

UPSTAIRS AT THE GRILL

THE CONCEPT

In design and selection, "Upstairs at the Grill" has brought together both sides of the Atlantic Ocean. A quality, Manhattan style steakhouse offering the best produce Britain has to offer, all within warm and welcoming surroundings.

With the emphasis on quality, style and comfort, we'd like to guide you through your evening, beginning in the bar with a cocktail especially created for you.

After the menu has been presented and your order taken, we will then escort you down to the restaurant to enjoy your meal.

Later we invite you back upstairs to enjoy coffee or perhaps an after dinner drink, where you can relax into the early hours.

Being a steakhouse, we hope that you will experience one of our speciality steaks. All of our beef has been supplied to us by local farmers who have searched the British Isles to source, for us, distinct and rare breeds of cattle.

We are fortunate enough that Britain is surrounded by some of the finest fishing waters in the world and our climate and soil is perfect for growing quality vegetables and breeding a variety of different species. We have therefore, naturally, used our local resources to create a separate page of dishes to suit all palates.

We hope you enjoy the experience.

The Lamp Shades
around the bar are Scandic
fruit salad bowls.
Holes were cut into the
bases using high
powered water jets.

The Roulette Table
that pulls out of the wall was
inspired from a drunken night
at the casino. Sadly we have no
license to use it properly but
rumour has it that at one sitting
£40.000 was lost between 2
friends when we weren't
looking!

The High Sofa
at the end of the bar is a
popular feature we saw in
Vienna, Austria.

The Photos
in the men's toilets are taken
at the cattle auction when we
bought our 1st cow. The
remaining photos show the
meat aging.

HARRY THE HIGHLAND'S LIST OF USELESS INFORMATION!

The Name
Upstairs At The Grill
was inspired by the 2 owners
when they worked together at the
Savoy Hotel, London.
One worked in the "Upstairs bar"
and the other in the "Savoy Grill".
The name of the restaurant was
tribute to what was once
the greatest hotel in the world.

The Gents Toilet
is designed to be "man's best
friend"his garden shed! A
specially made bucket acts as
the urinal and the toilet should be
recognised by anyone who's
resided in Wandsworth at her
majesties pleasure!!!

The Steak Knives
Have all been found on
research trips to New
York. For example
"Sparks" steakhouse and
"Peter Lagers". Both are
considered to be the most
famous steakhouses in
the world.

The Building
was the original
custom house for the
port of Chester, built in 1784.
It was also the old head office
for Cheshire Life magazine

The Grills' Cow
Every few weeks we will go to the
cattle auction with our butcher and
purchase our own cow. This will be
specially selected for its fat content and
dry aged for 5 weeks. This will appear
on the menu thereafter.

THE STARTERS

French Onion Soup

Montgomery cheddar croutons
£4.95

Slow Cooked Pork

truffled polenta, broad beans
£6.95

Stilton Soufflé

red onion & raspberry marmalade
£6.25

Tiger Prawn & Saffron Risotto

crispy pancetta
£8.25

Duck Leg Terrine

date puree, fruit & walnut bread
£7.50

Pan Fried Scallops

cauliflower puree, tempura artichoke
£11.95

The Grill's Beef Carpaccio

£8.00 each

our variations on the traditional
classic of raw slices of beef fillet

choose from:

Rocket & Parmesan

olive oil, garlic croutons

Foie Gras & Beef Jelly

spinach, watercress

Blue Cheese

Derbyshire stilton, iceberg lettuce,
blue cheese dressing

Caesar

gem lettuce, anchovy,
Caesar dressing

THE STEAKS

Delmonico (Rib Eye)

Tenderness *Very Good*
Flavour *Excellent*
Juiciness *Very Good*

Based on an ideal cooking degree of medium.

Small grains of fat (marbling) give this cut its full flavour and increased moisture.

Our most recommended cut.

8oz £16.95 12oz £23.50

Fillet

Tenderness *Excellent*
Flavour *Good*
Juiciness *Good*

Based on an ideal cooking degree of medium rare

Popular because of its tenderness, however, the lack of fat makes this the least flavoursome and least juicy of our cuts.

8oz £21.95 12oz £29.95

Porterhouse (T-Bone)

Tenderness *Very Good*
Flavour *Excellent*
Juiciness *Very Good*

Based on an ideal cooking degree of medium.

Good flavour from being cooked on the bone.

The larger side is sirloin, the smaller fillet.

16oz £23.95

Chateaubriand

Tenderness *Excellent*
Flavour *Good*
Juiciness *Very Good*

Based on an ideal cooking degree of medium rare.

Carved by our chef and served with traditional Béarnaise sauce. From the head of the fillet, the best combination of tenderness and flavour.

