



A CUT ABOVE THE BEST

# THE BUTCHER MAN

## GRILL MENU

*"What a great place!! Steak was absolutely amazing!!  
Tender and flavourful...as well as the sweet potato fries!  
Service was as perfect as the meat!!! Definitely recommended!!!"*

*- Bernardo Carnevale, Rio de Janeiro, RJ*

HOW WOULD YOU LIKE YOURS CUT?

105 MAIN RD, GREEN POINT, CAPE TOWN, 8005 | OPEN DAILY: 9AM TO 10PM  
T: 021 434 1111 E: REALMEAT@THEBUTCHERMAN.CO.ZA W: THEBUTCHERMAN.CO.ZA







*"Loved it here, friendly service, tastiest steak, ribs and lamb, lovely coleslaw and sides, fresh salad. Good Wine. Everything that makes me want to go back soon!"*

*- Keving119, St Albans, United Kingdom*



# WELCOME TO THE BUTCHER MAN.

## YOUR SPECIALIST BUTCHERY AND GRILL

Established July 4th, 2013, our love for quality meat, combined with years of experience in the meat industry, ensures we source only the best meat in the country. Located in the trendy hub of Green Point, Cape Town, The Butcher Man is your one-stop meat emporium, offering a wide selection of prime cuts to go or eat-in, alongside a selection of curated biltong, award-winning wines, and all your culinary braai essentials.

**The Butcher Man is passionate about Everything Meat. We invite you to enjoy your journey.**

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  @THEBUTCHERMANCPT







*"Outstanding Food & Service!"*  
- Barbara, Australia

## BEEF



OUR AAA GRADE BEEF IS PREPARED WITH THE OPTION OF COARSE SALT, BLACK PEPPER & OLIVE OIL OR OUR FAMOUS BUTCHER MAN BASTING SAUCE. SERVED WITH A CHOICE OF SHOESTRING FRIES, SWEET POTATO FRIES, OR A SIDE SALAD.

### THE BUTCHER MAN SIRLOIN

200G  
350G

R129,00  
R199,00

### THE BUTCHER MAN RUMP

200G  
350G

R129,00  
R199,00

### THE BUTCHER MAN FILLET

200G  
350G

R199,00  
R269,00

## CHALMAR BEEF



CHALMAR IS AAA GRADE MEAT, HARVESTED BETWEEN 12 & 18 MONTHS. ALL CHALMAR BEEF IS WET AGED +21 DAYS AND IS FREE OF ARTIFICIAL GROWTH HORMONES. SERVED WITH A CHOICE OF SHOESTRING FRIES, SWEET POTATO FRIES, OR A SIDE SALAD.

### CHALMAR RIBEYE

200G  
350G

R219,00  
R289,00

### CHALMAR WING RIB

400G

R289,00

### CHALMAR T-BONE

500G

R329,00





*"We ate delicious meat, the service was great, food came fast and the prices were great. Very good experience"*

*- Kahtan, Tel Aviv, Israel*

## LAMB



A2 GRADE WHICH ENSURES THE MOST TENDER OF CUTS. SERVED WITH A CHOICE OF SHOESTRING FRIES, SWEET POTATO FRIES, OR A SIDE SALAD.

### LAMB PRETZEL CHOPS

300G

R169,00

### LAMB LOIN CHOPS

400G

R229,00

### LAMB CUTLETS

400G

R229,00

### LAMB CHUMP CHOPS

400G

R229,00

## RIBS



SUCCULENT MARINATED RIBS MADE ACCORDING TO OUR OWN SECRET RECIPE. SERVED WITH A CHOICE OF SHOESTRING FRIES, SWEET POTATO FRIES, OR A SIDE SALAD.

### BEEF RIBS

700G

R299,00

### PORK RIBS

350G

R199,00

700G

R299,00





*"Most fantastic restaurant, the staff were incredible, friendly and so efficient and helpful. Venue was comfortable and characterful. Above all food was amazing."*

*- Climber618902*

# CHICKEN



QUALITY CHICKEN BREAST FILLET. SERVED WITH A CHOICE OF SHOESTRING FRIES, SWEET POTATO FRIES, OR A SIDE SALAD.

