



**MENU**

## Starters

<b>Beef Carpaccio</b>	<b>85</b>
With parmesan shavings and rocket	
<b>Oysters</b>	<b>30 each</b>
Shucked on ice	
<b>Grilled Calamari</b>	<b>85</b>
Tubes served with lemon butter and sweet chilli jam	
<b>Calamari Heads</b>	<b>75</b>
Cajun spiced with lemon butter	
<b>Salmon Tartare</b>	<b>95</b>
Hand chopped, served with olive oil and soy drops	
<b>Local Cigars</b>	
Prawn and Feta	<b>78</b>
Bobotie	<b>76</b>
<b>Arancini Balls</b>	<b>66</b>
Wild mushroom risotto balls with melting mozzarella, served with black truffle mayo	
<b>Venison Skewer</b>	<b>93</b>
Rubbed, grilled and served on a bed of rocket, with cranberry port jus	
<b>Kudu Platter</b>	<b>85</b>
<b>Taste of Karoo</b> , venison salami and carpaccio with Agave buds	
<b>Chicken Liver Stack</b>	<b>67</b>
Piquant sauce; layered with potato chips	
<b>Beef Cheeks</b>	<b>75</b>
Ragú served on thyme infused polenta bricks topped with polenta cumin crusted onion rings	
<b>Marrow Bones</b>	<b>65</b>
Served with a red onion, caper and parsley salad	
<b>Biltong</b>	
100g Beef	<b>64</b>
100g Dry Wors	<b>45</b>
<b>Soup</b>	<b>62</b>
Biltong and bone marrow broth	

## Lighter Favourites

<b>Beef/Chicken Prego Roll</b>	<b>98</b>
Served with fries	
<b>Rump Dunkin'</b>	<b>105</b>
Reverse seared Beefmaster rump with Stella Artois marrow dunkin' sauce, served in a baguette	
<b>Boerewors and Pap</b>	<b>98</b>
With tomato and pepper relish	
<b>V Vegetable and Feta Wrap</b>	<b>85</b>
Stir fried seasonal vegetables wrapped in a tortilla	
<b>Gourmet Burgers</b>	<b>200g patty</b>
	<b>single</b>
Classic with tomato and pepper relish	<b>86</b>
Crispy bacon, avo* and sweet chilli sauce	<b>98</b>
Blue cheese and rocket	<b>135</b>
Cheddar melt	<b>96</b>
<b>V Vegetarian Burger</b>	<b>135</b>

## Grainfed Beef - Wet Aged

<b>Rump</b>	200g	<b>140</b>
	350g	<b>170</b>
<b>Sirloin</b>	200g	<b>140</b>
	350g	<b>170</b>
<b>Fillet</b>	200g	<b>175</b>
	350g	<b>265</b>
<b>Ribeye</b>	200g	<b>165</b>
	350g	<b>245</b>
<b>Fillet on the Bone</b>	500g	<b>SQ</b>

## Grassfed Beef - Wet Aged

<b>Rump</b>	200g	<b>165</b>
	350g	<b>250</b>
<b>Sirloin</b>	200g	<b>165</b>
	350g	<b>250</b>
<b>Fillet</b>	200g	<b>190</b>
	350g	<b>280</b>

## Sauces - made to order

<b>Blue Cheese and Peppadew</b>	<b>35</b>
<b>Dijon Mustard and Chives</b>	<b>30</b>
<b>Béarnaise</b>	<b>45</b>
<b>Madagascan Peppercorn</b>	<b>35</b>
<b>Herbed Mushroom</b>	<b>35</b>
<b>STELLA * ARTOIS Marrow Dunkin'</b>	<b>40</b>
<b>Trio of sauces</b>	<b>35</b>

## Salads

<b>Local Salad</b>	<b>75</b>
Mixed greens, feta, avo*, tomato, cucumber and Local dressing	
<b>Sirloin and Rocket Salad</b>	<b>115</b>
Dijon mustard and thyme brushed, panfried in butter, served on a bed of rocket	
<b>Blue Cheese Salad</b>	<b>85</b>
Local salad with blue cheese and Peppadew® cream dressing	
<b>Chicken Caesar Salad</b>	<b>130</b>
Grilled breast with cos lettuce, croutons and crispy bacon	
<b>Green Salad</b>	<b>75</b>
Fresh salad leaves, green beans, celery and parmesan shavings	
<b>Haloumi Salad</b>	<b>95</b>
Local salad, topped with fried Haloumi	

## Grainfed Beef - Dry Aged

<b>T Bone</b>	350g	<b>210</b>
	500g	<b>280</b>
<b>Wing Rib</b>	350g	<b>220</b>
	500g	<b>296</b>
<b>Sirloin on the Bone</b>	350g	<b>230</b>
	500g	<b>320</b>



## Grassfed Beef - Dry Aged

<b>T Bone</b>	350g	<b>260</b>
	500g	<b>310</b>
<b>Wing Rib</b>	350g	<b>270</b>
	500g	<b>350</b>

