

Main Course – Steak Selections



We have outlined what you can expect from each category of steak.

Minute Steak:

£9.95

A very thin cut made up of Sirloin Steak that has been pounded down. Grilled under a medium to high heat, seasoned and usually needs only a minute or so on each side. Served with Fries, Buttered Peas & a Fried Egg. 'gf'

Grilled 6oz Fillet Steak:

£21.95

This is the leanest and most tender of all the steaks. The fillet tail is usually cut off. The centre cut fillet is the prime part of the fillet and the most expensive. The blueish membrane around them, known as silver skin is cut off and removed so that it doesn't tighten the steak during cooking and render the steak tough. The steak will be patted to remove any excess moisture. A maximum heat is used to cook the steak.

Sirloin Steak:

£20.95

A very popular cut, the sirloin comes from the upper middle of the cow. This is a part of the cow that doesn't do as much as, say, the shoulder, so it is very tender and well-marbled with fat. All the gristle is removed from the cut and when cooking.

Ribeye Steak:

£18.95

An old classic, ribeye comes, as the name suggests, from a cow's rib section. It has a wonderful rich flavour and is very tender. Because there are pockets of fat in the steak. Best enjoyed medium rare to medium. It is prepared then cooked on a on a red-hot surface and left to rest a bit longer than other steaks.

All served with a choice of Hand Cut Chips or French Fries. Mushroom and Tomato. (Not Minute)
Add a sauce £1.50 – Peppercorn, Diane, Red Wine Jus, Garlic & Parsley Butter, Blue Cheese Sauce.

- **Blue:** About 1½ mins each side. Should still be a dark colour, almost purple, and just warm. It will feel spongy with no resistance.
- **Rare:** About 2¼ mins each side. Dark red in colour with some juice flowing. It will feel soft and spongy with slight resistance.
- **Medium-rare:** About 3¼ mins each side. A slightly pinker colour with a little pink juice flowing. It will be a bit soft and spongy and slightly springy.
- **Medium:** About 4½ mins each side. Pale pink in the middle with hardly any juice flowing. It will feel firm and springy.
- **Well-done:** For a well-done steak, cook for about 4-5 minutes each side, depending on thickness. Only a trace of pink colour but not dry. It will feel spongy and soft and slightly springy.

Your cooked steak will rest at room temperature for at least five minutes – it will stay warm for anything up to 10 minutes. Here, pure science comes into play – the fibres of the meat will reabsorb the free-running juices resulting in a moist and tender finish to your steak.