## CHICKEN SKEWERS

300G | R129,00

Your choice of Cape Fruit, Lemon & Herb, Honey Mustard or Prego sauce

## TEXAN STYLE CHICKEN ESPETADA

R169,00

400g succulent cubed chicken breast fillet, skewered and rubbed with traditional Texan rub

# PREGO ROLLS



SERVED WITH A CHOICE OF SHOESTRING FRIES, SWEET POTATO FRIES, OR A SIDE SALAD.

## PREGO ROLL

Your choice of meat, served on a fresh ciabatta roll with our signature spicy prego sauce

## CHICKEN

150G | R109,00

## BEEF SIRLOIN

200G | R139,00

## BOERIE ROLL

R99,00

250g Homemade wors, served with caramelized onions and burger sauce





"The hamburgers taste really good. The staff is very vigilant and competent. The prices are good. I recommend it!"

- anni111, Bologna, Italy



## BURGERS



HOMEMADE PATTIES MADE FROM 100% PURE BEEF, TOGETHER WITH OUR FAMOUS BURGER SPICE AND BASTING SAUCE. SERVED WITH A CHOICE OF SHOESTRING FRIES, SWEET POTATO FRIES, OR A SIDE SALAD.

- |   |         |
|---|---------|
| <b>PURE BEEF BURGER</b><br>100% pure beef burger served with lettuce, tomato, gherkin, red onion & burger sauce   | R99,00  |
| <b>BACON &amp; CHEESE BURGER</b><br>150g pure beef burger with mature cheddar & streaky bacon, served with lettuce, tomato, gherkin, red onion & burger sauce | R119,00 |
| <b>CHICKEN &amp; CHEESE BURGER</b><br>150g chicken breast with mature cheddar, served with lettuce, tomato, gherkin, red onion & burger sauce                 | R119,00 |
| <b>BIG BOY BURGER - SIGNATURE DISH</b><br>300g pure beef burger with bacon & cheese, served with lettuce, tomato, gherkin, red onion & burger sauce           | R159,00 |

## SPECIALTY BURGERS



- |   |         |
|---|---------|
| <b>THE BUTCHER MAN BEYOND BURGER</b><br>150g plant-based burger served with lettuce, tomato, gherkin, red onion & burger sauce. The beyond burger packs 20g of plant-based Protein and has no GMOS, soy, or gluten. | R149,00 |
| <b>WAGYU BURGER - SIGNATURE DISH</b><br>200g pure Wagyu burger, served with lettuce, tomato, gherkin, red onion & burger sauce  | R179,00 |





## SIDE ORDERS



EXTRA FRENCH FRIES	R29,00
EXTRA SWEET POTATO FRIES	R29,00
EXTRA COLESLAW CABBAGE	R29,00
EXTRA GREEN SALAD	R29,00
EXTRA GREEK SALAD	R39,00
EXTRA CHEDDAR CHEESE	R15,00
EXTRA BACON	R29,00
EXTRA BOEREWORS 250G	R39,00
MAGIC MUSHROOM SAUCE	R30,00
POWER PEPPER SAUCE	R30,00

// Just had to say if your in Cape Town & you love meat visit this restaurant - great service from start to finish. Tasty wine & excellent beef cooked to perfection. Spot on portion size, lovely vibrant atmosphere. Thank you. //

- Louise D, Thirsk





100% the best steak  
I have ever had.  
Lovely, friendly and  
helpful staff.  
- Lisa Beedie

# DRINKS



## COLD DRINKS

COKE	R22,00
COKE LIGHT	R22,00
COKE ZERO	R22,00
SPRITE	R22,00
SPRITE ZERO	R22,00
FANTA ORANGE	R22,00
CREME SODA	R22,00

UBER APPLE CINNAMON	R35,00
UBER MANGO VANILLA	R35,00
UBER BERRY BUCHU	R35,00
UBER HONEY & LEMON	R35,00
UBER CBD INFUSED APPLE & GINGER	R39,00

