

BARRISTERS

RESTAURANT

“Come and join us. Pull up a chair. Have a taste. Life is so endlessly delicious.”



Menu

Barristers was established in November 1980 and has been serving the Newlands community ever since. We continue to strive to deliver good, old fashioned, honest food and great value for money. Barristers is about warm friends, traditional values and is regarded by many as an institution in Cape Town.



May 2018

Breakfast

Available until 1:00 pm

Egg Roll

A perfectly fried egg on a toasted bread roll.

Add: Bacon or cheese portion

R 30

R 15

Toasted Sandwiches

Choose any two fillings: cheese, tomato, onion, egg, basil pesto, bacon, chicken mayo, avocado pear served with chips or a salad

R 45

Mince on Toast

Rich savoury mince, served on a single slice of toast

Add a fried egg

R 50

R 6

Barristers Omelette

Three egg omelette, the best you can get! Our omelettes take time to prepare so do not order if you're in a hurry!

Choose any two fillings: cheddar cheese, tomato, bacon, mushrooms, spinach, feta, chives.

R 65

Barristers Breakfast

Two eggs to order, bacon, grilled tomato, baked beans & toast served with marmalade or jam. Served with Ceylon Tea or Americano Coffee.

R75

Full English Breakfast

Two eggs to order, bacon, grilled tomato, grilled mushrooms, baked beans, pork sausage and a toast basket with preserves. Served with Ceylon Tea or Americano Coffee.

R95



Business Breakfast, Conferences & Functions

We cater for private functions in our Tudor Room, which can accommodate up to 55 people.

A special menu can be arranged to suit your budget and your tastes, please ask our Duty Manager for more details, or e-mail us on info@barristersgrill.co.za for a quote.



May 2018

Burgers

All burgers are served with chips included in the price!

The Barristers Burger	R80
Our traditional burger, grilled to order, with onion relish, free range gherkins, tomato and a lettuce leaf to keep Mum happy. Chicken or beef – your call ... and if you'd like, we can crumb or grill the chicken breast.	
Add: Egg	R 6
Add: Bacon or cheese	R15
Hawaiian Burger	R90
The Barrister's Burger with a grilled pineapple and sweet chilli sauce.	
Camembert & Cranberry	R105
The Barrister's Burger with camembert cheese and cranberry jelly.	
Bacon & Blue Cheese	R110
The Barrister's Burger plus bacon and a creamy blue cheese sauce.	
Spanish Burger	R120
The Barrister's Burger plus caramelized onions sliced Chorizo sausage, melted cheese and grated parmesan.	
Mexican Burger	R125
The Barrister's Burger plus guacamole, sour cream and hot chilli sauce.	
Gourmet Burger	R135
The Barrister's Burger plus bacon, guacamole and feta cheese – Full house!	
Club Sandwich	R95
Bacon, cheese, lettuce, tomato, chicken mayo. Toasted and served with chips or salad.	
Steak Roll	R115
150g grilled sirloin steak, with rocket, fresh onion, tomato and a sauce of your choice.	
Additional Toppings	
Onion Ring (large), Fried Egg, Fresh Chillies	R6
Cheddar Cheese, Feta, one Chilli Popper, 2 slices Bacon , Grilled Mushrooms, Crumbed Blue Cheese, Pineapple	R15
Avocado, Chicken Portion	R20
Extra Beef Pattie – did you know why they are called “patties”?	R35



May 2018

Barristers Special Pub Lunches

Only R70.00 per serving throughout the Restaurant 7 Days a Week!

Available only for orders placed on site before 6 pm. No BYO wine or beverage allowed.

On Public Holidays R5.00 will be added to cover staff overtime costs. Takeaway surcharge add R5.

Steak, Egg & Chips

Prime sirloin 150g, with a fried egg to order and chips.

Cottage Pie

Traditional Cottage Pie served with a side salad

Chilli Con Carne

Spicy Mexican style mince served with rice and tortilla crisps. Its served mild, so ask for extra hot if you'd like.

Bangers & Mash

Pork sausages, grilled onions, butternut and creamed spinach, creamy made mash and rich gravy.

Barristers Beef Croquettes

Slow cooked beef, pulled and rolled; lightly crumbed. Served with creamy mash and your choice of sauce

Masala Steak with Mash or Rice

Grilled Onions and Steak cubes and simmered in a creamy masala sauce

The Hot Bull

Cubed beef sautéed in a tomato and hot chilli sauce with just a dash of cream. Served with fresh home baked bread.

Chicken Livers

Sautéed with smoky bacon and onions with masala paste and cream. Served with fresh home baked bread.

Chicken Schnitzel

Tenderized chicken fillets, crumbed and deep fried, served with a sauce of choice* and chips.

Grilled Chicken Breast

Tender, chicken breast covered in a sauce of choice *with chips or a side salad.

