



**Mitre Tavern
Steakhouse & Grill**

STARTERS

Pate Maison <i>Served with Char-grilled sourdough</i>	\$9
Mediterranean Tartlet <i>Vine Ripened Roma Tomatoes thinly sliced in a light puff pastry shell, With Chevre, Fresh basil and drizzled with a herb oil</i>	\$11
Lemon scented Seared Scallops <i>Scallops served atop individual stacks of cauliflower puree and chorizo, drizzled with avocado oil</i>	\$14
Char-Grilled Garlic and Chilli Calamari <i>On a bed of mixed baby herbs, pickled vegetables, drizzled with Romesco sauce</i>	\$14
Char-Grilled Mixed Meat Skewers <i>Served with three homemade sauces</i>	\$14
Mitre Meat Tasting Plate for Two <i>Selection of Skewers, Cevapcici, Eye Fillet and Pork Ribs with Three Dipping sauces</i>	\$28

MAINS

Trio of sausages <i>On mash with onion marmalade and Port Jus</i>	\$25
Bank Place Pork Spareribs <i>Asian style barbeque sauce, with a side of Sumo Fries</i>	\$32
Fish of the day <i>See waiter-not available on Monday</i>	
Char-grilled Free Range Chicken breast stuffed with Gruyere <i>Stuffed with Gruyere , toasted pinenuts and semi-dried tomatoes on a bed of Kipfler Potatoes served with a ramekin of leek and tarragon veloute.</i>	\$26
Mitre Mixed Grill <i>Fillet Steak, Lamb Chop, Cumberland Sausage 2eggs, Bacon, Black Pudding, Mushrooms ,Roma Tomato, House Hash Brown and Onion rings. Served with Houses of Parliament Sauce</i>	\$39

Please turn over for our Steak Menu

STEAKS

5 Star Grain-fed MSA

Eye Fillet	200g	\$29
Eye Fillet	300g	\$37
Scotch Fillet	350g	\$32
Porterhouse	350g	\$32
Porterhouse	700g	\$55
Rib Eye	400g	\$37

CAAB (Certified Australian Angus Beef)

Rump	500g	\$39
Scotch Fillet	350g	\$41
Porterhouse	400g	\$45
Eye Fillet	250g	\$47

All Steaks served on a bed of wok-tossed spinach

Please choose one of our complimentary sauces or condiments to go with your steak:

Sauces

Béarnaise, Creamy field Mushroom, Tawny Port Jus, Creamy Triple Pepper or Roquefort.

Or

Compound Butters

Lemon and Parsley, Tarragon and Garlic or Cafe de Paris

For more information about our steaks, please turn to the last page of the menu.

SIDES

All \$5

Sumo Fries with Truffle Salt
Pan Roasted Button Mushrooms with Fresh Tarragon
Creamy Sebago Mashed Potatoes
Wok-tossed green vegetables with Crispy Shallots
Baby Potatoes with smoked bacon and thyme
Garden Salad and House French Dressing
Crispy Onion rings, seasoned with za'atar

STEAK AT THE MITRE TAVERN

At the Mitre Tavern Steakhouse and Grill we offer you some of the best Australian grown and butchered beef.

MSA

The MSA (Meat Standards Australia) grading of beef was introduced in Australia to provide discerning beef consumers with a consistent measure of beef quality. The grading takes into consideration several factors including Marbling, Meat Colour and Maturity, all of which are very important when considering the quality of your steak. The grading is broken up into three levels - three star MSA (tenderness guaranteed), four star (premium tenderness) and five star (supreme tenderness). At the Mitre all MSA graded steaks are five star.

Grain-fed vs. Grass-fed Beef

All beef at the Mitre Tavern is grain-fed. We have chosen grain-fed over grass-fed as we believe that grain-fed offers better marbling and fat content which adds to the tenderness, as opposed to grass-fed which offers a leaner steak, which can be more flavoursome, but tougher.

Certified Australian Angus Beef (CAAB)

Long recognized as one of the best eating beefs, the Angus has been developed over 150 years to produce a wonderfully flavoured, supremely tender and delightfully juicy eating steak. CAAB complies with the MSA, but brings its own set of demanding standards to ensure that the restaurant patron can enjoy a spectacular steak, characterised by the excellent flavour and marbling that is associated with the Angus breed.

Steak Cuts

At the Mitre we offer 5 different cuts of Steak, each cut with its own characteristics.

- **Eye Fillet** – cut from the tenderloin, a muscle that runs from just over the shoulder blade to just above the hip on the carcass, which does very little work, making it the tenderness of all steaks. It also has little or no fat making it very lean. As with all steaks at the Mitre, they are ‘centre-cut’ meaning that they come from the centre of the loin and are consistent in shape and size.
- **Ribeye** – cut from the ribcage just below the shoulder-blade. Still has the rib attached to the steak. This means that during cooking the juices from the bone are absorbed into the meat, making the Rib eye the most succulent of the steaks we have on offer. A **Scotch fillet** is effectively the same as the Rib eye, but cut a little lower on the ribcage and without the bone.
- **Rump** – cut from the rump of the animal. Usually has little marbling, and can be less tender than other cuts, but is the most flavoursome steak.
- **Porterhouse (Sirloin)** – cut from the striploin of the animal. The striploin is just below the tenderloin, and again, does very little work, meaning that it is very tender. The Porterhouse also has a delicious layer of fat along one side, making it a little juicier than some other cuts.

Char-grilled Standards

All steaks at the Mitre are cooked on our massive char-grill. Special care is taken to not clean the grill too vigorously, giving the steaks a fantastic char flavour.

Blue

- *Bought to room temperature and seared on both sides briefly – still mooing.*

Rare

- *Cooked on both sides, but very soft to the touch – bloody in the centre.*

Medium - Rare

- *Cooked on both sides with a thin strip of grey surrounding the centre of the steak.*

Medium

- *Cooked to feel slightly springy when touched, equal balance of grey and bloodiness.*

Medium – Well

- *Only the centre 5th will be bloody.*

Well Done

- *Slightly pink seam running through the centre of the steak – the rest completely grey.*

We hope you enjoy your dining experience at the Mitre Tavern
Steakhouse and Grill.