

LOS ARGENTINOS

STEAKHOUSE & GRILL RESTAURANT

ENTRADAS/STARTERS

1. Pan de Ajo £2.50
garlic bread
2. Nachos £4.95
tortilla chips topped with melted cheese. Sour cream, guacamole and sweet chilli sauce served on the side.
3. Empanadas de Carne £4.95
pastry stuffed with flavoursome Argentine minced beef
4. Calamares al Ajo £4.95
grilled squid - marinated with aji molido, garlic and oregano
5. Provoleta £5.95
grilled premium provolone cheese - marinated with aji molido, garlic and oregano
6. Pimiento Relleno de Carne £4.95
grilled bell pepper stuffed with flavoursome Argentine minced beef
7. Gambas a la Parrilla £7.25
grilled king prawns - marinated with aji molido, garlic and oregano
8. Chuleta de Cordero £7.25
grilled lamb chops marinated in authentic Argentine spices

GUARNICIONES/SIDE DISHES

9. Papas Fritas £2.50
french fries
10. Batata Fritas £3.25
sweet potato fries
11. Papa Asada con Mantequilla £2.55
baked potato with butter
12. Papa Asada con Crema £2.55
baked potato with sour cream
13. Choclo con Mantequilla £2.95
corn on the cob with butter
14. Cebollas Fritas £2.95
fried onions
15. Arroz £2.95
plain rice
16. Verduras a la Parrilla £2.95
grilled mixed vegetables
17. Esparragos a la Parrilla £3.25
grilled asparagus
18. Champinones a la Parrilla £2.95
grilled mushrooms
19. Anillos de Cebolla £2.95
onion rings

ENSALADAS/SALADS

20. Verde £3.50
cucumber and walnut salad
21. Tomates £3.50
tomato and onion salad
22. Mixta £3.50
mixed salad with classic dressing

SALSAS/SAUCES

23. Spiced Tomato £1.00
24. Peppercorn £1.00
25. Garlic Herb Butter £1.00
26. Blue Cheese Hollandaise £1.25
27. Mushroom Cream £1.00
28. Bearnaise £1.00
29. Garlic Mayonnaise £0.95
30. Brown £0.95
31. BBQ £0.95

PESCADOS/SEA FOOD

Served with French Fries or Baked Potato.
Sauces come on the side.

32. Gambas a la Parrilla con Ajo Mayonesa £17.95
grilled king prawns - marinated with aji molido, garlic and oregano. Served with garlic mayonnaise
33. Salmon a la Parrilla con Bearnesa £17.95
grilled salmon served with bearnaise sauce
34. Besugo a la Parrilla con Mantequilla de Ajo... £16.95
whole grilled sea bream in a dry rub marinade of aji molido, garlic and oregano. Served with garlic butter
35. Filete de Lubina con Mantequilla de Ajo £16.95
grilled seabass fillet served with garlic butter

POLLO Y CORDERO/CHICKEN & LAMB

Served with French Fries or Baked Potato

36. Pollo a la Brasa £15.95
grilled chicken marinated in authentic Argentine spices
37. Chuleta de Cordero £17.95
grilled lamb chops marinated in authentic Argentine spices
38. Plato Fiesta £16.95
grilled chicken & grilled lamb chops

IF YOU HAVE ANY FOOD ALLERGIES,
PLEASE INFORM STAFF FOR ADVICE

PLATO'S ESPECIAL/SPECIALTY DISHES

Served with French Fries or Baked Potato.

Sauces come on the side

39. Bife a la Pimienta £16.95
275g rump steak served with peppercorn sauce
40. Bife al Ajo £16.95
275g rump steak served with garlic butter
41. Bife al Tomate £16.95
275g rump steak served with spiced tomato sauce
42. Bife Champinones a la Crema £16.95
275g rump steak served with mushroom cream sauce
43. Bife de Chorizo al Queso £17.95
275g sirloin steak served with blue cheese hollandaise
44. Bife de Lomo a la Bearnaise £22.95
275g fillet steak served with bearnaise sauce
45. Pincho de Argentinos £16.95
grilled cubed beef, onions and red pepper skewer
46. Bife con Hueso £22.95
t-bone steak
47. Menu Vegetariano £16.95
corn on the cob, grilled mixed vegetables and rice
48. El Chiquito £9.95
children's menu - chicken or steak.
Only served to 13 years of age or under

COMBINACIONES

Served with French Fries or Baked Potato

49. Mar Y Tierra £22.95
fillet steak and grilled king prawns
50. Sur £22.95
sirloin steak and grilled salmon
51. Carne Pescados £22.95
rump steak and grilled calamari (squid)
52. Combinacion de la Casa £22.95
sirloin and rump steak
53. Combinacion Ranchera £23.95
fillet and sirloin steak
54. Plato Porteno £22.95
fillet and rump steak
55. Tres Carnes £25.95
fillet, sirloin and rump steak
56. Parrillada Mixta (para uno) £25.95
mixed grill for one - complete Argentine meat experience consisting of different cuts of meat, grilled lamb chops & grilled chicken. Served with peppercorn sauce.
57. Parrillada Mixta (para dos) £45.95
mixed grill for two - complete argentine meat experience consisting of different cuts of meat, grilled lamb chops & grilled chicken. Served with a classic of trio sauces.

SOLO CARNES/STEAKS

Side dishes not included

58. 250g Rump Steak £13.00
59. 350g Rump Steak £17.00
60. 450g Rump Steak £21.00
61. 250g Sirloin Steak £14.00
62. 350g Sirloin Steak £18.00
63. 450g Sirloin Steak £22.00
64. 250g Fillet Steak £21.00
65. 350g Fillet Steak £25.00
66. 450g Fillet Steak £29.00
67. 250g Ribeye Steak £15.00
68. 350g Ribeye Steak £19.00
69. 450g Ribeye Steak £23.00

CHIMICHURRI

A refreshing sauce with slightly pungent and tangy notes. Recommended with your dishes. Served with the main course.

Los Argentinos choice of delicious Argentinian cuts grilled expertly to your preference.
How would you like your steak?

BLUE

Seared on the outside, completely red and cool throughout

RARE

Seared on the outside with the meat being bright red.
Centre is slightly cool.

MEDIUM RARE

Seared on the outside with the centre being red,
slightly firmer than rare.

MEDIUM

Firm with pink centre.

MEDIUM WELL

Small amount of pink in the centre.

WELL DONE

No pink and the steak being completely firm.

RUMP - comes from the lower back area of the cow. Relatively lean but a tasty cut.

SIRLOIN - comes from the upper middle of the cow. Tender and well-marbled with fat on the side.

FILLET - the most premium cut. Extremely tender and lean.

RIBEYE - comes from the cow's rib section. Due to the pockets of fat throughout the meat, it has a wonderful rich flavour as well as a tender texture.

TBONE - sirloin on one side and fillet on the other, separated by a T shaped bone - best of both worlds, some say.



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