



FOOD

WELCOME TO SOUNDS ON WEST

Sounds is the offshoot of Six String Brewing Co, so not only are we local, but we take great pride in supporting Australian artisan producers, suppliers and ingredients (including herbs grown right in our backyard). Live music exclusively supports the Coast's local talent and our wines and brews are sourced purely from Australian wineries and distilleries.

SLOW & LOW SMOKIN' BBQ ALL DAY LONG.

Our menu is simple and always evolving. Stop by for a dose of our Sounds Secret Recipe BBQ sauce or to see what the chef has jammed in the 10-hour smoker.

Inside, Sounds pays homage to the building's industrial past, with a garage-meets-butchery feel. (Perfect for kicking back with mates.) Outside, there's always a weekend vibe in the garden. (Plenty of space for kids to be kids.)

SOUNDS ON WEST. SMOKIN' MEATS AND LOCAL BEATS SINCE 2015.

V – Vegaterian

DF – Dairy Free

GF – Gluten Free

This menu is prepared & cooked in the same kitchen as
meat, dairy & gluten products.
All care taken

SNACKS

- Jalapeno Cornbread (V)** \$9
A southern staple with a bit of a kick!
- Frickles (V)** \$8
Pickles & Jalapenos dropped in panko crumbs & French fried, served with a blue cheese ranch sauce
- Bocconcini Balls (V)** \$12
Crumbed mozzarella cheese is French fried with green tomatoes and raisin chutney
- Southern Fried Chicken Wings** 3/\$9 6/\$15
Chicken wings tossed in 'Franks' hot sauce, served with celery, carrot & a blue cheese ranch

LIGHT MEALS

- Brisket Sandwich** \$16
Slow & low smoked brisket with American cheese, sauerkraut & Sounds secret BBQ sauce
- Wagyu Grass Fed Beef & Cheese Burger** \$18
180g beef patty, char-grilled medium with American cheese, special sauce, served on a milk bun & a side of shoe-string fries
Double the patty & cheese \$23
- Korean Fried Chicken** \$16
Chicken 'Ribs' fried with a sticky, spicy Korean sauce, crushed peanuts & a fermented cabbage slaw
- BBQ Brisket Fries (DF)** \$13
A meaty gravy, made in house from our smoker & hand cut chips
- Wood Smoked Mushrooms & Potato Gnocchi (V)** \$18
Seasonal mushrooms kissed by the smoker, handmade potato dumplings panfried with a truffled butter
- Bangers & Mash** \$18
Lightly smoked local sausages (Edwards Butchery, Woy Woy) with mash potato, burnt end gravy & sweet housemade onion jam

SIDES

Parmesan Truffle Fries (V)	\$12
Cheesy umami flavoured home cut fries	
Charred Greens (V,GF)	\$12
Selection of market greens, hot wok fried, with a butter made from the SOW garden herbs	
Burnt Ends Beans (GF,DF)	\$12
The bits on the end of the brisket are prized for their flavor, we save them & make our 4 bean chilli	
Shaved Fennel Slaw (V,GF,DF)	\$9
Seasonal raw vegetables, lemon & Canadian maple dressing	
Mexican Roasted Corn (V,GF)	\$9
Mexicans call this Elotes. chargrilled fresh corn, crema, chilli & coriander	
Mac & Cheese (V)	\$13
Gruyere, parmesan & cheddar with truffle cheese crumbs	
Grilled Asparagus (V,GF)	\$12
Char-grilled & dressed with lemon & parmesan	
Buttermilk Mash & Brisket Gravy (GF)	\$12
Potato & Gravy the way KFC wishes they could do it	
Roast Beetroot & Rocket Salad (V,GF)	\$14
A spring salad with bocconcini, toasted sunflower seeds & a balsamic dressing	

FROM THE SMOKER

Slow smoked daily in house with SOW spice rub
Served with coleslaw, fresh pickles and sauce

Brisket (GF,DF)	\$23
Black Angus beef, 100% grass fed & free range	
Beef Short Rib (GF,DF)	\$28
Black Angus beef, 100% grass fed & free range	
Pork Ribs (GF,DF)	\$35
U.S. style Spare Ribs grilled in our Secret Sounds Sauce	
Chicken Maryland (GF,DF)	\$22
Lighty smoked and served with Alabama White BBQ sauce	
Pulled Pork (DF)	\$22
Slow cooked in Six String beer & cider	
Share Plate	\$70
(For two or one hungry person!)	
Choice of any two smoked meats & two side	
Served with jalapeno cornbread, local sausage, coleslaw, fresh pickles	
Smokehouse Group Platter (Serves 4)	\$125
Brisket, smoked chicken, local sausage, beef short-rib & pulled pork served with jalapeno cornbread, coleslaw, fresh pickles & your choice of two sides	

Tomahawk Steak

This Beast of a steak is smoked, low & slow, rested then finished on our flaming grill

1 kg	\$90
1.7 kg	\$140

Pre order 24hrs in advance

Served with your choice of fries or mash & slaw

SWEET FINISH

Mr Black's mousse	\$12
Dark chocolate mousse with a splash of Mr Black's Bittersweet coffee liqueur, finished with cream & sour cherries	
Starward Crème Brulee	\$12
Vanilla and whiskey infused French style custard with bruleéd sugar on top. With biscotti on the side to finish	
Sticky Date Pudding	\$12
Made in house with caramel sauce, walnut praline & topped with ice cream	
House Doughnuts	\$12
Cinnamon sugared, dulce de leche, & ice cream	
Gelato Medley	\$12
A mixture of our rotating gelato Flavours	

DESSERT COCKTAILS

For when you've over indulged and need to drink your dessert

Irish Martini	\$14
House Made Baileys and Starward Whiskey (VIC)	
Affogato	\$14
Made with Mr Black Coffee Liqueur (NSW)	
Turkish Delight	\$16
Hunter Distillery Turkish Delight Liqueur (NSW) and Crème De Cacao	

COFFEE & TEA

Espresso	\$3
A Selection of Tea	\$3.5