10oz for 1 £30.00 20oz for 2 £55.00

Sirloin

Tenderness *Good*
Flavour *Very Good*
Juiciness *Very Good*

Based on an ideal cooking degree of medium rare.

Most of the fat is trimmed away prior to cooking but enough left to infuse more flavour and moisture into the beef. A good all round steak.

8oz £16.95 12oz £23.50

Rump

Tenderness *Good*
Flavour *Excellent*
Juiciness *Very Good*

Based on an ideal cooking degree of medium.

The least tender but most under-rated of the prime cuts of beef. Very popular in the 70's and we predict a comeback very soon.

8oz £14.50

Bone-in Rib Eye

Tenderness *Good*
Flavour *Excellent*
Juiciness *Excellent*

Based on an ideal cooking degree of medium.

In our opinion this is the best cut money can buy.

Similar in shape and size to that of a small tennis racket!

24oz £27.00

Fillet on the Bone

Tenderness *Excellent*
Flavour *Excellent*
Juiciness *Very Good*

Based on an ideal cooking degree of medium.

We have yet to find another restaurant that serves this cut. The ideal combination of tender fillet with the additional flavour of being cooked on the bone.

Minimum meat content 8oz £29.95

THE AMERICAN U.S.D.A. PRIME BEEF

There has long been an argument on how US beef compares to British beef.

Here we give you the chance to judge for yourself.

All the British beef we use is dry aged and grass fed, our American beef is wet aged and corn fed.

New York Club Steak (285g)

A cross breed of Longhorn and Angus. A more buttery and sweeter aftertaste than our Welsh equivalent.

Very good marbling ensures excellent flavour and tenderness.

£24.95

THE SAUCES

Traditional Béarnaise	£3.00	Pepper	£2.00
Horseradish Cream	£2.00	Red Wine	£2.00
Blue Cheese	£2.00	Garlic and Herb	£2.00

THE SIDE DISHES

THE POTATOES

Home Cut Chips	£2.75
Buttered Mash Potato	£2.75
Dauphinoise Potato	£3.25

THE LITTLE EXTRAS

Black & White Pudding Fritters	£4.50
4 Garlic Tiger Prawns	£5.75
Roasted Bone Marrow	£1.50

THE VEGETABLES

Steamed Seasonal Vegetables	£3.00
Beer Battered Onion Rings	£2.75
Portabello Mushrooms	£3.25
Creamed Spinach	£3.25
Garden Peas & Bacon	£2.50

THE SALADS

Mixed Salad	£2.50
Tomato & Red Onion	£2.50
Rocket & Parmesan	£3.25
Blue Cheese	£3.00
Green Salad	£2.50

THE MAINS

Pan Fried Salmon Fillet

spiced lentils, white wine sauce
£13.75

Cheshire Pork Chop

fondant potato, braised red cabbage, apple jus
£14.25

Roast Chicken Supreme

colcannon potato, creamed spinach
wholegrain mustard sauce
£14.50

Vegetarian 'Big Mac & Cheese'

macaroni cheese, garlic bread, mixed salad
£9.95

Rump Of Welsh Lamb

dauphinoise potato, green beans, rosemary sauce
£16.50

Beef Wellington

pastry encased Welsh fillet, chicken liver pate,
mushrooms & thyme, red wine sauce,
seasonal steamed vegetables
£17.50

THE TRADITIONAL SUNDAY ROAST

(Sundays only from 12.00pm until 7.00pm)

roast rib of Welsh beef, homemade Yorkshire pudding,
steamed winter vegetables, cauliflower cheese,
garlic & rosemary roast potatoes, red wine gravy

£11.95

A 10% cover charge is added
to parties of 6 or more

What makes our steaks different?

Length of Life

Most of our beef is raised slowly for between 24 and the maximum 30 months. This gives the nutrients from the cows feed enough time to work their way into the muscles, giving the meat its full flavour.

The majority of beef, especially supermarket shelf beef is slaughtered at around 15 months as it costs less to purchase. The cost of keeping an animal fed and housed for another year would mean they would have to charge a lot more than they do already.

Slaughtering

Poor quality meat is also due to the slaughtering process. In poor abattoirs the animal is aware of its own fate and tenses up prior to slaughter. This is one of the reasons why some meat is tough. Our meat is guaranteed a peaceful end and is unaware and relaxed, once again making the meat more tender.

Ageing

All our beef is dry aged for around 5 weeks. This additional hanging time is similar to making a marinade at home. Too little time and the flavours won't be absorbed, too much time and a bitter taste comes through. 4 to 5 weeks is perfect for steaks.

