

# WELCOME TO....

# MU MU GRILL



**SYDNEY'S ONLY SUSTAINABLE STEAKHOUSE**

**OPENING HOURS:**

LUNCH – Wednesday to Sunday

12 – 3pm

DINNER – Monday – Sunday

5:30 -10pm





**If you want a  
bloody good steak, then you've  
come to the right place!**

**Mumu Grill is the only steakhouse in Sydney that uses  
100% grass-fed beef, in combination with all of our  
other ingredients, which are organic or sustainable.**

**Did you know that compared with grain-fed meat,  
meat from grass-fed beef has less total fat,  
saturated fat, cholesterol, and calories?  
It also has more Vitamin E, beta-carotene,  
Vitamin C, and a number of health-promoting fats,  
including omega-3 fatty acids...  
more than farmed Salmon!**

**Not just great for your health,  
but it is far more succulent, tasty and tender.  
If there's anything you would like  
that isn't on our menu, have any feedback,  
or specific dietary requirements,  
please let us know  
as nothing is too much trouble.  
Add all this to the great big dollops of love  
from Chef, Craig Macindoe and his team,  
and you're in for a fun feed  
that will keep you going  
MUMU MOO all the way home.**

**Please ask our staff about upcoming events, the *Beef and Beer Master class*  
and our *Handcrafted Dinners*....Lots of fun and make great gift ideas.**



## **BREAD**

Fresh baked wood fired bread & dips 6.90

## **SMALL PLATES**

Sicilian Green olives 6.50

Organic Wagyu meatballs with spicy tomato sauce 11.90

Zucchini flowers stuffed with herbed ricotta and cabra 9.90

Szechwan pepper prawn with pickled chili & soy dressing 12.90

Broccoli with chili, garlic, and pine nuts 7.90

Chorizo braised in red ale & topped with parmesan 8.90

Grilled Scallops with jamon and Manchego cheese 12.90

## **FROM THE JAMON BAR**

*In Spanish, Jamon Serrano means "mountain ham," referencing the traditional area of production. This ham is made by cleaning and trimming pork legs, salting them, and then allowing them to sit for two weeks to draw off the moisture. Then, the hams are washed to remove much of the salt, and hung in a cool, dry, breezy place for six to 18 months.*

Jamon Serrano - 15 month & Catalan bread 14.90

Jamon Serrano – 18 month & Catalan bread 16.90

## **SALAD**

**GRILLED GOAT CHEESE SALAD** 15.90

*Spanish goat cheese, travessio lettuce, baby endive, char grilled vegetables & white balsamic dressing*

**ROCKET & RADICCHIO SALAD** 16.90

*With poached pear, parmesan & Jamon*



## **BEEF**

*MUMU Grill specialises in grass-fed beef sourced from around the country. Grass-fed beef is healthier for you, better for our environment and equally important, it tastes fantastic! Grass-fed beef has less fat so is better enjoyed when cooked below medium.*

*Unless stated – All beef comes with green Beans and new potatoes, mash or chips*

<b>TASMANIAN ANGUS RUMP</b> Topped with roast garlic mustard	300g	28.90
<b>KING ISLAND PRIME RIB</b> Szechuan pepper crusted (Our Fave!)	350g	44.90
<b>VICTORIAN BEEF FILLET</b> Wrapped in sage & proscuitto, café de Paris butter and served on mashed Pontiac potato	160g	32.90
<b>SCOTCH FILLET</b> Blue cheese & mushroom pate Sourced from the pastures of Millawa	300g	36.90
<b>RIVERINA T-BONE</b>	500g	38.90
<b>'TAGLIATA' T-BONE</b> Seared, sliced & finished with rosemary & garlic	1kg	59.90
<b>SIRLOIN</b> Sourced from the pastures of Cape Grim	280g	30.90
<b>KIMEL AGED SIRLOIN</b> Crusted with Papua New Guinea Kimel (Coffee Bean) & Szechuan pepper. Seared and served sliced Sourced from the pastures of Cape Grim	400g	39.90

### **EXTRA SAUCES 3.50**

Red Wine Jus

Béarnaise

Mushroom

Blue Cheese

### **SIDES 6.90**

Grilled Field Mushrooms

Sautéed Greens

Garden Salad

Onion Rings

Roasted Vegetables



## **MAINS**

<b>ROASTED ORGANIC ½ CHICKEN</b> Marinated in rosemary & lemon With maple roasted sweet potato and cavallo nero	32.90
<b>TWICE COOKED DUCK</b> Roasted then braised and served with Bok choy and poached pear	36
<b>TASSY OAK PLANKED SALMON</b> Fillet of Salmon cooked on a "Plank of Tasmanian Oak with horseradish dressing, Radicchio, parsley and shaved fennel	34.90
<b>SLOW ROAST BANGALOW PORK SHOULDER</b> 15 Hour roast pork shoulder served with Celeriac and Apple remoulade	34.90
<b>SALTBUSH LAMB SHOULDER</b> Slow roast (10 hours), goat cheese tortilla With roast eggplant and watercress salad with a Tahini dressing	32.90
<b>BEEF RIBS</b> Slow cooked beef ribs served in our house made BBQ sauce with green beans & chips	36.90
<b>RIB COMBO</b> Beef short ribs with baby back pork ribs (A meat lover's delight) Served with Green beans & chips	36.90
<b>STEAK &amp; RIBS</b> Beef ribs & Sirloin served with green beans & chips	40.90
<b>GOOD OL' BANGERS N MASH</b> Pork & Fennel sausages, mash potato, caramelised Onions & red wine jus	17.90



## **DESSERT**

**CHOCOLATE TARTE** 16.90  
with macadamia shortbread base and mandarin curd

**BROWN SUGAR PAVLOVA** 16.90  
Topped with fresh pineapple & passionfruit sauce

**MANGO AND GINGER TRIFLE** 16.90  
With spring fruits and chocolate mint

**ORGANIC SUGER CANE BRULEE** 16.90

**DECONSTRUCTED NIGHT CAP** 21.90  
Served with Hazelnut Gelato, Kahlua, Hennessy VSOP Cognac,  
Double Espresso and a dark Belgium chocolate file

**DESSERT PLATTER** 30.90  
A selection of our desserts to share -  
(Brulee, Pavlova, Chocolate Tart)

**CHOICE OF CHEESE WITH HOUSE MADE GRILLED BREAD & PEAR CHUTNEY** 10.90  
Manchego

Cabra 10.90

Gorgonzola Dolce 10.90

### **DESSERT WINES**

Innocent Bystander 2009 Pink Moscato	Yarra Valley	29.90
Mr. Riggs 2008 Sticky End Viognier	McLaren Vale S.A	45.90 9.90

### **DIGESTIVES & LIQUERS**

Pedro Ximénez 12.90

Penfolds Grandfathers Tawny Port 12.90

Galway Pipe Tawny Port 9.90

Hennessy V.S.O.P Cognac 12.90

Glenmorangie Single Malt Scotch Whiskey 14.90

Chivas Regal Scotch Whiskey 12.90

Amaretto 10.90

Frangelico 8.50

Grand Marnier 9.50

Liqueur Coffee 14.90

Liqueur Affogato 14.90

