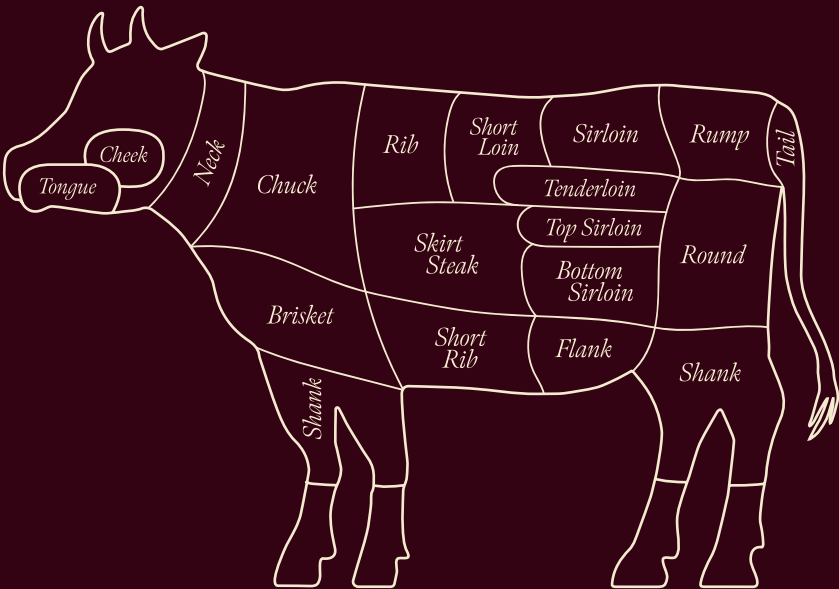


M  
& CO.

# Our Food Journey



## Grasslands Premium Beef, *NSW*

Grasslands premium beef is produced from free-range cattle raised on natural pastures, resulting in a lean, tender, export-quality product graded from the top 1% of Australian beef. The cattle are free from antibiotics and added hormones and are Meat Standards Australia (MSA) graded.

## Certified Angus Beef, *NSW*

Certified Australian premium Black Angus is renowned for its excellence. This breed is fed a vegetarian diet and must meet a rigorous quality standard. Antibiotic - and hormone-free, and MSA graded.

## Westholme Wagyu, *QLD*

Historically working animals, wagyu cattle are prized for their high intramuscular fat content, or marbling. Marbling refers to the rivers of fat running through the muscles which gives wagyu beef its signature tenderness and dissolving mouth feel. The Westholme herd genetics have been refined over the past three decades to produce the finest beef possible.

## Stone Axe, *NSW/VIC*

Stone Axe's herd has been carefully bred to preserve its 100% Full Blood Wagyu genetics. Stone Axe's Full Blood Wagyu beef comes from their breeding herds, dispersed across several breeding farms in New South Wales and Victoria. Each property is situated over 1000m above sea level, resulting in a climate that enhances conditions for the breeding and raising of Full Blood Japanese Black Wagyu. This means our cattle can grow and mature to their potential with access to natural shelter, clean fresh air, water and pasture, all in a low-stress environment.

## In-House Dry Age Program

The dry ageing process involves placing specially sourced meat inside a specialised open-air environment where temperature, humidity and ventilation are all carefully controlled. The exposure of the meat to the air draws out the moisture with natural enzymes slowly breaking down tough muscle fibres. This results in the meat becoming soft and incredibly tender, with a heightened umami flavour profile.

## Sustainability

Each ingredient we source embodies a commitment to quality and ethical standards. We work directly with passionate small-scale producers and artisans, building relationships founded on trust and shared values. These sustainable partnerships allow us to bring you an experience that is both authentic and exceptional.



# DESSERT



|                                                               | M  | NM  |
|---------------------------------------------------------------|----|-----|
| Espresso Baked Cheesecake,<br>Dark Chocolate Cremeux          | 16 | 18  |
| Crème Brulee, Caramelized Banana                              | 16 | 18  |
| Bombe Alaska, Coconut, Mango, Passionfruit                    | 17 | 18  |
| Warm Date Pudding, Salted Caramel Sauce<br>Cinnamon Ice Cream | 17 | 18  |
| Affogato, Vanilla Gelato                                      | 12 | 13  |
| ADD LIQUEUR                                                   | 7  | 7.5 |

## Fortified & Dessert Wine

|                                                                          |    |      |
|--------------------------------------------------------------------------|----|------|
| 2022 Pigeade Muscat Beaumes-de-Venise<br><i>Rhone Valley, France</i>     | 10 | 11.5 |
| Warre's Warrior Port<br><i>Oporto, Portugal</i>                          | 10 | 11   |
| Emilio Lustau San Emilio Pedro Ximenez Sherry<br><i>Jerez, Spain</i>     | 12 | 13.5 |
| 2023 Pooley Butchers Hill Cut Cane Riesling<br><i>Coal River, TAS</i>    | 16 | 18   |
| 2005 Warre's Quinta da Cavadinha Vintage Port<br><i>Oporto, Portugal</i> | 16 | 18   |
| Otima Tawny Port 10 yr<br><i>Oporto, Portugal</i>                        | 16 | 18   |
| NV Mangan Botrytis Semillon<br><i>Hunter Valley, NSW</i>                 | 18 | 20   |

## Welcome

Welcome to Marrow & Co. where quality and craftsmanship come together to create a truly distinctive dining experience. We're passionate about premium Australian beef with over 13 handpicked cuts, including our signature dry aged Riverine Tomahawk and premium Wagyu. Alongside these, our in-house dry aging program further elevates selected cuts, enhancing their depth of flavour and tenderness to offer a steak unlike any other.

