
STEELED WITH APPROVAL
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ABOUT US

SWA- STEELED WITH APPROVAL LTD

We are a family run, community focused smokehouse. That takes our mix of Canadian and British backgrounds with the history of American BBQ to the next level. Our passion has and always will be food and giving back to everyone we meet. We aim to disrupt the typical ideals of food and show how much fun cooking is and the taste of love.

RC SEEKERS

Using traditional skills passed on from past generations, along with current-day cut's, we aim to give personalized service. We have kept our traditional methods of hanging and ageing out met. This helps us deliver tender cuts with a dull flavour. We also source a majority of our meat from right here in Sussex, reducing our food miles, environmental impact, and most importantly, the stress levels on animals. We also are trying to help the planet with our packaging solutions, like our gum sealed paper bags and home compostable carrier bags, we can also pack your meat in any sealable container - supplied by you.

ANGUS & OINK

We believe that you don't have to be a chef to shine in the kitchen. You just need the right attitude, and punch of flavour. We bring you real spice blends we've tasted on our travels that zing with true flavour. We are a team dedicated to full flavour and giving people as authentic of an experience as we can deliver through our blends.

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PIT SMOKED

Please discuss with staff any allergens or dietary restrictions. We do our best to keep our kitchen clean of common allergens, although we cannot guarantee that our food and products are 100% allergen free. Our food and products may contain or may have been in contact with allergens.

Brisket
12 hour low and slow smoked brisket, seasoned with Meat Co. Lab's Sweet Bones & Butts rub. Have a deep bark, rich smoke flavour in the melt-in-the-mouth slice(s). Served with house slaw, pickles, and seasoned fries.

Single (1 Slice)	£6.00
Double (2 Slices)	£9.00
Triple (3 Slices)	£12.00

Baby Back Ribs
4 hour smoked pork ribs coated in Pigasus rub from Meat Co. Lab. Tender, fall off the bone, packed with bold BBQ flavour. Served with house slaw, pickles, and seasoned fries.

Single (1 Bone)	£15.00
Double (2 Bones)	£18.00
Triple (3 Bones)	£23.00

Dino Ribs
Beef Ribs - Dino sized - smoked for 6 hours with Dirty Cow BBQ rub from Meat Co. Lab. A big bark with deep smoke and rich beef flavour. Served with house slaw, pickles, and seasoned fries.

Single (1 Bone)	£18.00
Double (2 Bones)	£23.00
Triple (3 Bones)	£28.00

Pork Belly
Slow- smoked pork belly with a crisp bark and buttery soft centre. We use Meat Co. Lab's Black Gold Supercharged as the dry rub. Finished with a light glaze of house BBQ sauce. Served with house slaw, pickles, and seasoned fries.

	£13.00
Upgrade to a Large	+ £5.00

Smoked Beef Burger
Smoky 100% beef patty seasoned with Meat Co. Lab's Black Gold Supercharged rub. GF bun, with cheese, lettuce, tomato, caramelized red onions, and house made vegan Pit Master Mayo. Served with seasoned fries.

	£13.00
Extra cheese	+ £1.00
Extra patty	+ £2.00

Crispy Chicken Burger
Our crispy chicken with Meat & Co. Lab's Buffalo Soldier, GF bun, with cheese, lettuce, tomato, caramelized red onions, and house made vegan Smoky Rose sauce. Served with seasoned fries.

	£13.00
Extra cheese	+ £1.00

Jack Fruit Burger
Jackfruit shaped patty glazed with BBQ sauce and seasoned with Meat & Co. lab's Black Gold Supercharged rub, GF bun, with cheese, lettuce, tomato, caramelized red onions, and house made vegan White Smoke Aioli. Served with seasoned fries.

	£12.50
Extra cheese	+ £1.00

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FEAST BOARDS

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Pit Master Deluxe
Serves 2-3 — £45.00

3 slices of brisket, 4 porky belly bites, 4 wings (flavour of your choice), and4 baby back ribs. Served with house slaw, pickles, seasoned fries, and 2 sauces of your choice.

Share Feast
Serves 4-6 — £65.00

6 slices of brisket, 8 porky belly bites, 8 wings (2 flavours of your choice), half rack of baby back ribs, and 2 dino ribs. Served with house slaw, pickles, mac & cheese, seasoned fries, 3 sauces of your choice.

Feast Master
Serves 6+ — £95.00

8 slices of brisket, 10 porky belly bites, 10 wings (2 flavours of your choice), full rack of baby back ribs, and full rack of dino ribs. Served with house slaw, pickles, large mac & cheese, and large seasoned fries, and 4 sauces of your choice.

WINGS

Portion is 10 wings — £10.00

Pit Master	Sweet Heat
Hot Rooster	After Burn
Kick'n BBQ	Plain

SAUCES

Pit Master Mayo	£1.00
Smoky Rose	£1.00
White Smoke Aioli	£1.00
Homestead Ranch	£1.00

SIDES

Seasoned Fries	£2.50
Mac & Cheese	£10.00
House Slaw	£2.00
Pickles	£1.00

ICE CREAM

Vanilla
Strawberry
Chocolate
Salted Caramel
White Chocolate Raspberry Cheesecake

1 Scoop £2.00
2 Scoops £3.50
3 Scoops £5.00