

STEAK OF THE ART

STARTERS

BURNT ENDS £7.75

Served with an avocado mayo.

SPICY WHOLE BUFFALO

CHICKEN WINGS £7.50 (3), £12.50 (6)

Coated in hot sauce with a ranch sauce and sprinkled with sesame seeds.

DUCK CROQUETTES £8.50

Shredded duck leg served with a plum ketchup.

MUSHROOM BRUSCHETTA £7.75

Toasted honey beer bread topped with garlic confit ricotta, baked mixed mushrooms and micro herbs.

TEMPURA SQUID £8.50

Served with lemon and garlic mayo.

BEETROOT &

HORSERADISH HUMMUS £7.50

Served with a chargrilled sesame pitta.

TIGER PRAWNS £9.75

Tiger Prawns pan fried in beef dripping, with a red pepper jus, cucumber & sweetcorn salsa and a tapioca cracker.

HONEY BEER BREAD £6

Toasted and served with whipped beef dripping butter.

CHOOSE YOUR STEAK

All steaks to be served with lambs lettuce, slow roasted tomato and smoked garlic butter. All butter will be on top of your steak unless asked for separately. Please check our boards in-house or ask a team member for the butchers steak of the week - these are often our larger cuts available.

1 FLAT IRON 200G £15

Cut taken from the 'feather' muscle. Gristle from the muscle is removed, leaving nicely marbled lean steak.

2 RUMP 200G £14.50

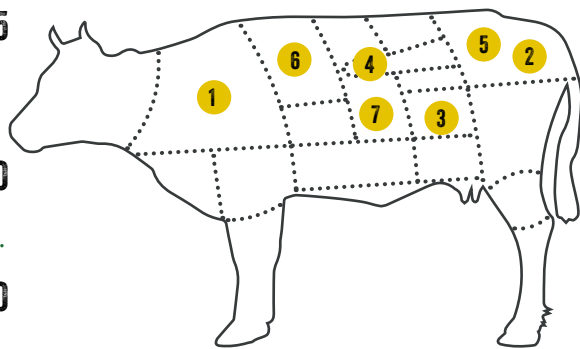
Considered to have more flavour than other cuts, this is tender, good steak.

3 SIRLOIN 250G £25.50

An old classic, wonderful rich flavour and very tender.

4 FILLET 200G £29.95

An exceptional cut delivering the most lean and tender meat. This is a premium steak.



5 RUMP 400G £28.50

Considered to have more flavour than other cuts, this is tender, good steak.

6 RIB EYE 300G £28.50

A very popular cut, very tender and well-marbled with fat. We recommend cooked medium.

7 T-BONE 500G £41

Not sure if you want a fillet steak or a sirloin steak? T-Bone is the best of both worlds.

**TOP YOUR STEAK WITH A
BEEF DRIPPING FRIED EGG £1.50**

Why is our steak the best? It's from premium grade beef cattle, never EVER from frozen and no more than 150 miles from field to plate. With that and the added TLC we give it, it's guaranteed that we will deliver the best tasting meat we're proud to call ours. Enjoy!

HOW DO YOU WANT IT COOKED? SEE REVERSE FOR DETAILS.

☐ RARE

☐ MEDIUM RARE

☐ MEDIUM

☐ MEDIUM WELL

☐ WELL DONE

CHOOSE A SAUCE

BÉARNAISE

CHIMICHURRI SAUCE

PORCINI MUSHROOM

RED WINE JUS

PEPPERCORN

BLUE CHEESE

SOTA SPICY BBQ SAUCE

**ALL
£3**

ADD SOME SIDES

ALL £4.85

**SMOKED GARLIC
SPINACH** ✓

**CREAMED SAVOY
CABBAGE & BACON**

**MIXED LEAF SALAD,
PLUM TOMATO,
PARMESAN
+ BALSAMIC** ✓

ONION RINGS ✓

HAND CUT CHIPS ✓
SLAW ✓

ALL £5.85

**TRUFFLE PARMESAN
FRIES**

BEEF MAC & CHEESE

BAKED MUSHROOMS ✓

**BROCCOLI WITH
SRIRACHA AIOLI** ✓

**CHARGRILLED CORN
RIBS WITH CHIMICHURRI
SAUCE** ✓

BEEF DRIPPING MASH

NOT IN THE MOOD FOR A STEAK? TRY ONE OF OUR OTHER TASTY OPTIONS

✓ Vegetarian

SOTA BURGER £17

100% steak mince patty, garlic confit mayo, flat lettuce, tomato, gherkins, American cheese, mustard, smoked streaky bacon and caramelised onions. Served in a sesame bun with chips and slaw.

MOJO CHICKEN £16.25

Chicken marinated in a classic mojo sauce, served with slaw, handcut chips and chargrilled pineapple.