To complement each dish, we offer a sommelier-curated wine list, premium spirits, and signature cocktails, each selected to enhance every note of your meal.

More than a place to indulge in exceptional steak, Marrow & Co is a destination for those seeking a refined and memorable meal.

We invite you to immerse yourself in the Marrow & Co experience, where outstanding food and service come together for an unforgettable journey in Sydney's southwest.



Sides

|                                                                         | M  | NM |
|-------------------------------------------------------------------------|----|----|
| Mash Potato                                                             | 13 | 14 |
| Cauliflower Mac & Cheese,<br>Toasted Breadcrumbs                        | 16 | 18 |
| Seasonal Greens, Garlic, Capers,<br>Brown Butter                        | 14 | 15 |
| Beer Battered Onion Rings                                               | 12 | 13 |
| Mushrooms, Porcini Chantilly                                            | 15 | 17 |
| Creamed Corn, Nduja                                                     | 14 | 15 |
| Grilled Asparagus, Stracciatella, Chilli Oil                            | 18 | 20 |
| Salt Baked Potato, Cultured Butter,<br>Herb Crème Fraiche               | 14 | 15 |
| Steakhouse Chips                                                        | 13 | 14 |
| Roasted Bone Marrow, Parmesan Croquettes,<br>Dijon, Beer Pickled Onions | 19 | 21 |

Kids

Served with Mash & Vegetables or Chips & Salad

|                   |    |    |
|-------------------|----|----|
| Eye Fillet, 100g  | 22 | 24 |
| Battered Flathead | 16 | 17 |
| Chicken Schnitzel | 16 | 17 |



# MAINS

# TO START

|                                                                                                        | M  | NM |
|--------------------------------------------------------------------------------------------------------|----|----|
| Saltwater Barramundi, Pickled S.A Mussels, Cavolo Nero, Reisling Velouté<br><i>Spring Creek QLD</i>    | 42 | 46 |
| Junee Lamb Rack, Celeriac, Sumac, Macadamia, Pomegranate Molasses<br><i>Junee NSW</i>                  | 48 | 53 |
| Pan Seared Aylesbury Duck Breast, Jerusalem Artichoke, Leek, Pedro Ximenez<br><i>Wöllemi NSW</i>       | 45 | 49 |
| Wagyu Beef Burger, Gruyere Cheese, Oak Lettuce, Vine Tomato, Pickles, House Sauce, Chips<br><i>QLD</i> | 29 | 32 |
| Baked Conchiglioni Filled With Spinach & Ricotta. Pumpkin, Sage Pangrattato                            | 32 | 35 |

## To Share

|                                                                                |     |     |
|--------------------------------------------------------------------------------|-----|-----|
| <b>Beef Wellington</b><br><i>Grasslands Premium Pasture Fed, Riverina, NSW</i> | 129 | 140 |
| 400g Eye Fillet Baked in Puff Pastry, Prosciutto, Mushroom Duxelles & Pâté     |     |     |
| Served with Mash Potato & Choice of Sauce                                      |     |     |

## Salads

|                                                                         |    |    |
|-------------------------------------------------------------------------|----|----|
| Green Leaf & Herb Salad, Chardonnay Dressing                            | 12 | 13 |
| Caesar Salad, Parmesan, Prosciutto, Crostini, Soft Egg, White Anchovies | 17 | 19 |

|                                                          | M      | NM    |
|----------------------------------------------------------|--------|-------|
| Soundough by Brasserie Bread, Salted Butter              | 4pp    | 4.5pp |
| Warm Olives                                              | 9      | 10    |
| Hot Smoked Tasmanian Salmon, Crème Fraiche, Granny Smith | each 8 | 9     |
| Chorizo Skewer, Bravas Sauce, Pickled Peppers            | each 8 | 9     |

## Charcuterie

Served with House Pickles & Soundough

|                                                 |      |    |    |
|-------------------------------------------------|------|----|----|
| Bresaola                                        | 60g  | 19 | 21 |
| Prosciutto di Parma                             | 60g  | 18 | 20 |
| Truffle Salami                                  | 60g  | 18 | 20 |
| Wagyu Pastrami MBS 9+                           | 60g  | 18 | 20 |
| Charcuterie Selection<br><i>Choice of three</i> | 150g | 36 | 40 |

