

THE FAT BUTCHER

ALL OUR BEEF IS PASTURE REARED AND GRAINFED ● OPEN 12PM - EVERY DAY ● OUR KITCHEN CLOSSES AT 10:30PM ● SUITABLE FOR VEGETARIANS (WITH EGG & CHEESE) ● CONTAINS NUTS

STARTERS

PERI-PERI LIVERS

Pan-fried chicken livers flambéed in brandy.

R90

BEEF CHEEKS

Slow-roasted beef cheeks. Served with a pomegranate jus & onion marmalade parcel.



R130

BONE MARROW

Flame-grilled bone marrow, 7B herb salsa & toasted crostini.

R120

RITA'S MUSSELS

West Coast mussels cooked in white wine, garlic, leeks & cream.

R105

BEEF SHORT RIB

Braised in an Asian-style broth. Served with a crispy cheese wonton & panko dauphinoise.

R105

OVEN-ROASTED SWEET POTATO SOUP

The texture of velvet.

R85

SALADS

BUTTERNUT & GOAT'S CHEESE

Whole-roasted butternut stuffed with goat's cheese, toasted pumpkin seeds, butternut jam & cinnamon crumble.



R110

FAT BUTCHER SALAD

Blue cheese, preserved fig, cucumber, tomato, avocado, bacon lardons & peppadews with creamed mustard dressing.



R160 - to share

STEAK TARTARE

Hand-chopped fillet, mustard, capers, Maldon salt, parsley, yolk & Die Mas Kalahari Truffle brandy.

R130

CALAMARI

Crispy fried calamari with Limoncello mayonnaise.

R100

CARPACCIO

Hand-sliced seared fillet, 15 year-aged Giuseppe Giusti balsamic vinegar, Dijon mustard, pickled onion petals & puffed rice paper.

R120

SKAAPSTERTJIES

Lamb tails char-grilled & served with 7B barbeque sauce.

R130

SNAILS

Cooked in a homemade creamed roasted garlic sauce, flambéed with brandy.

R105 | 10 Snails

7B OESTERTJIES

Rump wrapped in lamb caul fat. Char-grilled & served with a spicy bacon and chilli BBQ sauce.

R150

CAESAR SALAD

Romaine lettuce, radish, herb-infused croutons, parmesan shavings, poached quail egg, fresh white anchovies & Caesar dressing.

R115

TOMATO & ONION

Tomato, red onion & Hibiscus vinaigrette.

Full/Half R40 / R80

DAL MOLISE BURRATA

A buttery textured cheese enclosed in a bag of mozzarella, virgin olive oil, heirloom tomatoes, fresh basil & tomato gazpacho.

R160 - to share

As a consequence of our lacking antlers to sort matters out, man's competitive nature can lead to all manner of attempted besting between friends. One popular method is over a flame. Not by wrestling on a bonfire, but by outdoing your pal in the cooking of man's greatest culinary obsession: **THE STEAK.**



SIGNATURE STEAKS



All served with a choice of 7B Tasty Additions.

THE COLLINS

Steak au poivre

Fillet, Cointreau-flambéed, crushed Madagascan peppercorns & cream.

R370 | 300g
R580 | 500g

THE GROSVENOR

Steak aux champignons

Fillet, foraged mushrooms, Dijon mustard, fynbos vinegar, black truffle oil, Kataifi & fresh black truffle.

R380 | 300g
R630 | 500g

THE HUGUENOT

Steak Bordelaise

Fillet, port wine, roasted garlic, blistered grapes & bone marrow jus.

R330 | 300g
R580 | 500g

THE DROSTDY

Steak Rossini

Fillet, foie gras, velvety date & Hanepoot reduction.

R550 | 300g
R755 | 500g

THE FAT BUTCHER PRIME CUTS*

RUMP STEAK

300g / 500g

R220 / R320

SIRLOIN STEAK

300g / 500g

R240 / R350

BEEF FILLET

200g / 300g

R240 / R325

DRY AGED*

NEW YORK CUT

600g

R350

CÔTE DE BŒUF

600g

R360

T-BONE

500g / 800g

R380 / R520

TO SHARE**

T-BONE

1200g

R790

CÔTE DE BŒUF

700g / 800g

R450 / R560

900g / 1Kg

R620 / R700

*All steaks served with a bone marrow & your choice of a 7B Tasty Addition.
**To share option served with a choice of two 7B Tasty Additions & two bone marrows. +R18 for additional bone marrow.