JUICE BOX POMEGRANATE	R39,00
JUICE BOX CLOUDY APPLE	R39,00
JUICE BOX NAARTJIE	R39,00

BOS PEACH	R22,00
BOS LEMON	R22,00
APPLETISER	R25,00
RED GRAPETISER	R25,00

SAN PELLE LIMONATA	R29,00
SAN PELLE MELANGRANO	R29,00
SAN PELLE ROSA	R29,00
SAN PELLE ORANGE	R29,00

LIME & LEMONADE/SODA	R39,00
PASSION & LEMONADE/SODA	R39,00
KOLA TONIC & LEMONADE/SODA	R39,00
ROCK SHANDY	R39,00

AQUA PANNA 500ML	R25,00
AQUA PANNA 750ML	R46,00
SAN PELLE SPARKLING 500ML	R25,00
SAN PELLE SPARKLING 750ML	R46,00

## HOT DRINKS

SINGLE ESPRESSO DELUXE	R19,00
DOUBLE ESPRESSO DELUXE	R25,00
MACCHIATO	R25,00
CAPPUCCINO DELUXE	R25,00
LATTE DELUXE	R29,00
AMERICANO DELUXE	R25,00

FIVE ROSES/ROOIBOS TEA	R19,00
HOT CHOCOLATE NOMU	R25,00



DELUXE COFFEEWORKS

CAPE TOWN, ZA





*"Came here for a late lunch on a Sunday. The meat and the service was outstanding. The place too is pleasant and nice. I recommend the ribeye."*

*- 142arianep, London, United Kingdom*

## WINE



THE BUTCHER MAN OFFERS A SELECTION OF AWARD-WINNING WINES TO COMPLIMENT YOUR CUT. SPEAK TO ONE OF OUR BUTCHER MAN TEAM FOR YOUR PERFECT PAIRING.

### WHITE WINE

KEN FORRESTER SAUVIGNON BLANC  
LA MOTTE SAUVIGNON BLANC  
PIERRE JOURDAN TRANQUILLE  
HAUTE CABRIERE CHARDONNAY PINOT NOIR

### ROSÉ

WHISPERING ANGEL ROSÉ  
WATERFORD ROSE MARY ROSÉ

### RED WINE

BEYERSKLOOF PINOTAGE  
RIJKS PINOTAGE  
ALTO ROUGE BLEND  
SAXENBURG GUINIFOWL BLEND  
WARWICK CAB SAV  
DE GREDEL MERLOT  
CHOCOLATE BLOCK  
FOOTHILLS MONOGRAM SHIRAZ



# BILTONG



## THE HISTORY

Dried meat has been around for centuries and its history can be traced to plenty of different cultures. Biltong, specifically, was first created by the indigenous people of South Africa over 400 years ago. They preserved their meat by curing it with salt and hanging it to dry. Although at that time it wasn't known as Biltong.

When the European settlers arrived, they introduced a more sophisticated curing process that involved vinegar and spices such as pepper and coriander. That is how Biltong was born. The word Biltong is derived from the Dutch words "bil" (meat or rump) and "tong" (strip), so essentially Biltong means strip of beef.

Biltong became an important part of sea travel due to its durability and later played a very important role in the migration of the Dutch settlers, or Voortrekkers, as they travelled further North. Biltong was the perfect travel snack because of how long it lasts, its health benefits, and the lean protein it provides. Biltong has always been an integral part of South African culture and is a staple food that can be found in every butcher shop and supermarket.

**THE BUTCHER MAN IS RENOWNED FOR ITS FAMOUS BEEF BILTONG. TRY SOME NOW!**

**Travelling?** Let us vacuum pack your order for you.

"Their griller is always red hot for your choice of meat by the Butcher. I had a T-bone steak of my choice grilled to my liking. What experience to have before the match at Green Point Stadium."

- InnocentJ26





# BRAAI



The word braai evolved from the word braden (Roast in Dutch) into braaivleis (Which is Afrikaans for grilled meat) and then into the verb braai which means "to grill".