Those who don't like any blood in their steak will be pleased to know that once meat has been hung for 3 weeks or more, all the blood has come out. Therefore it doesn't matter how the steak is cooked, it is impossible to have blood in it. What appears to be blood is actually moisture.

Cooking

After going through all the processes above it's vital that no flavours are lost in the cooking.

Firstly we seal the meat. This is when the steak is placed on the grill and bar-marked. This will keep the moisture inside the meat, therefore holding the flavours in. We then let it rest at room temperature for around 10 minutes before being cooked again to the required cooking degree.

If you were to imagine freezing cold hands in winter and you put them into hot water to warm them up, they will become tense and ache. This is the same with meat. It has to be relaxed and not shocked.

Resting the meat will ensure this.

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More Steak Facts

British Beef V USA Beef

For many years there has been a transatlantic debate over who's beef is better. Ours or the Americans? If truth be known there are substantial differences in both that make them incomparable. Its also down to personal preferences.

- American beef tends to be slightly sweeter than British beef due to the cow being fed corn in its final 100 days.
- The majority of beef cattle in the US derives from our shores in the form of Aberdeen Angus. The Angus matures very quickly and is reliably well marbled and tender. Americans understand that the more fat in a steak then the more flavour. In the UK we like as little fat as possible so will select breeds that are more known for their meat content.
- In the UK we like to "char-grill" steaks and in the US they use "broilers". Broilers are steak grills that heat up to 1500°F making it possible for a "Black & Blue" steak. This is where there is a burnt crust on the outside and completely raw within. In Britain our grills will only allow 800°F ensuring a more evenly cooked steak.
- Americans are more preferable to wet aging in vacuum packs for between 2 and 4 months. In Britain we prefer dry aging on the bone for a minimum of 21 days. This gives off very different qualities in favour of the dry aging process.

Dry Age V Wet Age

Dry aging is where the cattle are slaughtered then hung on the bone in a fridge for anything from 7 days to 35 days. Wet aging is when the meat is taken off the bone and vac-packed for a minimum of 7 days up to 2 months.

The positives with dry aging are that the meat will be a lot more tender and flavoursome. After 21 days dry aging it is impossible for the steak to contain blood. The negatives are that the longer the beef is hanging the more shrinkage there is meaning less meat but more concentrated flavours. Also the outside of the beast will start to go mouldy and has to be cut off and thrown away. However the remaining beef will be outstanding in taste. Because meat is priced by the Kilo the remaining meat will be more expensive. Basically, If 20% is wasted then you will be paying a 10oz price for your 8oz steak.

The positives of Wet aged beef are that it will keep for much longer in a vac-pack and the meat will not shrink over time. Wet aged beef is always cheaper than dry aged except in the case when it has been vac-packed for exporting where additional charges are incurred.

The main negative with wet aging is that it is marinating in its own blood keeping it wet and moist. When this is cooked all the blood will come out making the steak very dry and a little tougher than dry aging.

Supermarket V Butcher

It is without a doubt that your local butcher is the best place to buy your meat:

- Firstly, you can more or less guarantee that the meat you are buying is locally sourced. You are therefore not only minimising your carbon footprint but also keeping local small businesses alive and profitable.
- Supermarket beef on the shelf has been vac-packed within 24 hours of slaughter. It is then wet aged for 7 days which is nowhere near enough time to give the meat any flavour or tenderness.
- Supermarket beef will have been slaughtered after 15 months as opposed to the butchers minimum 24 months. This will mean that even with the correct aging, the flavour will still be poor due to the nutrients not having time to be absorbed into the meat.
- If buying off the supermarket shelf, you will find the meat to be bright red and shiny. This is a bad thing as it shows it has not been aged. To prove this, if you push your finger into the centre and the meat springs back into shape then it is not aged. If the meat stays down then it is aged. The darker the meat the better it is.

Breeds of Cattle

Nowadays it is not so important about the type of cattle used for beef. Some cattle have more fat than others. Some have more marbling than others. The quality of meat from any type of cattle all depends on how it has been fed and how it has been fattened up in its last 6 months of its life.

After meeting with several farmers we have been fortunate enough to have been educated on how to recognise a cow that will have good meat qualities. Approximately once every 5 weeks we will go to auction and buy 2 or 3 cattle that will then be slaughtered and dry aged for 5 weeks. When it has matured properly we will use this meat in the restaurant.

You will often hear people use the phrase "rare breed cattle". This can sometimes be misinterpreted. There are certain rare breeds that are known for their excellent meat quality such as "Welsh Black", "Dexter" and "Wagyu (Kobe)" of which are difficult to obtain and can be quite expensive.

There are other cattle that are also classed as rare breed that are only rare because nobody wants them. Perhaps there is not enough meat on it to sell on or there is too much fat on it which the British tend not to like.