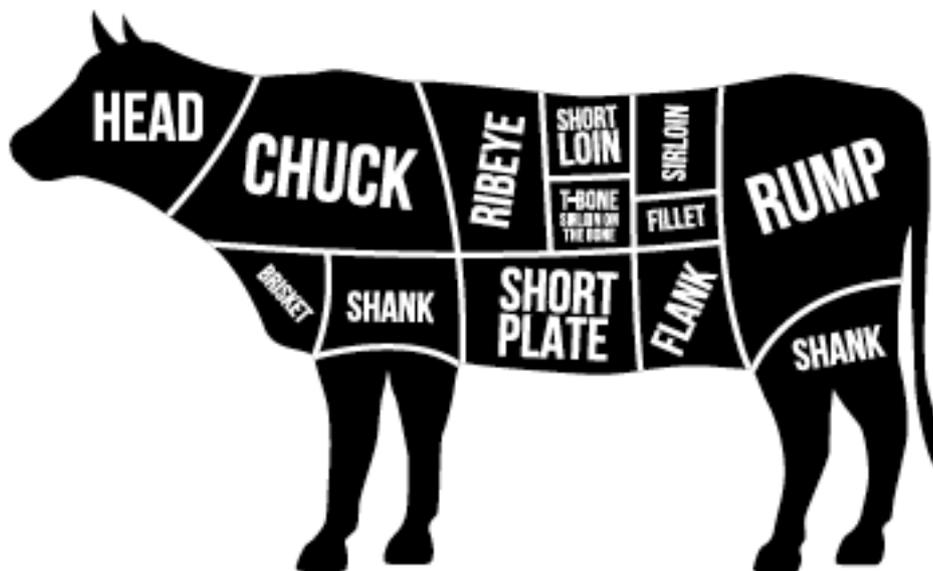


Cowboys & Cooks

STEAKHOUSE & BAR



Farm-to-Table

We work closely with long-standing meat-family owned butcheries, who source exclusively from ethical cattlemen and farmers, engaging in the most natural forms of rearing possible. Our grass-fed beef is sourced from Western Cape, Eastern Cape and Natal farms, based on the conditions of the fodder and the land.

Our menu features Karoo Certified free-range Lamb, from KMOO, a collective of farmers from the Williston area in the Karoo scrubland. All our meats are dry and wet aged either locally by suppliers or by ourselves in a temperature-controlled, dehumidified environment.

Starters

- SQ Soup of the Day
Please ask your waiter
- 90 Beef Carpaccio
Thinly sliced fillet, drizzled with lemon & herb dressing, garnished with parmesan, horseradish, fried garlic, wild rocket & toasted buttered ciabatta
- 78/135 Deep Fried Crispy Calamari Tubes (Starter or Main)
Marinated in fresh lemon, olive oil, red chilli flakes, fresh bay leaves, italian parsley & served with rocket, garlic aioli, lemon
- 79 Green Salad
Wild rocket, avo, toasted nuts, parmesan, lemon salt, tossed in a wholegrain mustard sherry vinaigrette

Lighter Meals

- 89 Peri-Peri Chicken Livers
Pan fried in creamy chipotle peri-peri sauce, infused with fresh lemon juice & coriander, served with a warm cocktail portuguese roll
- 98 Flame Grilled Burger
Choice between beef or chicken, served with caramelized onions, house pickled gherkins, fresh tomato, red onions, aioli and our hand-cut chips
- Add white cheddar - R10
- Truffle mushroom sauce or peppercorn sauce - R15
- Add avo - R15 - add bacon - R15

Vegan Meals

- 172 Vegan Burger
Beyond burger served with caramelized onions, house pickled gherkins, fresh tomato, red onions, vegan mayo, vegan cheese and our hand cut chips

Seafood

78/135 Pan Fried Patagonian Calamari Tubes (Starter or Main)
Tossed in garlic, fresh lemon juice & a hint of red chilli, served with lemon & parsley butter

SQ Mozambican-Style Pan Fried Prawns
Shelled prawns, pan-fried in garlic, lemon, chilli & coriander butter, served with hand-cut chips

148 Flash Fried Beer Battered Hake & Chips
Served with tartar sauce, wild rocket & fresh lemon wedge

Steaks

Served with a choice of hand-cut chips or charcoal oven-roasted butternut & creamed spinach - R10

Basted or not basted

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| 150 | 250g Rump | 198 | 350g Rump |
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|-----|-------------|-----|-------------|
| 225 | 250g Fillet | 295 | 350g Fillet |
|-----|-------------|-----|-------------|

210 400g Sirloin on the bone

155 400g Pork ribs

235 800g Pork ribs

Desserts

69 Oven baked Cheese Cake, crumbs, vanilla ice cream with a berry coulis

69 Vanilla Crème Brulee

62 Cognac Dark Chocolate Mousse, vanilla ice cream

58 Vanilla Ice Cream, Warm Dark Chocolate Sauce

Sides

- 22 Hand-cut chips
- 28 Side salad rocket, tomato, cucumber, red onion, marinated olives, danish feta, house dressing
- 28 Creamed spinach
- 28 Oven roasted butternut
- 30 Grilled mushrooms in our house basting

Sauces and Butters

- 30 Lemon & Parsley Butter
- 30 Garlic Butter
- 30 Café de Paris Butter
- 30 Truffle Mushroom Sauce
- 28 Peppercorn Sauce
- 30 Béarnaise Sauce