

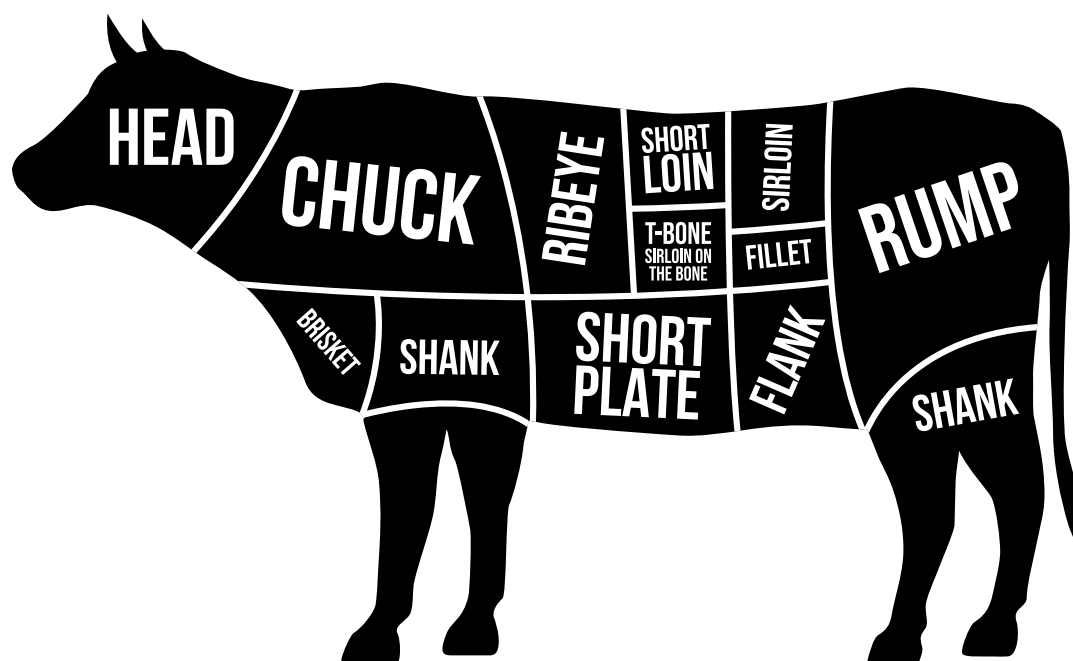
Cowboys
& COOKS
STEAKHOUSE & BAR

 @cowboyscooks

 @cowboysandcooks

Our Journey Begins

Steeped in a history of traversing bountiful and dangerous lands, the African cattlemen of various descents honourably protect their herds. Passing down their gifts and knowledge, these cowboys and their traditions are what we honour in the farm-to-table style dining at Cowboys & Cooks.



Farm-to-Table

We work closely with long-standing meat-family owned butcheries, who source exclusively from ethical cattlemen and farmers, engaging in the most natural forms of rearing possible. Our grass-fed beef is sourced from Western Cape, Eastern Cape and Natal farms, based on the conditions of the fodder and the land.

Our menu features Karoo Certified free-range Lamb, from KM00, a collective of farmers from the Williston area in the Karoo scrubland. All our meats are dry and wet aged either locally by suppliers or by ourselves in a temperature-controlled, dehumidified environment.