## Entrée

|                                                                            |                                    |                 |
|----------------------------------------------------------------------------|------------------------------------|-----------------|
| Sydney Rock Oysters<br>Kilpatrick   Natural, Mignonette                    | ONE   6<br>SIX   34<br>TWELVE   59 | 6.5<br>37<br>65 |
| Chicken Liver Parfait, Pear Relish, Brioche Toast                          | 21                                 | 23              |
| Hand Cut Beef Tartare, Capers, Cornichons, Egg Yolk, Potato Crisps         | 25                                 | 28              |
| Truffled Brie Cheese Souffle, Candied Walnuts                              | 21                                 | 23              |
| Seared Hokkaido Scallops (2), Cauliflower, Café De Paris Butter            | 21                                 | 23              |
| Australian Prawns, Chilli, Garlic, Parsley, Lemon                          | 24                                 | 26              |
| Fried New Zealand Squid, Gochujang, Lime, Pickled Cucumber, Toasted Sesame | 22                                 | 24              |



## In-House Dry Ageing Program

The dry ageing process involves placing specially sourced meat inside a specialised open air environment where temperature, humidity and ventilation are all carefully controlled. The exposure of the meat to the air draws out the moisture with natural enzymes slowly breaking down tough muscle fibres. This results in the meat becoming soft and incredibly tender.

## Cooking Temperatures

|             |                                                                                       | SUGGESTED CUT                   |
|-------------|---------------------------------------------------------------------------------------|---------------------------------|
| BLUE        | Sealed on the outside while steak is at room temperature. Completely red throughout.  | Eye Fillet                      |
| RARE        | Sealed on the outside, meat is warmed throughout. Still very bloody.                  | Eye Fillet<br>Sirloin           |
| MEDIUM RARE | Centre is very pink, slightly browned towards exterior. Completely heated throughout. | Eye fillet<br>T-Bone<br>Sirloin |
| MEDIUM      | Thin line of pink throughout the centre, surrounded by brown exterior.                | T-Bone<br>Rump<br>Rib Eye       |
| MEDIUM WELL | It has a golden brown exterior, greyish, brown interior, slightly pink in the centre. | Rib Eye<br>T-Bone               |
| WELL DONE   | Very firm with very little juice, grey throughout.                                    | Rib Eye<br>Steak on the Bone    |

## Sauces

Red Wine Jus  
Pepper Sauce  
Mushroom Sauce

Béarnaise Sauce  
Chimichurri  
Confit Garlic & Herb Butter

Additional Sauce

5 | 5.5

# STEAK

All Steaks Served with Choice of Sauce

| Grasslands Premium Pasture Fed<br>MBS 2+, Riverina, NSW            |      | M  | NM |
|--------------------------------------------------------------------|------|----|----|
| Eye Fillet Mignon<br><i>Bacon, Confit Garlic &amp; Herb Butter</i> | 160g | 52 | 57 |
| Rib Eye                                                            | 250g | 56 | 62 |
| Eye Fillet                                                         | 200g | 59 | 65 |
| Rib Eye, Bone In                                                   | 500g | 79 | 87 |

| Nolans Private Selection<br>90 day grain fed, MBS 2-3, Gympie, QLD |      |    |    |
|--------------------------------------------------------------------|------|----|----|
| T Bone                                                             | 500g | 69 | 76 |

| Mackenzie Black Angus<br>100 day grain fed, MBS 6+, Riverina, NSW |      |    |    |
|-------------------------------------------------------------------|------|----|----|
| Oyster Blade                                                      | 250g | 49 | 54 |

| Certified Angus<br>150 day grain fed, MBS 2+, Wagga Wagga, NSW |      |    |     |
|----------------------------------------------------------------|------|----|-----|
| Rib Eye                                                        | 350g | 78 | 86  |
| Rib Eye, Bone In                                               | 650g | 99 | 108 |

| Wagyu<br>Robbins Island Full Blood, 450 day grain fed, TAS |      |     |     |
|------------------------------------------------------------|------|-----|-----|
| Rump MBS 9+                                                | 300g | 65  | 72  |
| Westholme F1 Cross, 300 day grain fed, QLD                 |      |     |     |
| Top Sirloin MBS 5+                                         | 250g | 69  | 76  |
| Rib Eye, Bone In, MBS 5+                                   | 550g | 150 | 165 |

| Stone Axe Full Blood, 500 day grain fed NSW |      |    |    |
|---------------------------------------------|------|----|----|
| Tri Tip MBS 9+                              | 240g | 69 | 76 |

| From The Dry Ager<br>In House Dry Age Program, 2-3 weeks. Subject to availability |       |    |    |
|-----------------------------------------------------------------------------------|-------|----|----|
| Riverine Tomahawk MBS 2+                                                          | /100g | 13 | 14 |

|             |                                               |   |    |
|-------------|-----------------------------------------------|---|----|
| Surf & Turf | Australian Prawns (2), Garlic, Lemon, Parsley | 9 | 10 |
|-------------|-----------------------------------------------|---|----|

