAHRAIN: MAY 2007

DATE OF BIRTH

BUILDING 190, ROAD 3805 BLOCK 338, MANAMA, AL QUADAIBIYA
KINGDOM OF BAHRAIN, PO BOX 75400

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A WARM WELCOME TO YOU FROM THE MEAT CO.

As part of an international group of steakhouse restaurants located in the UK, Australia, Greece, Africa, Dubai, Bahrain and Abu Dhabi, The Meat Co serves as its speciality "Steaks you'll leave home for..."

Prime cuts of superior quality beef, perfectly aged and then grilled to perfection, are what The Meat Co is best known for. All of this is further enhanced by an extensive range of great wines, complemented by an unwavering commitment to service excellence no matter where you may dine at a Meat Co restaurant worldwide.

The Meat Co's very own **Monte Beef** brand is sourced from premium breeders of primarily Angus cattle, carefully reared and grazed on selected farms throughout Australia. Monitored from paddock to plate using a process of stringent quality checks.

Aged to perfection, **Monte Beef** gives the discerning meat connoisseur the most juicy, succulent, perfectly marbled, tender eating experience. Combined with our signature in-house basting, proprietary grilling methods and perfect accompaniments, **Monte Beef** is a unique meat eating experience – truly a cut above . . .

But that's not all!

At The Meat Co there is something for everyone. The menu offers a delicious selection of seafood, chicken and premium game.

Be enthralled by the striking displays of wine - unique to each site - which form a signature feature of all The Meat Co restaurants. Lavish decor combined with rich textures and colours add to the contemporary feel of these exciting restaurants.

Deliciously good food and wine, complemented by stunning venues and an unwavering commitment to service excellence, ensure that our patrons all over the world continue to "leave home or work, for more."

THE MEAT CO
Africa Middle East

THE MEAT & WINE CO
Asia Australia Israel UK

A cut above . . .
www.themeatandwineco.com



ENTRÉES

GARLIC BREAD (V) <i>A crisp baked French baguette with home-made garlic butter</i>	BD1.700
CHEF'S SOUP OF THE DAY <i>Wholesome bowl of fresh soup prepared daily. Served with a bread roll</i>	BD1.900
BRUSCHETTA (V) <i>2 slices of toasted farmhouse bread, one topped with a black olive tapenade and feta cheese, the other with basil pesto, tomato & onion</i>	BD2.800
WILD MUSHROOM & SPINACH VOL-AU-VENT (V) <i>Sautéed wild mushroom with creamy spinach. Served in a vol-au-vent and topped with melted Parmesan and Mozzarella cheese</i>	BD3.400
GRILLED HALLOUMI CHEESE <i>Halloumi slices served with Mediterranean vegetables, drizzled with rocket oil and aged balsamic</i>	BD3.600
MOÇAMBIQUE-STYLE CHICKEN LIVERS <i>Chicken livers pan-fried in a peri-peri sauce with onions, garlic, chilli and peppers. Served with a slice of toasted bread</i>	BD2.800
BEEF RIBS <i>Flame-grilled ribs, sliced and served with our homemade rib basting</i>	BD5.500
BOEREWORS <i>Grilled traditional African sausage. Served with African pap (polenta) and chakalaka sauce</i>	BD3.000
SALT & PEPPER CALAMARI <i>Tender calamari lightly tossed in salt, pepper and spiced flour. Shallow fried and served with homemade Nam Jim sauce</i>	BD3.000
BEEF CARPACCIO <i>Thin slices of beef tenderloin, encrusted with our chef's special herb pepper. Served with a salad of rocket, fried capers and onions. Dressed with horseradish cream and shavings of Parmesan cheese</i>	BD5.000
RED CHILLI PRAWNS <i>Succulent Gulf prawns pan-fried with garlic, ginger, red chilli, lemongrass and cream</i>	BD4.900
MEZE PLATTER FOR TWO <i>Your choice from any 3 different starters</i>	BD12.000

SALADS

GARDEN SALAD

*Fresh mixed salad leaves with cucumber, tomatoes and onion.
Tossed with an orange vinaigrette*

BD2.800

THE MEAT CO. CHEF'S SALAD

*Assorted green leaves with tomatoes, avocado and onions,
drizzled with soya sesame dressing*

BD3.600

GREEK SALAD

*Fresh Cos lettuce tossed with tomato, cucumber, olives, Spanish onions
and creamy feta cheese*