The word braai forms a proud part of South Africans slang and is used by people of all languages. The word can be associated with the word barbecue, although one should tread lightly when using that term in sunny South Africa, especially near a braai. The main distinction between a braai and a barbecue, according to the average foreigner, would be the "fuel" that is used to make the fire and ultimately cook the meat.

The word braai in the context of braai culture, can take on many forms such as describing a social meeting; the physical apparatus(noun) in which you cook your meat; the art and process(verb) of cooking the meat over an open flame or over hot coals.

Come rain or shine, there's always a good reason to braai. The only question is, what to braai? At the butcher man, you're spoiled for choice. Choose from a selection of our finest cuts, recommended by our master butcher:

- AGED PREMIUM STEAKS
- LAMB PRETZEL CHOPS
- A-GRADE LAMB CHOPS
- MARINATED SKEWERS
- BUTCHER MAN BOEREWORS

## WE ALSO STOCK ALL YOUR BRAAI ESSENTIALS:

- CHARCOAL
- FIRELIGHTERS
- A RANGE OF FAMOUS BUTCHER MAN BASTING SAUCES



*The fillet steak was really good, close to perfect.  
The ambiance was also very nice. Go there if you like excellent meat.*

- draftee96



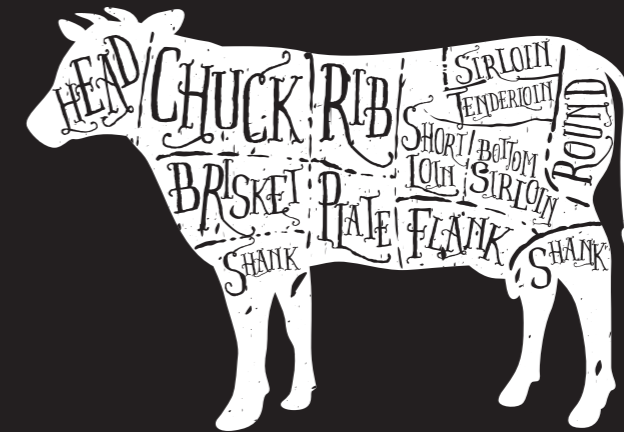


*"We booked a table at short notice and were not disappointed. The place is a mix of butchery and restaurant and the quality of the meat is just amazingly good."*

*- Hubiman, Baden, Switzerland*

# - BEEF CUTS -

We stock a wide range of the finest beef that South Africa has to offer. Let us help you decide what will best suit your needs and we'll cut and trim it to perfection for you.



## HEAD OR BEEF CHEEKS

The cheek is working almost constantly through the animal's life, chewing cud, so it's tough, but all that connective tissue transforms into melting, meaty goodness when it's braised or cooked low and slow.

## SIRLOIN

Beef sirloin is another relatively tender cut, but as we move toward the rear leg of the animal, the muscles do get a bit tougher. Top sirloin gives us steaks that are good for grilling, while the bottom sirloin gives us roasts like sirloin tip and tri-tip, which are good choices for roasting or the braai.

## PLATE

Also called the short plate (or "long plate"), the beef plate primal includes the short ribs and skirt steak. Skirt steak is the diaphragm muscle which is extremely flavourful. It's a thin piece of meat, which allows you to cook it very quickly over high heat.

## CHUCK

Beef chuck yields tough but very flavourful cuts of meat. Ideal for making braised dishes like beef stew or pot roast. Because of its fat content, it's also excellent for making ground beef.

## SHORT LOIN

Beef short loin is where we get many of the most desirable cuts of meat, including T-bone and porterhouse steaks, as well as the strip loin or strip steak. The tenderloin, which is the most tender cut of beef, extends from the short loin back into the sirloin.

## RIB

Made from the top part of the centre section of rib, the beef rib primal cut is used for the traditional standing rib roast (prime rib). It's also the source of the delectable ribeye steak as well as the classic French entrecôte.