Starters

- SQ **Soup of the Day**
Please ask your waiter
- 72 **Charcoal Oven-Roasted Bone Marrow**
Gratinated with Parmesan & a Crispy Herb Crumb. Served with a Lemon Vinaigrette, a tossed Parsley Salad & Sliced Ciabatta
- 90 **Beef Carpaccio**
Thinly Sliced Fillet, Drizzled with Lemon & Herb Dressing, Garnished with Parmesan, Horseradish, Fried Garlic, Wild Rocket & Toasted Buttered Ciabatta
- 80 **Steamed Black West Coast Mussels**
Fresh Mussels Steamed in White Wine, Garlic, Garden Thyme & Cream, Served with Toasted Buttered Ciabatta
- 78 / 135 **Deep Fried Crispy Calamari Tubes**
Marinated in Fresh Lemon, Olive Oil, Red Chilli Flakes, Fresh Bay Leaves, Italian Parsley & served with Rocket, Lemon & Aioli Large
- 75 **Flame-Grilled Large Black Mushrooms**
Gratinated with Parmesan, Served with Truffle-Infused Mushroom Sauce, Exotic Mushrooms, Spinach, Danish Feta & Basil Emollition
- 78 **Flame Grilled Chicken Wings**
Basted with our house Barbeque Sauce
- 85 **Deep Fried Parmesan & Herb Crumbed Chicken Wings**
Served with Gin-Infused Yoghurt & Blue Cheese Sauce
- 89 **Avo Ritz**
Steamed Prawns in White Wine, served cold with Marie Rose, Chiffonade Greens, Pickled Cucumber, Avo, & Basil Mayo
- 89 **Hot Jalapeño Poppers**
Stuffed with Cream Cheese, Mozzarella, Cheddar & Spring Onion. Crumbed & Flash Fried, Served with a Sweet Chilli Mayo
- ## Salads
- 95 **House Salad**
Wild Rocket, Avo, Red Onion, Garden Peas, Bella-Rosa Tomatoes, Parmesan Shavings, Garlic Croutons, Crispy Bacon, Tossed in our House Dressing, Topped with Basil Mayo and a Half-Boiled Egg.
- 68 **Greek Salad**
Tomato, Pickled Cucumber, Caper Berries, Danish Feta, Marinated Kalamata Olives, Tossed in Olive Oil
- 72 **Heirloom Tomato & Bocconcini Salad**
Heirloom & Semi-Dried Tomatoes, Red Onion, Fresh Sliced Garlic, Basil Pesto, Olive Oil, Balsamic Reduction & Lemon Salt. Served with Crispy Bocconcini
- 79 **Green Salad**
Wild Rocket, Avo, Toasted Nuts, Parmesan, Lemon Salt, Tossed in a Wholegrain Mustard Sherry Vinaigrette
- 85 **Beetroot Carpaccio**
With Roasted Butternut, Rocket, Toasted Pumpkin Seeds, Basil Pesto, Pepper-Crusted Goats Cheese

Seafood

- 210 **Fresh Pan Fried Line Fish**
Ask your Waiter
- 155 **Steamed Black West Coast Mussels**
Fresh Mussels Steamed in White Wine, Garlic, Garden Thyme & Cream,
Served with Toasted & Buttered Ciabatta
- R78 / R135 **Pan Fried Patagonian Calamari Tubes (Starter or Main Option)**
Tossed in Garlic, Fresh Lemon Juice & a Hint of Red Chilli, Served with Lemon & Parsley Butter
- SQ **Mozambican-Style Pan Fried Prawns**
Shelled Prawns in Garlic, Lemon, Chilli, Coriander Butter, Served with Hand-Cut Chips
- 148 **Flash Fried Beer Battered Hake & Chips**
Served with Tartar Sauce, Wild Rocket, Fresh Lemon Wedge

Steaks

Served with a choice of Hand-Cut Chips or Baked Potato with Sour Cream,
or Charcoal Oven-Roasted Butternut & Creamed Spinach - R10

- 150 250g Rump 350g Rump - R198
- 210 250g Fillet 350g Fillet - R255
- 150 250g Sirloin 350g Sirloin - R198
- 245 300g Rib-eye

Meat on the Bone

Served with a choice of Hand-Cut Chips or Baked Potato with Sour Cream,
or Charcoal Oven-Roasted Butternut & Creamed Spinach - R10

- 210 400g Sirloin on the bone
- 189 **Karoo Certified Lamb Shank**
Slow Roasted in Red Wine, Fresh Herbs, Garlic, Onions
& served on Garlic Mash, Roasted Butternut, Tender Stem Broccoli
- 155 **Oven-Roasted ½ Chicken Peri Peri Style**
Marinated in Chilli, Garlic, Thyme, Bay Leaves, Lemon Juice & Butter.
- 155 400g Pork ribs
- 235 800g Pork ribs

House Specialities

Served with a choice of Hand-Cut Chips or Baked Potato with Sour Cream,
or Charcoal Oven-Roasted Butternut & Creamed Spinach - R10