BD3.400

ROCKET AND ARTICHOKE SALAD

*Fresh rocket leaves tossed with olive oil and balsamic vinegar, topped
with shavings of aged Parmesan, sun-dried tomatoes and artichokes*

BD3.600

CHICKEN CAESAR SALAD

*Cos lettuce, crispy beef bacon, garlic croutons, egg, grilled chicken and
Parmesan shavings, tossed with an anchovy, garlic and white balsamic dressing*

BD4.200

SMOKED SALMON SALAD

*Smoked salmon, cream cheese croutons and avocado, served with mixed
lettuce, Spanish onion and capers. Tossed with caramelised lime and dill oil*

BD5.600

BEEF SALAD NIÇOISE

*The Meat Co. version of the traditional and delectable French salad made
with potato, asparagus, egg, olives, cherry tomatoes and shavings of beef fillet*

BD6.000

SUPER-AGED MEAT

This is our specialty!

The quality of our beef is carefully managed from the **pasture to the plate** - our commitment that an exceptional product is served every time.

Select grain-fed cuts are matured to perfection on our premises, then flame-grilled with either our internationally renowned unique house basting, au natural, or black pepper encrusted. Served with super crunchy chips.

Enhance your steak with one of our 'steak-style' sauces or side dishes.

(CAAB) CERTIFIED AUSTRALIAN ANGUS BEEF 150 DAYS GRAIN-FED

Rump	300g	BD10.500	500g	BD13.500
New Yorker	300g	BD14.000	500g	BD19.000
Rib-Eye	300g	BD15.000	500g	BD20.000

CERTIFIED AMERICAN BLACK ANGUS BEEF

Fillet			250g	BD22.500
Rib-Eye			350g	BD19.000

PRIME AUSTRALIAN 150 DAYS GRAIN- FED BEEF

Petit Fillet			200g	BD11.000
Fillet	300g	BD14.600	400g	BD19.500
T-Bone			700g	BD21.000
Prime Rib			650g	BD19.500

WAGYU STRIPLOIN (Kobe) 250g **BD49.000**

Flame-grilled and served with herb mash potato and roasted root vegetables

SIDE SAUCES FOR YOUR STEAK **BD1.000**

Compliment your steak with one of our chef's classic style sauces prepared daily

Green Peppercorn
 Creamy Garlic
 Peri-Peri
 Cheese
 BBQ Relish
 Portuguese
 Blue Cheese & Vodka (A)
 Creamy Mushroom



Steak Cut Chips	BD1.000	Rice	BD1.000
Mashed Potato	BD1.000	Baked Potato	BD1.000
Roasted Potatoes	BD1.500	Onion Rings	BD1.000
Sautéed Mushrooms	BD2.000	Spinach	BD2.000
Steamed Seasonal Vegetables	BD1.500	Side Salad	BD2.000

SPECIALTIES

MEAT STYLE FILLET ROSSINI 300g	BD16.500
<i>Prime Australian 150 days grain-fed beef medallions grilled to perfection and topped with pan-fried Mozambique style chicken liver</i>	
PETITE (US) FILLET 2X100g	BD19.000
<i>American certified Black Angus beef medallions, flame grilled to your liking. Served on herb crouton and laced with mushroom sauce</i>	
BUTCHER'S SKEWER (Beef)	BD12.000
<i>A selection of marinated, aged beef cuts, skewered with onions and peppers. Flame-grilled with our unique house basting</i>	
PRAWN AND BEEF SKEWER	BD14.000
<i>Tender choice cuts of Australian beef and succulent Tiger prawns, grilled on a skewer and served with chips</i>	
MARINATED LAMB SKEWER (Australia)	BD8.000
<i>Tender lamb loin cubes, marinated with oregano, mint, lemon juice, olive oil, salt and black pepper. Skewered with onions and peppers and flame-grilled</i>	
BARBEQUE BEEF RIBS (USA)	BD16.000
<i>Beef ribs braised in a special BBQ marinade, then flame-grilled. Served with your choice of mashed potato, chips or baked potato</i>	
LAMB CUTLETS (Australia)	BD14.500
<i>Grilled lamb cutlets, marinated with fresh mixed herbs and Middle Eastern spices. Served with root vegetables, fresh dates & salsa verde</i>	
GAME OF THE DAY (A)	*Market Price*
<i>Select game fillet, marinated in red wine, grilled and basted to order</i>	
PASTA OF THE DAY	*Market Price*
<i>Freshly prepared daily. Ask your waiter for today's speciality</i>	