COOKING PREFERENCES



BLUE



RARE



MEDIUM RARE



MEDIUM



MEDIUM WELL



KNOCKOUT

TASTY ADDITIONS

R38

ONION RINGS

R45

BRAAIBROODJIE

R38

SWEET POTATO MASH

R38

SWEET POTATO CHIPS

R58

WILTED BABY SPINACH

R55

SIDE SALAD

R38

BAKED POTATO

R52

SEASONAL VEGETABLES

R48

CHAR-GRILLED CORN OTC

R42

7B CHIPS

R42

PARMESAN MASH

Although we recommend a steak cooked between RARE and MEDIUM, our chefs will prepare your cut to your preference...

SAUCES

Béarnaise +R40 | Bordelaise +R40 | Truffle mushroom +R50
Monkey gland +R38 | Oven-roasted garlic +R40 | Blue cheese & vodka +R40
Black peppercorn + R40 | Swiss fondue cheese + R45



DORMER LAMB - THE CHOICE

7B's preferred breed of lamb, Dormer, is a cross-breed between Dorset Horn rams and German Merino ewes. They were established in 1927 at Elsenburg, Stellenbosch.

LAMB SHANK

Oven-braised lamb shank, port jus, parmesan mash, served with homemade pumpkin fritter.

R285

T-BONE LAMB CHOPS

Two 250g T-Bone lamb chops flame-grilled, served with double thick Greek yoghurt tzatziki & mint salsa. Served with your choice of a 7B Tasty Addition.

R440

LAMB NECK TO SHARE

Slow-roasted with garlic, rosemary and port wine. Served with rosemary butter, stone bread & mint salsa. Served with your choice of a 7B Tasty Addition.

R450

LAMB RUMP

400g lamb rump, char-grilled with coarse salt, light soya and chilli jus, fresh rocket, oven-roasted rosa tomatoes & parmesan shavings. Served with your choice of a 7B Tasty Addition.

R375

LAMB RIBS

Tender marinated lamb ribs, falling off the bone. Served with 7B herb salsa and your choice of a 7B Tasty Addition.

R315

LAMB NECK GNOCCHI

Light, fluffy pillows of joy tossed with slow-braised lamb neck, aubergine purée and fresh mint.

R220

BURGERS

Served with 7B chips & onion rings.

BELLA BURGER

200g handmade beef patty, lettuce, tomato & 7B chutney.

R125

BBR BURGER

Handmade beef patty, bacon, brie, rocket, cranberry jam, lettuce, tomato & 7B chutney.

200g R150 / 300g R185

VAN RIEBEECK

300g handmade beef patty, bacon, blue cheese, lettuce, tomato & 7B chutney.

R185

THE BOERENKAAS

Handmade with 150g matured Boerenkaas, lettuce, tomato & 7B chutney.

200g R175 / 300g R220

SEAFOOD

FISHERMAN'S CATCH

Cooked the 7B way. Served with your choice of a 7B Tasty Addition.

Seasonal Quotation

RITA'S MUSSELS

A pot of Rita's West Coast mussels cooked in white wine, garlic, leeks & cream. Served with 7B chips & homemade mayonnaise.

R180

SAUCES

Limoncello +R38

Garlic butter +R38

Peri-peri +R38

SOLE

Pan-grilled, lemon & parsley butter. Served with your choice of a 7B Tasty Addition.

R260

LIMONCELLO CALAMARI

Crispy fried Patagonian calamari served with Limoncello mayonnaise. Served with your choice of a 7B Tasty Addition.

R230

GREEN CURRY PRAWNS

Indulge in a delightful blend of fragrant herbs and aromatic green curry paste, combining sweet, creamy and savoury flavours. Served with lemongrass-infused crispy panko rice balls.

R395 | 10 Prawns

NOT MEAT

SAGE ROASTED BUTTERNUT RISOTTO

With salted pumpkin seed brittle, panko feta balls & wild rocket.

R150

PORCINI RISOTTO

7B authentic mushroom risotto, white wine, wild mushrooms & parmesan.

R150

THE BUTCHER'S FAVOURITES

OXTAIL

Slow-roasted oxtail, partially off the bone, served with soft herb-infused polenta & red wine jus.

R285

THE CHICKEN

Oven-roasted free-range chicken supreme with chargrilled artichokes, blistered tomatoes, fennel, mangetout, stone fruit & chorizo.

R230

1802 SCHNITZEL

Vintage style veal schnitzel, free-range egg, bacon, fresh white anchovies & caper butter. Served with your choice of starch.