SOTA VEGGIE BURGER ✓ £15

A 6oz plant-based patty served with flat lettuce, SOTA relish, American cheese, chargrilled red pepper and mushroom ketchup. Served in a sesame bun with chips and slaw.

NIÇOISE SALAD £12.75

(ADD RUMP STEAK 100G +£5)

Roasted potatoes with sunblush tomatoes, green beans, capers, olives, shallots. Served with soft boiled eggs and tossed in a basil citric dressing.

WHISKEY SHORT RIB OF BEEF £18

Served with beef dripping mash, cavolo nero, baked shallot and a whiskey jus.

MARKET FISH OF THE DAY POA

Please enquire with a team member

KIDS MENU

**ALL
£7.25**

CHARGRILLED CHICKEN BREAST, FRIES & PEAS

STEAK MINCE CHEESEBURGER, FRIES & PEAS

HOMEMADE FISH FINGERS, FRIES & PEAS

HALF A RUMP STEAK, FRIES & PEAS

Unfortunately, it's not possible to guarantee that any product is 100% free from allergens due to the risk of cross contamination in our busy kitchens. Always tell us about any allergies or intolerances that you have before you order. We will provide you with a detailed Matrix of our dishes and ingredients.





We pride ourselves on the premium quality of our food at the most affordable price for you. Feedback showed you wanted ethically sourced, freshly made British produce – so that’s what you get.

At SOTA, the only thing good enough is the best. We wanted that to echo into who we work with. Take a look below at what makes us proud of our SOTA family, and what you’re getting on your plate...

OUR MEAT

Our meat is the reason we’re here, so we had to get this right.

As a small independent business, supporting our British farmers was imperative alongside finding the most premium cuts of meat. For our Bristol branch, we chose Philip Warrens Butchers based in Cornwall. Here, they pour dedication and passion into the farming and butchering process alike. They’ve been awarded Q Guild status which recognises them as a leading quality butchers in the UK. All the animals used are reared as free-range, have been grazed on a traditional local farm, then matured and prepared by skilled and knowledgeable staff.

It was important for us to honour the local farming in Wales for our Cardiff site, too. We teamed up with the incredible Neil Powell master butchers. This family-ran company ensure the beef cattle are predominantly grass fed, with a diet that is 100% home grown on feed derived from Herefordshire pastures.

At SOTA, we ensure our meat suppliers are ethical in their practice, and the meat is never a frozen product. Investing in our local communities and ecosystems, we make a promise to you that there is a maximum of 150 miles travelled from field directly to your plate.

OUR FISH

We pride ourselves on premium produce across the board, not just our steak. Our fish is supplied by Kingfisher Based in the heart of the South West, they supply fresh fish and quality seafood across the South of the UK. Their premises are located near Brixham, with a prime coastal position next to The World Famous Brixham Fish Market. This means their local seafood is sourced directly from Brixham and along South Coast.

THE SCIENCE OF OUR COOKING

Ever wanted to know the secret to a perfectly cooked SOTA steak? If you’re good at keeping secrets, here’s the lowdown...

We took a scientific approach to our cooking. Why? The variants of how a ‘medium-rare’ steak should be cooked were too vast, and we wanted to ensure a consistency and speed to our service. With that in mind, we took to a cooking practice called ‘sous vide’. Here, the majority of the cooking process is done in a water bath and it’s finished to your liking on the grill.

But what does this mean for your steak? The incredible flavour of the meat is often lost if maximum time is spent under flame. Having minimal time on the grill enhances the flavour. The process also lends itself to a lack of shrinkage in your meat, which also retains the flavour and keeps it as succulent as possible.

Everything is managed under a specific time and heat for a desired finish, so these consistent results will ensure that your meat is cooked to your liking, and not how the chef wants you to have it!



HOW DO YOU LIKE YOUR STEAK COOKED?

RARE

A red centre and very soft, cooked to a temperature of between 50 and 54 degrees.

MEDIUM WELL

A small amount of pink with grey/brown edges in the middle, cooked between 65 and 70 degrees.

MEDIUM RARE

Warm red centre with pink edges and firmer texture. Cooked to between 55 and 57 degrees.

WELL DONE

Gray/brown throughout and cooked to above 70 degrees.

MEDIUM

Pink centre, firm and cooked to between 60 and 63 degrees.

IF YOU’RE STILL UNSURE, THEN JUST ASK OUR EXPERT WAITING STAFF!

TIPPING POLICY

Our service charge is optional and should reflect how you feel about the quality of service. If you have enjoyed your meal and happy with the service, we have suggested a 10% tip. It is your choice whether you pay this or not. Please ask for it to be removed if you feel the need to. 100% of your money goes to the staff including the waiting and kitchen team. The money is distributed on a fair percentage basis. Thanks for reading, and enjoy your meal!



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