BURGERS

A superb 200g, 100% pure beef burger, seasoned, basted and flame-grilled.
Served with greens, fresh onion, tomato, pink sauce, chips and onion rings

CLASSIC BURGER	BD6.000
CHEESE BURGER (with cheddar cheese)	BD6.500
GOURMET BURGER (with pineapple, cheddar cheese & beef bacon)	BD6.800
CHICKEN BURGER	BD5.000

SAUCES	BD1.000
<i>Compliment your burger with one of our chef's classic style sauces prepared daily</i>	

Green Peppercorn
Cheese
Creamy Mushroom

Creamy Garlic
BBQ Relish
Blue Cheese & Vodka (A)

Peri-Peri
Portuguese

CHICKEN

CHAR-GRILLED CHICKEN BREAST

BD6.000

*Skinless chicken breasts marinated in lemon, thyme and peri-peri.
Served with creamy mash*

MARINATED CHICKEN SKEWER

BD6.500

*Thigh fillets, marinated with Middle Eastern spices, skewered with
onion and peppers and flame-grilled*

GRILLED CHICKEN

BD7.200

*Flame-grilled chicken, marinated and basted with our unique peri-peri
or lemon & herb sauce*

SEAFOOD

LONDON BATTERED FISH

BD7.000

*Hamour fillet served with straight cut chips, brown vinegar, fresh lemon
and tartare sauce*

LINE FISH OF THE DAY

Market Price

Fresh catch prepared daily by our Chef. Please ask your waiter for details

SALMON SKEWER

BD9.500

*Fresh salmon fillet cubes skewered with leeks. Grilled with Teriyaki sauce
and served with steamed rice*

GRILLED GIANT PRAWNS

BD13.000

*Succulent giant Gulf prawns, marinated and grilled with garlic, thyme
and lemon. Served with coriander-lemon rice and garlic & chive butter*

VEGETARIAN

VEGETARIAN DISH OF THE DAY (V)

Market Price

Freshly prepared daily by our Chef. Please ask your waiter for details

DESSERT

TRIO OF HOME MADE SORBET OR ICE-CREAM <i>Chef's selection of the day</i>	BD2.500
APPLE CRUMBLE <i>Slow cooked apples with cinnamon and raisins, served with vanilla ice-cream</i>	BD4.000
TRADITIONAL SOUTH AFRICAN MALVA PUDDING <i>Home-made apricot pudding smothered with caramel sauce. Served with crème anglaise and garnished with an apricot coulis</i>	BD3.000
CRÈME BRÛLÉE OF THE DAY <i>Traditional French custard with caramelised toffee. Ask your waiter for today's flavour</i>	BD3.000
TIRAMISU <i>Home-made Tiramisu with vanilla sponge cake and mascarpone cheese</i>	BD3.000
CHOCOLATE AND PISTACHIO FONDANT <i>Warm dark chocolate fondant with luscious pistachio heart. Baked to order and served with classic vanilla bean ice-cream & crème anglaise</i>	BD3.500
CAKE OF THE DAY <i>Chef's special. Please ask your waiter for today's selection</i>	BD3.000
FRESH FRUIT PLATE <i>Assorted fresh fruit, cut to order and drizzled with vanilla syrup</i>	BD3.200
SELECTION OF CHEESE <i>A selection of imported cheese served with dried fruits and crackers</i>	BD6.000

COLD BEVERAGES

SOFT DRINKS

Coke, Coke Light, Sprite, Sprite Light, Fanta, Bitter Lemon
Ginger Ale, Tonic Water, Soda Water

BD1.500

ICED TEA

Peach or Lemon

BD2.000

FRESH JUICES

Orange, Pineapple, Watermelon
Mango, Kiwi
Avocado

BD2.600

BD3.200

BD3.500

ENERGY DRINK

Red Bull

BD2.000

SPARKLING WATER

Perrier (Small)

Perrier (Large)

BD1.800

BD2.700

MINERAL WATER

VOSS (Small)

VOSS (Large)

BD1.500

BD2.600

HOT BEVERAGES

COFFEE

Americano, Ristretto, Single Espresso, Macchiato
Café latte, Cappuccino, Latte Macchiato, Double Espresso

BD2.000

BD2.500

HOT CHOCOLATE

BD2.500

TEA

Earl Grey, English Breakfast, Jasmine
Green, Mint, Camomile

BD2.000