Grilled Chicken Salad

Tender chicken breast lightly grilled in either lemon butter or masala paste, or crumbed and deep fried and served with fresh garden salad, tomatoes, cucumber, olives, sliced capsicum and feta

The Barristers Burger

Our traditional burger, grilled to order, with onion relish, free range gherkin, tomato and a lettuce leaf, with chips or side salad at no extra cost! Chicken or beef - your call and if you'd like, we can crumb your chicken breast.

Additional toppings and Sauces

Onion Rings (large), Fried Egg, Fresh Chillies	R 6
Cheddar Cheese, Feta, one Chilli Popper, 2 slices Bacon , Grilled Mushrooms, Crumbed Blue Cheese, Pineapple	R15
Avocado, Chicken Portion	R25
Extra Beef Pattie	R35
*Sauces - Barristers, Monkey Gland, Roquefort, Mushroom, Garlic Butter, Hot Chilli, Madagascar, Cheese, and White Wine & Garlic	R20



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Fish & Chips

Beer battered, or grilled hake in lemon butter served with chips, tartare sauce and a wedge of fresh lemon.

Calamari

Tender calamari strips, battered and deep fried and served with tartare sauce and a wedge of fresh lemon.

Caesar Salad

Traditional Caesar salad, with cos lettuce, crispy bacon bits, anchovy fillets, capers and soft boiled egg.

Creamy Salmon Pasta

Fettuccini, salmon, leeks, chives, capers in a creamy sauce and a sprinkle of fresh parsley.

Spaghetti Bolognese

Al dente spaghetti, smothered in a rich bolognese sauce with a sprinkling of grated Parmesan.

Macaroni and Cheese

Creamy and cheesy macaroni sprinkled with paprika.

Wraps

Chicken Wrap

Grilled in either lemon butter or masala paste, or crumbed and wrapped with rocket, lettuce feta and peppers.

Hawaiian Chicken Wrap

Chicken grilled in either lemon butter or masala paste, or crumbed and wrapped with lettuce, pineapple, carrot and a sweet chilli mayo dressing.

Chicken Parmesan Wrap

Grilled chicken strips coated with parmesan cheese, basil pesto mayo, avo, lettuce and coriander.

Grilled Vegetable Wrap (V)

Grilled carrots, peppers, baby marrow with feta, avocado, lettuce with a sweet honey dressing

Chicken, Beef or Vegetable Stir Fry (can be V)

Choice of Chicken, Beef or Vegetarian tossed with cashew nuts, egg noodles and stir fry vegetables, prepared in sesame seeds and soya sauce, pineapple juice and fresh ginger.

Aubergine Au Parmesan (V)

Layers of aubergine, baby marrow, home-made tomato sauce, herbs and parmesan cheese.

Roast Beetroot & Butternut Salad (V)

Beetroot gently roasted with our oven baked butternut; tossed in fresh salad leaves, rocket, and feta, with a final sprinkling of caramelized pumpkin seed. Drizzled with a balsamic reduction.

Fridays are Pie Days – Steak & Guinness Pie with Chips and Gravy

Freshly made, but only on Fridays.

We recommend that you phone before 11:00 am (021 671 7907) to reserve a pie for your lunch as we only make 24 pies!



May 2018

Pizzas, Pasta & Vegetarian Dishes

Only available for orders placed on site before 8:00 pm. R5 surcharge on any takeaways.

Please note that our pizzas are prepared at Porters and may arrive before or after any Barristers meals served at your table.

Our pizzas are all thin based and freshly made at Porters our takeaway store next door

Pizza

Vegetarian (V) Flatbread with Hummus, aubergine, courgette, peppers and rocket	R75
Basil Pesto Cherry Tomatoes, basil pesto and mozzarella	R85
Regina Ham and mushroom	R95
Tropical Ham and pineapple	R95
The Bacon Bacon and feta	R95
The Barbeque Caramelized onion, BBQ chicken, and pineapple	R95
Pork Belly Pulled pork, bacon, jalapenos, pineapple and coriander	R115
Peri-Peri Chorizo, peri-peri prawns, peppers and sweet chilli jam	R130

Pastas & Vegetarian Dishes

Tomato Pesto Fettuccini (V) Fettuccini tossed in tomato, basil pesto and olives; sprinkled with Parmesan cheese.	R75
Artichoke Pasta Sliced artichokes, roasted aubergine, a hint of lemon served in a creamy sauce; optional Crispy bacon	R85
Aubergine Au Parmesan (V) Layers of aubergine, baby marrow, home-made tomato sauce, herbs and parmesan cheese. with a fresh salad.	R85
Creamy Salmon Pasta Fettuccini, salmon, leeks, chives, capers in a creamy sauce and a sprinkle of parsley.	R95
Chicken Pesto Pasta Grilled chicken strips, mushrooms, roasted cherry tomatoes, basil pesto and a hint of cream and parmesan.	R105
Beef & Chorizo Fettuccini Beef strips, sautéed chorizo, sun dried tomato pesto, fresh herbs, a drizzle of cream and tossed in fettuccini.	R110
Chicken & Prawn Curry A spicy fragrant Thai coconut chicken and prawn curry; served with egg noodles.	R135



May 2018

Starters

Crumbed Mushroom (V)

Crumbed and deep fried mushrooms and served with tartare sauce.

