

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 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
Savoy Hotel in London.
A combination of the
'Upstairs' bar and 'Savoy Grill'

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

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
Occasionally 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
gruyère cheese crust
£4.95

Pan Roasted Tiger Prawns
garlic & herb butter
£9.50

Fillet Steak Tartare
traditional garnishes
£7.50

Marinated Duck and Foie Gras Terrine
spiced black plum compote
£8.50

Stilton Soufflé
red onion marmalade
£5.95

Sautéed Sea Scallops
Cornish crab risotto
£12.50

The Grill's 'Arnold Bennett' Omelette
mini soldiers & Hollandaise
£6.95

The Grill's Beef Carpaccio
our variations on the traditional
classic of raw slices of beef fillet
£8.00 each
choose from:

Sweetfire Beetroot & Horseradish
baby rocket, brioche croutons, horseradish panna cotta

Blue Cheese
Colston Bassett dressing,
iceberg lettuce

Rocket & Parmesan
olive oil, garlic croutons,
Parmesan cheese

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 £23.95

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 £23.00 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 £24.95

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 £23.95

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 £15.50

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 £28.50

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 BUTCHER'S CHOICE

Australian 'Grain Fed' Angus

Tenderness *Excellent*

Flavour *Very Good*

Juiciness *Very Good*

Based on an ideal cooking degree of medium.

From the Riverina area in the heart of New South Wales,
one of the most productive and diverse agricultural regions of Australia.

This beef is grain fed for 120 days and is highly graded for marbling and meat texture.

285g £25.95

THE SAUCES

Traditional Béarnaise	£3.00	Peppercorn	£2.00	Diane	£2.00
Red Wine	£2.00	Blue Cheese	£2.00	Garlic & Herb	£2.00

THE SIDE DISHES

All £2.95

Triple Cooked Chips	Honey Glazed Carrots with Ginger	Mixed Salad
Dauphinoise Potatoes	Creamed Spinach	Tomato & Red Onion Salad
Garlic Roasted Sweet Potato	Broccoli Hollandaise	Rocket & Parmesan
American Fries	Buttered Garden Peas	Iceberg Wedge, Blue Cheese Dressing
	Beer Battered Onion Rings	Cabbage & Bacon

THE LITTLE EXTRAS

Haggis Fritters	£3.95	6 Garlic Tiger Prawns	£6.50
Pan Fried Duck Egg	£2.50	Roasted Bone Marrow	£1.50

Half a Canadian Lobster with Garlic Butter £17.50
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THE MAINS

Seared Salmon Fillet

white wine, leek &
butter bean broth
£14.95

Rump of Lamb

haggis fritters, clapshot potatoes,
red wine sauce
£14.50

Free Range Chicken Breast

creamed cabbage & smoked bacon
with a chicken oyster pot pie
£15.50

Half a 2lb Canadian Lobster

American fries & your choice of,
Garlic Butter
Café de Paris
Thermidor
£25.00

Aylesbury Duck Breast

sweet cherry rice pudding
£16.50

Roast Vegetable Wellington

creamed spinach
£10.50

'STEAK & CHIPS'

A 170 gram Rump Steak served with
our very own Café de Paris butter & chips
£11.00 per person

Friday - Saturday 12.00pm until 3.00pm

Perfect for a business lunch or a break from shopping!

THE SUNDAY ROAST

(Sundays only)

Roast Rib of Welsh Beef or Roast Chicken
with traditional accompaniments
£12.50/£11.50

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.