- 199 **Ostrich Loin Cranberry Reduction**
Flame-Grilled, Fanned Fillet of Ostrich with a Cranberry Reduction & Gradinated Citrus Segment
- 210 350g Karoo Certified Loin Chops
- 239 **Pan-Fried Flambéed Pepper-Crusted Fillet**
- 240 **Chateaubriand Fillet with a House Béarnaise sauce**

Lighter Meals

- 89 **Peri-Peri Chicken Livers**
Pan Fried in Creamy Chipotle Peri-Peri Sauce, infused with Fresh Lemon Juice & Coriander,
Served with a Warm Cocktail Portuguese Roll
- 115 **Toasted Steak Roll**
Balsamic Caramelized Onions, Sliced Tomato, Mustard Mayo, Toasted Ciabatta & Hand-Cut Chips
- 140 **Flame Grilled Beef Kebab**
A Café de Paris butter, hand-cut chips or baked potato
- 98 **Flame Grilled Burger**
Choice Between Beef or Chicken, Served with Caramelized onions,
House Pickled Gherkins, Fresh Tomato, Red Onions, Aioli and our Hand-Cut Chips
- add White Cheddar - R10
- Truffle Mushroom sauce or Green Peppercorn sauce - R15
- add Avo - R15 - add Bacon - R15

Vegan Meals

- 68 **Tomato Salad**
Semi-Dried Tomatoes, Heirloom Tomatoes, Red Onion, Garlic, Basil, Olive Oil
- 98 **Beetroot and Vegan Goats Cheese Carpaccio**
With Roasted Butternut, Wild Rocket, Toasted Pumpkin Seeds, Pepper-cruste
Vegan Goats Cheese
- 75 **Flame-Grilled Large Black Mushrooms**
Spinach, exotic mushroom, truffle infused vegan goats cheese and balsamic red onion jam
- 172 **Vegan Burger**
Beyond burger served with Caramelized onions, House Pickled Gherkins, Fresh Tomato,
Red Onions, vegan mayo, vegan cheese and our hand cut chips
- 105 **Roasted Vegetables of the Day**
- 38 **Grilled BBQ Mushrooms in our house basting**

Sides

- 29 **Deep Fried Beer Battered Onion Rings**
- 32 **Oven Baked Potato, Butter, Sour Cream & Chives**
- 22 **Hand-Cut Chips**
- 28 **Side Salad Rocket, Tomato, Cucumber, Red Onion, Marinated Olives,
Danish Feta, House Dressing**
- 28 **Roasted Butternut**
- 28 **Creamed Spinach**
- 28 **Garlic Mash**
- 28 **Oven Roasted Butternut**
- 32 **Roasted Cauliflower Bake**
- 26 **Gem Squash Parmesan Mash**
- 28 **Oven-Baked Garlic Ciabatta**
- 32 **Char-Grilled Tender-Stem Broccoli**
- 38 **Grilled BBQ Mushrooms in a house Basting**

Sauces and Butters

30	Lemon & Parsley Butter
30	Chilli & Garlic Butter
30	Garlic Butter
32	Café de Paris Butter
30	Truffle Mushroom Sauce
28	Green Pepper-corn Sauce
30	Blue Cheese Sauce
30	Béarnaise Sauce

Desserts

69	Oven baked Cheese Cake, Crumbs, Vanilla Ice Cream with a Berry Coulis
69	Cognac Dark Chocolate Mousse, Ice Cream
62	Vanilla Crème Brulee
58	Vanilla Ice Cream Warm Dark Chocolate Sauce
69	Yoghurt Panna Cotta, Infused with Amaretto Berry Coulis
65	Chocolate Bread and Butter Pudding, Creme Anglaise, Marmalade Jam & Part-Soaked Raisins
75	Trio of Vegan Ice Cream - Ask Waitron for flavours of the day

Single or
Double

Drinks

45 / 76	Don Pedros - Kahlúa, Amarula, Whiskey, Peppermint, Frangelico
53 / 83	Spiked Coffees - Kahlúa, Amarula, Whiskey, Peppermint, Frangelico

Digestifs

49	Jägermeister
25	Allesverloren Port
79	Dalla Cia Grappa