



BARRISTERS

RESTAURANT

Menu



Good Food - Great Wine - Warm Friends

October 2011

Salads

	<i>Small</i>	<i>Large</i>
Beetroot & Roasted Butternut Salad Fresh rocket tossed with beetroot, roasted butternut, caramelized cashew nuts and feta cheese; drizzled with a balsamic reduction.	R35	R55
Newlands Village Salad Mixed salad leaves with feta cheese, onions, cucumber, tomatoes, olives, toasted sesame seeds and peppadews.	R35	R55
Roquefort Salad Fresh rocket tossed, with sliced mushroom, crispy bacon pieces, croutons and blue cheese; smothered in a creamy blue cheese dressing.	R45	R65
Cajun Chicken Salad Chicken strips, pan-fried in Cajun spices, served with garden greens, olives, Feta and avocado.	R45	R65
Calamari Salad (Masala or Crumbed) Crumbed or grilled; served on a bed of greens, with oven roasted vegetables.	R45	R65
Rare Beef Salad Rare beef fillet thinly sliced and served on wild rocket, with caramelised onions, camembert roasted cherry tomatoes; drizzled with a balsamic reduction.	R55	R75
Salmon Trout Salad Smoked salmon trout served on a bed of lettuce, with tomatoes, capers and peppers; with a lemon dressing.	R55	R75

Salad dressings available on request from your Waitron

Vinaigrette – Barristers Dressing – Balsamic Vinegar and Olive Oils



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Starters

- Deep Fried Camembert** R55
A wedge of camembert, crumbed and deep fried; served with cranberry jelly and melba toast.
- Masala Chicken Livers** R55
Chicken livers sautéed with smoky bacon, garlic, masala and cream; served with fresh bread.
- Hot Bull** R55
Pan fried cubes of beef in a hot chilli sauce with a drop of cream; served with fresh bread.
- Cardiff Escargot** R55
Snails, gently pan fried with bacon and mushroom; topped with a white wine and garlic cream sauce and served with brown bread.
- Pan Fried Prawns** R65
Six tiger prawns, pan fried in garlic and ginger butter; served in our unique copper pan on a traditional Barristers brass burner.
- Calamari Starter** R50
Calamari, crumbed and deep fried with tartaré sauce or grilled in a masala paste.
- Roquefort Brown Mushroom** R50
A large brown mushroom, battered and deep fried; served with a garnish of rocket and a tangy Roquefort sauce. A light and incredibly delicious starter.
- Smoked Chicken Phyllo Basket** R50
Smoked chicken marinated in a sweet chilli and ginger sauce; served in a phyllo pastry basket.



CHEFS RECOMMENDATIONS

Our speciality dishes have been tried and tested over more than thirty years and are very popular with our regular Guests. All the Chefs Recommendations come with a choice of starch or side salad.

Beef Espetada R105

Succulent beef cubes basted with Barristers famous basting sauce and grilled to order; served on a skewer with peppers, onions and garlic butter.

Barristers Fillet Rossini R135

Beef fillet (200g) pan-fried with mushrooms in a red wine sauce and chicken livers – *these are optional - please advise your Waiter if you do not want livers*; served in one of Barristers' traditional copper pans.

Barristers Fillet R155

Tender beef fillet (300g) topped with sautéed mushrooms, ham, garlic, black pepper, red wine and cream.

The Gavel R140

Rump or sirloin (300g) topped with sautéed chicken livers – *these are optional - please advise your Waiter if you do not want livers*, bacon, cream and Masala.

Roquefort Rump/Sirloin R140

Rump or sirloin (300g) topped with our delicious Roquefort sauce.

Madagascar Rump/Sirloin R140

Rump or sirloin (300g) topped with a creamy Madagascar peppercorn sauce.

Pepper Rump/Sirloin R140

Succulent rump or sirloin (300g) topped with our brandy pepper sauce

Pork Medallions R130

Pork fillet medallions, sautéed with garlic, mushrooms and onions in a red wine *jus*; served with your choice of starch.



FROM THE BUTCHERS BLOCK

BARRISTERS Grill Room has built up a reputation for the finest grills and steaks in Cape Town. By offering a selection of the best cuts, sourced from long standing suppliers, which are aged on site, we are able to give you an extraordinarily good steak experience.

We still use the secret Barristers basting sauce recipe, which was developed in 1980.

Please ask your Waiter for advice on the best cut of the day and we invite you to indulge yourself.

Rump or Sirloin	200g	R115
	300g	R130
	500g	R195

Fillet	200g	R125
	300g	R145
	500g	R230

T-Bone Steak	+/- 500g	R150
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Cut to order from our stock of well aged T-Bone racks

Beef Coustelllet	+/- 600g	R165
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Tender prime rib, aged to perfection and cut to order.