## SHANK

The beef shank is the leg of the animal, and is extremely tough and full of connective tissue. Beef shank is used in making the luxurious Italian dish osso buco.

## BRISKET

Beef brisket is one of the most flavourful cuts of meat, although it is tough. It's also a moderately fatty cut of beef, but this can work to your advantage given the long cooking times necessary to tenderize the meat.

## ROUND

Consisting mainly of the back leg. Muscles from the round are fairly lean, but also tough, since the leg and rump get a lot of exercise. There are three main subprimals of the beef round: the top round, bottom round and the knuckle. The bottom round is where we get rump roast and also eye of round.

## FLANK

Beef flank can be cooked on the grill, but since it has tough muscle fibres, it can be tough if it's overcooked. The best grilling technique for flank steak is to grill it quickly at a very high temperature. Remember to slice it thinly against the grain, so that it isn't chewy.

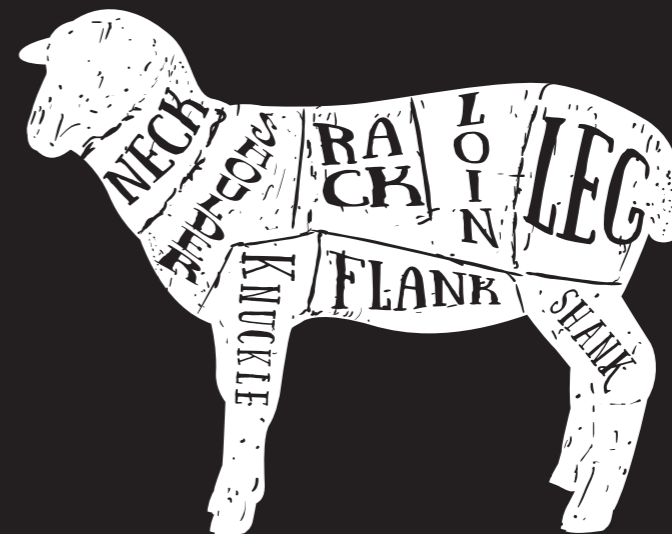




*"The service was on point.  
The food was just delicious and I  
enjoyed each and every minute of it.  
I am thinking of going again."  
- ptmagadla, Cape Town, South Africa*

# - LAMB CUTS -

We work hard to make sure we source only the best lamb. Whatever you needs, be it for a roast, a braai or a stew, we'll cut and trim it to your liking.



## LAMB LEG

The leg of lamb can be cut into leg chops, though more frequently it is prepared whole. Roasted leg of lamb is one of the most common preparations, although braised leg of lamb is also popular in some cuisines.

## LAMB FLANK

Lamb flank can be tough unless cooked with moist heat, so braising is best. Lamb flank can also be used for making ground lamb.

## LAMB SHOULDER

As a rule, lamb is fairly tender, which means that most cuts of lamb can be cooked using dry heat – even when the corresponding cut of beef or pork might not. One example of this is the lamb shoulder. It is often roasted – in which case it is usually boned and rolled; it can be stuffed, as well. Lamb shoulder is also sometimes cut into chops, though these chops are not as desirable as rib or loin chops.

## RACK OR RIB

Sometimes called the "hotel rack", the lamb rib primal cut is where we get lamb rib chops, lamb crown roast and rack of lamb. Depending on the size of the ribs, a lamb chop may actually have two ribs on it.

## LAMB NECK

A tough cut with a lot of cartilage, the lamb neck is best used for making lamb stew.

## LAMB BREAST

Lamb breast contains a lot of cartilage and other connective tissues, making it one of the few lamb primal cuts that needs to be cooked with moist heat. Lamb breast can also be used for making ground lamb.

## LAMB LOIN

The lamb loin is where we get the lamb loin roast and lamb loin chops, both tender cuts that are best prepared using dry-heat. The entire lamb loin can also be cooked on the grill.

## LAMB SHANKS

The shanks are the lower section of the animal's leg, and they're extremely tough and full of connective tissue. (Note also that lamb has a foreshank and a hindshank, which come from the foresaddle and hindsaddle). The lamb shank is the source of a particularly succulent dish, braised lamb shanks.