**Add Marrow Bone 22**

## Platters

### Three Primal Cuts of Beef

**Fillet, Rump and Sirloin** 600g 1kg

<b>Grainfed</b>	<b>Add 500g Ribeye</b>	<b>400</b>	<b>560</b>
<b>Grassfed</b>		<b>440</b>	<b>650</b>

**Grass VS Grain** **380**  
2 x 350g choice Sirloins, field to fork

**Sausage** **174**  
Selection of boerewors, persian lamb sausages and venison wors, served with tomato pepper relish and mash OR pap

## Sides

<b>Pap</b>	<b>27</b>
With red pepper and tomato relish	
<b>Mashed Potatoes</b>	<b>40</b>
With Beef Jus	
<b>Sweet Potato Mash</b>	<b>40</b>
<b>Fries</b>	<b>30</b>
Hand-cut shoestring or Wedges, 3 way cooked	
<b>Onion Rings</b>	
• <b>STELLA * ARTOIS</b> battered onion rings	<b>40</b>
• Polenta and cumin crusted onion rings	<b>40</b>
<b>Spinach and Butternut</b>	<b>40</b>
<b>Seasonal Vegetables</b>	<b>45</b>
Sautéed OR steamed	
<b>Green Beans</b>	<b>45</b>
Sautéed with garlic	
<b>Sautéed Herbed Mushrooms</b>	<b>45</b>
<b>Salad</b>	<b>47</b>
Local, Green, Blue Cheese or Caesar salad	

## Local Favourites

<b>Grilled Calamari</b>	<b>165</b>
Served with lemon butter and sweet chilli jam	
<b>Salmon</b>	<b>90</b>
Served on a bed of steamed vegetables with wasabi, ginger and soya sauce	
<b>Grilled Prawns</b>	<b>90</b>
Butterflied and grilled, served with garlic butter and peri-peri sauce	
<b>Ostrich</b>	<b>253</b>
Grilled medallions with cranberry port jus	
<b>Lamb Cutlets</b>	<b>265</b>
Rubbed and butter brushed	
<b>Lamb Shank</b>	<b>292</b>
Slow braised with rosemary and infused red wine	
<b>Venison Steak</b>	<b>230</b>
Rubbed and grilled, served with a Cape Malay spice and honey jus	
<b>Pork Neck</b>	<b>160</b>
Slow braised, with pap fries, pan fried mushrooms and a cranberry port jus	
<b>Pork Ribs</b>	<b>224</b>
Basted with honey soya	
<b>Bobotie</b>	<b>120</b>
Traditional "Cape-Malay" beef mince curry, with rice	
<b>Chicken Espetada</b>	<b>160</b>
Braised, deboned thighs, marinated in herbs, garlic, olive oil & lemon juice	
<b>Half Chicken (Free Range)</b>	<b>180</b>
Grilled, choice of peri peri OR lemon and herb	
<b>Brisket Roast</b>	<b>130</b>
On mash potato in beef jus	
<b>Oxtail</b>	<b>240</b>
Slow braised in red wine served on mash potato OR sweet potato mash	
<b>Steak Tartare</b>	<b>185</b>
On Himalayan salt	
<b>Picanha Béarnaise</b>	<b>170</b>
Himalayan salt prepared rump	

**Main dishes served with a complimentary side.**

**\*Only Available In Season**

## Desserts

### Affogato

Creamy vanilla ice cream, topped with a single espresso

Add Liqueur 40

60

### Wicked Home Made Ice Cream

Jar of homemade salted caramel OR cookies & cream



60

### Classic Ice Cream

3 scoops of vanilla ice cream, drizzled with a Bar One chocolate sauce

50

### Pecan Nut Pie

Served with fresh cream or vanilla ice-cream

60

### Crème Brûlée

50

### Chocolate Brownie

Home-baked, served warm with vanilla ice-cream

56

### Assorted Belgian Truffles

50

### Local "bite size" Dessert Favourites

65

### Chocolate Pudding

Fine textured, rich and dark, baked to order (±15 minutes)

65

### Bread and Butter Pudding

Croissant, raisin and vanilla cream baked in the oven

20 Minutes

60

### Malva Pudding

Traditional pudding served with fresh crème anglaise

AMARULA

Add Vanilla Amarula 20

55

Please note: Gratuity is **not** included.

### Take our BEEF home!

Available instore at The Local Grill or online at [www.localgrill.co.za](http://www.localgrill.co.za).

We follow strict 'field to fork' principles which means our beef is sourced from the best producers we can find, aged on the premises, and cut to order.

#### Parktown North

40, 7th Avenue, Cnr 7th & 3rd Avenues | T + 27 (0) 11 880 1946 | S26 08 40.6 E28 01 44.2

#### Bryanston

The Posthouse Link, Posthouse St & Main Rd | T + 27 (0) 11 463 0721

#### Kenya

Village Market Nairobi, Kenya | T + 254 (0) 75 713-0061

[www.localgrill.co.za](http://www.localgrill.co.za)