R180

BEEF BOURGIGNON

Combination of beef cheeks and rump, slow cooked in Burgundy style red wine with pearl onions, carrots, mushroom & bacon. Served with turnip & carrot purée. A classic.

R230

PORK RIBS

Belgian loin ribs.

Half portion (500g) R295

Full portion (1kg) R520

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LET'S GO BACK TO YOUR PLACE

Did you know you can purchase our perfectly aged prime cuts of meat from the deli or online? shop.fatbutcher.co.za. We offer next day delivery anywhere in Western Cape, Monday to Friday.

THE DELI KOOP EN LOOP

* CHECK THE SHOP FOR OUR 7B GIFTS & HOMEWARE

Leather Aprons ~ Olive Oil ~ Wooden Boards ~ Shoes ~ Steak Knives ~ Wine ~ Wine Glasses

* CHECK THE DELI FOR SOME TAKE-HOME TREATS



BEVERAGES

OPEN 12PM, EVERY DAY ● FOR AN EXTENSIVE LIST OF ALL OUR CELLAR WINES PLEASE ASK YOUR SERVICE AMBASSADOR FOR OUR CELLAR LIST ● KITCHEN CLOSSES AT 10:30PM ● WWW.FATBUTCHER.CO.ZA

CRAFTED BREW

LOCAL ON TAP 350ml/500ml

FOKOF LAGER	45/55
DEVIL'S PEAK	31/45
<i>First Light Golden Ale</i>	
DEVIL'S PEAK LITE	40/56

INTERNATIONAL ON TAP

ERDINGER WEISSBIER	40/60
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BOTTLED (Craft Beer & Cider)

DEVIL'S PEAK <i>Blockhouse IPA</i>	50
STRIPED HORSE PILSNER	30
CLUVER & JACK <i>Dry Cider</i>	60
EVERSON'S CIDER <i>Cloudy Cider</i>	65
DRAGON FIERY GINGER <i>Ginger Beer</i>	56

NON-ALCOHOLIC BEER

HEINEKEN ZERO (300ml)	38
DEVIL'S PEAK HERO (300ml)	39

GIN & TONIC ~ HISTORY IN A GLASS

GIN

BOMBAY SAPPHIRE	29
AUTOGRAPH	40
HENDRICK'S	45

WHISKEY

BELLS	23
J&B RARE	20
BAINS	27
JAMESON	33
JAMESON <i>Select Reserve</i>	42
GLENLIVET <i>12 Year Old</i>	55
GLENFIDDICH <i>15 Year Old</i>	78
JOHNNIE WALKER <i>Black</i>	35
JOHNNIE WALKER <i>Blue</i>	200
MACALLAN <i>12 Year Old</i>	90
LAGAVULIN <i>16 Year Old</i>	120

BOURBON

JACK DANIEL'S <i>Old No.7</i>	28
<i>Single Barrel Select</i>	60
JIM BEAM <i>White Label</i>	25

A MEAL WITHOUT WINE IS LIKE A DAY WITHOUT SUNSHINE.



FOR AN EXTENSIVE LIST OF ALL OUR CELLAR WINES PLEASE ASK YOUR SERVICE AMBASSADOR FOR THE CELLAR LIST

APÉRITIF, LIQUEURS & DIGESTIFS

AMARULA	15	DON JULIO TEQUILA	90
KAHLUA	24	PIMMS <i>(50ml serving)</i>	25
DRAMBUIE	38	CAMPARI <i>(50ml serving)</i>	54
AMARETTO DISORANO <i>(50ml serving)</i>	65	BLAAUWKLIPPEN B&A <i>(50ml serving)</i>	80
BAILEY'S CREAM	22	DALLA CIA GRAPPA PREMIUM <i>(Cabernet / Merlot)</i>	70
FRANGELICO	24	DALLA CIA 10 YEAR <i>(Anniversary Edition Grappa)</i>	250
JÄGERMEISTER	26	CLASE AZUL REPOSADO	275
NACHTMUSIK LIQUEUR	15		
SAMBUCA	14		
SOUTHERN COMFORT	18		
ESPOLON	42		
OLMECA TEQUILA <i>Silver / Gold</i>	26		