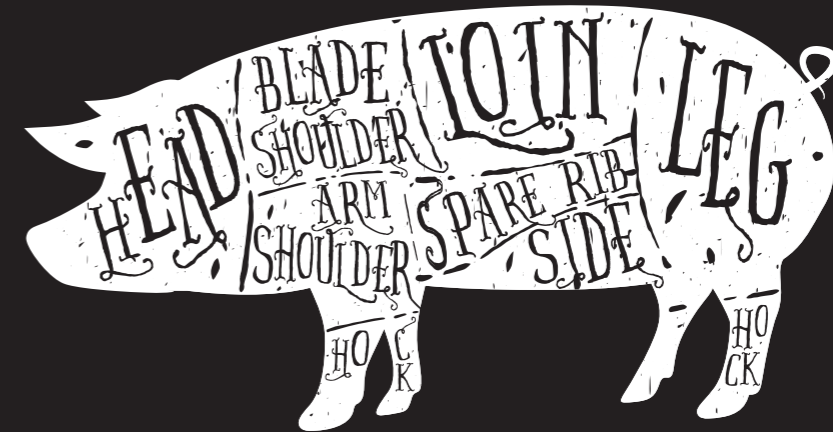


*"Great food, friendly staff and good price.  
We found this restaurant on trip advisor and  
decided to give it a try. It was a great surprise!"*

*- MarianaR1719, Dubai, United Arab Emirates*

# - PORK CUTS -

From bacon to ribs, chops to pork belly - we have all the best pork on offer and can cut and trim it to perfection for you.



## PORK SPARE RIB

Taken from the belly side of the ribs where they join the breastbone, pork spare ribs are often prepared by grilling very slowly over low temperatures. Pork spare ribs can also be braised or cooked in a crockpot.

## REAR HOCK

The rear hock is taken from the joint at the shank end of the ham, where it joins the foot. The rear hock is often braised with collards or other greens.

## BLADE OR SHOULDER

Consisting of parts of the neck, shoulder blade and upper arm, this is a moderately tough cut of pork with a good deal of connective tissue. Blade or shoulder can be roasted or cut into steaks, but it is also well suited for braising and stewing, or for making ground pork or sausages.

## ARM SHOULDER

Another tough cut, the Pork shoulder (also called the picnic or arm shoulder) is frequently cured or smoked. Pork shoulder is also used for making ground pork or sausage meat. It is also sometimes roasted, but it's not really ideal for this.

## HEAD OR JOWL

The pork head is mostly used in making sausages although it can also be cured and made into bacon. On the Weber, the cheeks are world-class.

## LOIN

The entire pork loin can be roasted, or it can be cut into individual chops or cutlets. The tenderloin is taken from the rear of the pork loin, and baby-back ribs come from the upper ribcage area of the loin. Above the loin is another section of fatback which can be used for making lard, salt pork or added to sausage or ground pork.

## LEG OR HAM

The back leg of the hog is where we get fresh, smoked or cured hams. Serrano ham and prosciutto are made from hams that are cured, smoked and then air-dried. Fresh hams are usually roasted, but they can be cut into ham steaks as well.

## SIDE OR PORK BELLY

The pork side/belly is where we get pancetta and bacon. Pork belly meat can also be rolled and roasted or even cut into steaks.

## FRONT HOCK OR FOOT

High in collagen, pork feet are excellent sources of gelatin and are frequently added to soups and stews. Long, slow simmering, breaks down the tough connective tissues in the pork foot and tenderizes the meat. Pork feet can also be cured, smoked or even pickled.





### **Awarded SA's most loved Butcher**

South Africans don't shy away from meat. We love it in a stew, made into biltong or char-grilled on a braai. The category showed that fans didn't shy away from supporting their best suppliers. It was very close, but in the end fans agreed The Butcher Man is SA's Most Loved Local of all the butcheries and meat markets.

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tripadvisor

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