Picanha	half or full portion	R170	R295
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Picanha is a Brazilian term which describes a tender and delicious top cut of beef, considered by many to be the best cut due to its flavour, tenderness and method of preparation. The Picanha is deeply scored, rubbed with rock salt, rather than being basted and then grilled. Preferably served rare to medium rare and certainly not for the faint hearted.

Karoo Lamb Chops	R130
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Choice loin chops basted and grilled in our secret sauce and finished off with a hint of mint.

Pork Loin Ribs	R120
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Rack of ribs (600g) skilfully grilled and marinated in a sweet apricot and barbeque sauce.



BARRISTERS SEAFOOD MENU

Our grilled line fish is only served when we are able to source it perfectly fresh from the oceans of the Cape. All other fish and seafood offerings are sourced from reputable suppliers who support sustainable fishing programmes.

Grilled Line Fish *(Subject to availability)* R115

Chef's choice of the day, grilled to perfection served with garlic or lemon butter.

Blackened Dory R105

Pacific Dory lightly rubbed in a mixture of masala, coriander and traditional Malay spice.

Grilled Sole R125

Lightly grilled sole served with lemon or garlic butter.

Calamari R90

Tender calamari rings, grilled in masala or crumbed and deep fried.

Prawn Harvest R140

12 Black Tiger prawns sautéed in garlic butter; served in our unique copper pan on a traditional Barristers brass burner.

Seafood Pan R140

6 Tiger prawns and 6 Mussels sautéed in garlic butter and grilled hake; served with a choice of starch or side salad



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Pastas & Vegetarian

Vegetarian Platter	v	R95
A brown mushroom, dipped in Barristers secret batter, deep fried and drizzled with Roquefort sauce; A wedge of deep fried crumbed camembert, served with cranberry jelly and melba toast; Oven roasted pesto vegetables; Stir-fried vegetables		
Vegetable Stir Fry	v	R65
Stir fried seasonal vegetables in a sweet chilli, soy sauce and sesame oil dressing, topped with cashew nuts on a bed of egg noodles.		
Tomato Pesto Fettuccini	v	R65
Tomato, basil pesto and olives tossed in Fettuccini and sprinkled with Parmesan cheese.		
Beef Fettuccini		R85
Strips of beef sautéed with onions and mushrooms, red pepper pesto, fresh herbs, tossed in Fettuccini with a drizzle of pomegranate reduction.		
Mushroom & Ham Fettuccini		R75
Ham and mushrooms, sautéed with onions and cream, tossed in Fettuccini.		
Pesto Chicken Pasta		R85
Grilled chicken strips with mushrooms and roasted cherry tomatoes, basil pesto and a hint of cream and parmesan		



BARRISTERS CHICKEN

Chicken Ballantine R90

Bacon wrapped chicken fillets, filled with mushrooms and blue cheese, crumbed and topped with our famous Roquefort Sauce.

Chicken Schnitzel R80

Chicken fillets rubbed with Dijon mustard, lightly crumbed and deep fried; with your choice of sauce.

Chicken Parmesan R85

Fillets of chicken breasts, grilled to perfection in a parmesan crust; accompanied with a tomato and pesto sauce.

Barristers Chicken R90

Tender Chicken fillet topped with sautéed mushrooms, ham, garlic, black pepper, red wine and cream; served on a bed of rice

Chicken Stir Fry R85

Tender strips of chicken, tossed with pecan nuts, egg noodles and stir fry vegetables, in a sweet chilli, sesame oil and soya sauce dressing.

Chicken & Prawn Curry R90

A spicy fragrant Thai coconut chicken and prawn curry; served with egg noodles



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SIDE ORDERS

Vegetables R15

Creamed spinach and butternut or stir fried mixed vegetables

Potato Wedges R20

Small Chips R15

Grilled /Crumbed Mushrooms R30

Onion Rings R20

Sauces

Barristers ham and mushroom sauce; or
Chefs chicken liver, bacon and Masala R25

Brandy Pepper, Cheese, Cognac, Dijon Mustard, Hot chilli, Madagascar,
Monkey Gland, Mushroom, Pepper Jus, Roquefort, White Wine & Garlic
Cream sauce R18

A service charge of 10% will be added to the bill for parties of eight people or more. For our foreign visitors, we would respectfully advise that gratuities for good service, are not included in your bill and the norm in South Africa is 10% of the bill. It goes without saying that this entirely voluntary and dependant on the service you have received.

The BARRISTERS' Team is dedicated to giving you a wonderful dining experience. Our food is legendary and we always strive to ensure that you are not disappointed. Should you have any suggestions or recommendations on how we could improve your dining experience please do not hesitate to talk to us about these.

We trust that you will get home safely and visit us often and look forward to seeing you soon.



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