INVERROCHE AMBER	40
WILDERER	28
TRIPLE THREE	30
BLOEDLEMOEN	39
MUSGRAVE ORIGINAL	35
MUSGRAVE ROSE	35

MALFY ORIGINAL	33
MALFY LIMONE	38
MONKEY 47	85
SIX DOGS BLUE	43
SIX DOGS KAROO	38
TANQUERAY	30

SOFT DRINKS

SODAS	
200ml	28
300ml	30
ROSE'S CORDIALS	
Kola Tonic	10
Passionfruit	10
Lime	10
ROCK SHANDY	
Half soda, half lemonade & bitters	54
TISERS	
Appletiser / Grapetiser Red	38
TOMATO COCKTAIL	40
RED BULL (250ml)	45
BOTTLED WATER	
Still / Sparkling (750ml)	45
Still / Sparkling (350ml)	30
SAN PELLEGRINO/AQUA PANNA 750ml	75
SAN BENEDETTO ICED TEA	
Peach	48
Lemon	48

MILKSHAKES

THE REGULARS	60
<i>Bubblegum, Strawberry, Lime, Chocolate, Vanilla, Banana</i>	
OREO	75
HONEYCOMB	75
BAR ONE CHOC	75
'TOFFIE'	75

COFFEE

CORTADO	32
ESPRESSO SINGLE	25
ESPRESSO DOUBLE	30
CAPPUCCINO	37
LATTE	37
CAFFÈ MOCHA	40
CAFFÈ CORRETTO	65
AMERICANO	30
AFFOGATO	65
HOT 'COCO'	38
LIQUEUR COFFEE	80
<i>+R6 for decaffeinated coffee</i>	
<i>+R10 for almond milk</i>	

TEAS

ENGLISH BREAKFAST	28
EARL GREY	28
MOROCCAN MINT GREEN	28
GINGER & HONEY	28
ROOIBOS	28
LEMON & LIME	28
RED CAPPUCCINO	40

SEASONAL JUICE

YELLOW	65
RED	65
GREEN	65
GRANADILLA/ORANGE	45

CHOOSE YOUR TONIC

SCHWEPPE'S	25
BARKER & QUIN	40
BARKER & QUIN LIGHT	40
FEVER TREE	40

BRANDY

OLOF BERGH	15
RICHELIEU	17
KLIPDRIFT	16
KLIPDRIFT PREMIUM	22
OUDE MOLEN RESERVE	19
KWV	
5 yr	18
10 yr	27
20 yr	135
BLAAUWKLIPPEN <i>Brandy 10 Year Old</i>	44
KAAPZICHT <i>20 Year Old</i>	115
VAN RYN'S <i>15 Year Old, Fine Cask Reserve</i>	68

RUM

HAVANA	22
RED HEART	18
MALIBU	16
CAPTAIN MORGAN <i>Spiced Gold</i>	15
APPLETON ESTATE <i>12 Year Old</i>	50
DIPLOMATICO RESERVA	53
DIPLOMATICO AMBASSADOR	250
MOUNT GAY <i>Extra Old Reserve Handcrafted</i>	65
BACARDI <i>Bacardi</i>	21
<i>8 Year Old Premium</i>	40

VODKA

SMIRNOFF	15
ABSOLUT	25
BELVEDERE	43
GREY GOOSE	46
CIROC	39

COCKTAILS

LIME MOJITO	65
MOSCOW MULE	90
PORNSTAR MARTINI	75
OLD FASHIONED	95
CLASSIC MARTINI	70
ESPRESSO MARTINI	65
NEGRONI	65
APEROL SPRITZ	95
LONG ISLAND ICE TEA	90
WHISKEY SOUR	85

DESSERT COCKTAILS

FB NIGHTCAP	85
VANILLA CAFÉ EXPRESS	85
DOM PEDRO <i>(Standard/Premium)</i>	80/105
<i>Always a double</i>	

FORTIFIED & DESSERT WINES

<i>50ml serving</i>	
BOPLAAS VINTAGE PORT	22
MURATIE BEN PRINS	75
DELAIR GRAFF CAPE VINTAGE	65
DOUGLAS GREEN <i>(Pale Cream, Medium Dry, Cream)</i>	30
DE KRANS CAPE RUBY	20
DE KRANS TAWNY	35
LAATLAM	90
PIERRE JORDAN RATAFIA	50
OVERGAAUW CAPE VINTAGE	45
BLAAUWKLIPPEN <i>Before & After</i>	80

COGNAC

COURVOISIER VSOP	70
REMY MARTIN VSOP	85
RICHELIEU XO	165
BISQUIT XO	220

ACCORDING TO CHEMISTRY, ALCOHOL IS A SOLUTION.