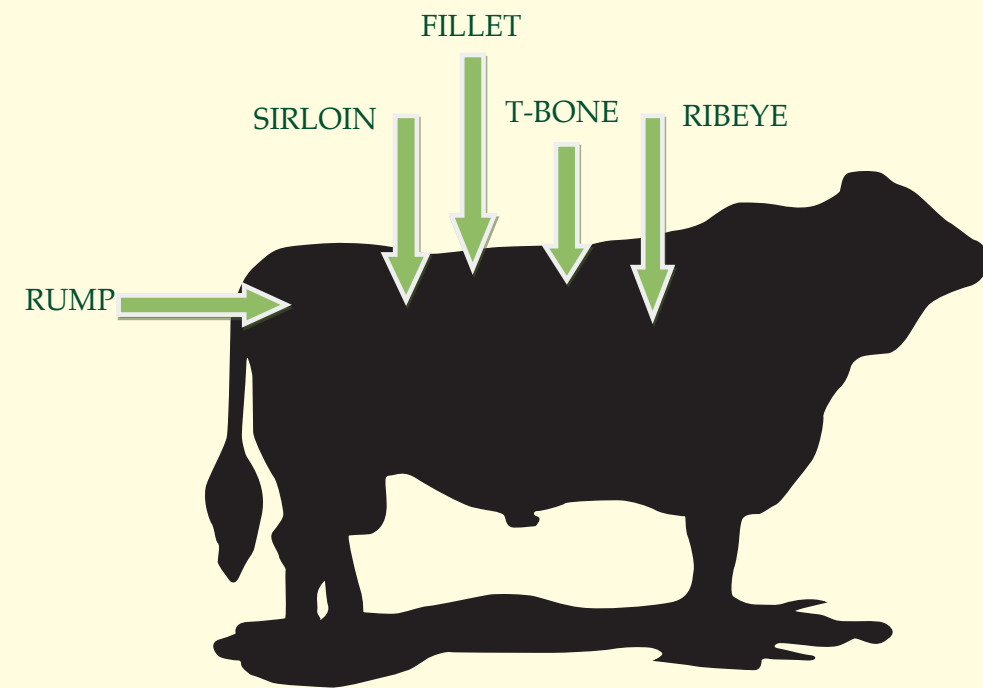


T-BONE

With its combination of Sirloin and Fillet, the T-Bone is renowned for its T shaped bone which provides it with extra flavour when cooking

16oz ~ £22.25 / 24oz ~ £30.00 / 32oz ~ £39.50



STEAK COOKING GUIDE

BLUE

Sealed in hot frying pan for 30 seconds on each side – will be cold in the middle

RARE

Sealed on the char grill and warmed through but with the centre still being quite raw

MEDIUM

Char grilled with a little pink in the middle but still juicy

WELL DONE

Char grilled until no pink at all

For surf and turf add a portion of scampi to your steak for £5.00 extra

WELCOME TO THE GREEN MAN SIX MILE BOTTOM

After several years creating and researching our menu we have discovered there is a local demand for good quality steaks. We have decided to cater to this demand and have based our menu on our best selling steaks!

We continue to use John Coleman as our butcher and work very closely with him to offer the best cuts of quality steak. He uses native British breeds of cattle such as Hereford, Aberdeen Angus and Devon and all beef is hung for a minimum of three weeks which gives it colour, flavour and texture. We offer a wide range of steaks to suit everyone's taste, pocket and appetite

Take your time to read the steak descriptions and our interpretations of cooking preferences before you choose. If you are unsure we will be happy to guide you. We offer around 13 steaks from 5 Different cuts.

We serve our steaks on a very hot cast iron platter with onions, mushrooms sautéed in butter and grilled tomato which creates the mouth-watering smell and sizzle.

We hope you enjoy your Green Man experience!

Greene King is proud to supply The Green Man



www.facebook.com/sixmilebottom

THE GREEN MAN SIX MILE BOTTOM



SERVING QUALITY BRITISH BEEF

GREEN MAN STARTERS

HOMEMADE LEEK AND POTATO SOUP

served with Granary bread and butter

£5.75

ROSEMARY & GARLIC CRUSTED BRIE WEDGES

served with cranberry sauce

£6.25

DEEP FRIED BREADED WHITEBAIT

with Fresh Lemon and a Mint Mayonnaise Dip

£5.75

THREE KING PRAWNS IN FILO PASTRY

with Sweet Chilli Dip & Granary Bread

£6.50

FARMHOUSE PATE

A Coarse Pate Served with Red Onion Chutney and Toasted Granary Bread

£5.75

DEEP FRIED BATTERED CALAMARI

with Garlic Mayonnaise Dip & Granary Bread

£5.75

STEAKS

*All served on a hot cast iron sizzler with onions, mushrooms sautéed in butter,
grilled tomato and steak cut chips*

RUMP

This cut is taken from the rear of the beast and is often regarded as of lesser quality as it is usually the cheapest. Nothing could be further from the truth - it's cheaper because there is more of it. Rump has a firmer texture than sirloin and is considered to have more flavour. It has fat running along the top side.

8oz ~ £14.95 / 16oz ~ £21.75 / 24oz ~ £27.25 / 36oz ~ £35.00

SIRLOIN

Sirloin has a great flavour and comes from the loin and as there is less of it on the beast than rump it is a little more expensive. Like the rump it has a layer of fat running along the top side

10oz ~ £19.75 / 16oz ~ £26.00 / 20oz ~ £33.50

RIBEYE

If You are unsure what a Ribeye steak is then imagine a lamb chop - cooked off the bone. The steaks are slightly rounded and cut from the fore rib of the beast. Ribeye steaks have a wonderful flavour because they carry more marbling than other steaks so expect a lot of fat, which dissolves with cooking to give the fantastic flavour. More cooked = less fat!

8oz ~ £17.00 / 12oz ~ £23.25 / 16oz ~ £33.00 / 20oz ~ £37.00

FILLET

A whole Fillet is about 2' long and there are two on each beast which run parallel along the spine just above the sirloin. This makes it the most expensive and a real delicacy. The Fillet is the most lean and tender of all the range making it the most prized of cuts.

8oz ~ £26.50

Compliment your steak with a homemade sauce:

PEPPERCORN £3.00 / STILTON £3.00

ALTERNATIVELY...

TRADITIONAL BEER BATTERED FISH AND CHIPS

Fillet of Fish coated in a light crispy homemade Beer Batter

& served with chips and mushy peas

£12.25

GAMMON STEAK SIZZLER

Char Grilled and served on a sizzle plate with pineapple,

onions, mushrooms, tomatoes and chips

£13.75

WHOLETAIL BREADED SCAMPI

Served with Chips and Peas

£12.25

VEGGIE OPTION

Butternut Squash, Stilton & Spinach Risotto

Served with Salad & Bread & Butter

£9.95

SIDES & SAUCES

BATTERED ONION RINGS £3.00

VEGETABLES £3.00

PEPPERCORN SAUCE £3.00

STILTON SAUCE £3.00