R70

Chicken Livers

Chicken livers sautéed with smoky bacon, garlic, masala spice and cream; served with Barristers home-made bread.

R70

Deep Fried Camembert (V)

Camembert (half-round) crumbed and deep fried, served with cranberry sauce, beer & balsamic caramelized onions and accompanied by Barristers' home-made bread.

R70

Roquefort Brown Mushroom (V)

A large brown mushroom battered and deep fried; served with a garnish of rocket and a tangy Roquefort sauce. Rich and incredibly delicious starter.

R70

Calamari

Calamari strips, battered and then deep fried, and served with tartare sauce and a wedge of fresh lemon

R70

Grilled and served a spicy tomato, tequila and lemon sauce.

R75

Cardiff Escargot

Snails, gently pan fried with bacon and garlic butter; topped with a white wine and garlic cream sauce and served with fresh bread.

R80



DUKE'S PLACE. — [From a Daguerrotype by BRASS.]

Salads

Newlands Village Salad (v)	R35/R55
A fresh green salad with feta, red onion, cucumber, sliced capsicum, tomatoes, peppadews, olives and a sprinkling of toasted sesame seeds.	
Greek Salad (v)	R35/R55
A fresh green salad with feta, red onion, cucumber, tomatoes, olives.	
Masala Steak and Avo Salad	R85
Steak strips grilled in Barristers Masala sauce and served on a bed of iceberg and coriander. Topped with Avo slices, caramelised cashew nuts, Roast Cherry tomatoes and red onion.	
Roquefort Salad	R80
Fresh peppery rocket, sliced mushroom, crispy bacon bits and croutons tossed together, with a snowfall of crumbled Roquefort cheese, served with a Roquefort cheese dressing on the side.	
Caesar Salad	R80
Traditional Caesar salad, with cos lettuce, crispy bacon bits, anchovy fillets, capers and halved soft boiled egg. Served with a Caesar dressing.	
...or add grilled chicken (masala, lemon butter or crumbed) and enjoy a Chicken Caesar Salad	R90
Roast Beetroot & Goats Cheese Salad (v)	R85
Goat's cheese tossed with fresh salad leaves, rocket, roast beetroot, caramelized onion and roasted cherry tomatoes.	
Barristers Roast Vegetable and Barley Salad (v)	R70
Roast Peppers, aubergine, roast onions, baby marrow and butternut. Our Barley is prepared and we add red kidney beans, sauté leeks, celery and then dressed in a light vinaigrette and a drizzle of balsamic reduction and toasted sesame seeds and cubes of Danish feta.	
Additional Toppings	
Boiled egg, Fresh Chilli	R6
Cheddar, Feta, Parmesan Cheese, crumbled blue cheese, anchovies, pineapple pieces	R15
Avocado, bacon, mushrooms or grilled chicken	R20
Grilled Sirloin/rump strips or Grilled Fillet 100g	R30/R60

All salads come with a choice of -

Traditional Vinaigrette, Creamy French Dressing, Mayonnaise, Olive Oil or Balsamic Vinegar

Please check our salad menu for more vegetarian options



May 2018

Seafood

Thai Seafood Soup

R95

Tender calamari strips, and prawn meat, fresh line fish simmered in a Barristers Thai coconut milk broth.

Calamari

Calamari strips, battered and then deep fried, and served with tartare sauce and a wedge of fresh lemon...or

R105

Grilled and served in a spicy tomato, tequila and lemon sauce

R115

Fish & Chips

R115

Beer battered, or grilled hake in lemon butter served with chips, tartare sauce and a wedge of fresh lemon.

Grilled Sole *(Subject to availability)*

R185

Sole (270 - 300g) grilled in a lemon or garlic butter.

Catch of the Day *(Subject to availability)*

R165

Chef's choice of FRESH FISH of the day - grilled to perfection in garlic or lemon butter or blackened with a Masala spice.

Chicken

Chicken Schnitzel

R105

Chicken fillet lightly crumbed with panko and deep fried. Served with your choice of sauce.

Chicken Parmesan

R105

Fillets of chicken breasts filled with parmesan cheese grilled and served with a tomato basil pesto sauce and served in our copper pan.

Chicken Stir Fry

R110

Tender strips of chicken, tossed with cashew nuts, egg noodles and stir fry vegetables, prepared in sesame seeds and soya sauce, pineapple juice and fresh ginger.

Barristers Cordon Bleu Chicken

R125

Tender chicken breasts filled with bacon and cheddar cheese, traditionally topped with a creamy caper and white wine sauce (or you may choose a sauce from the following: *Barristers Sauce, Roquefort, Mushroom, Hot Chilli, Madagascar, Cheese, and White Wine & Garlic) all served on a bed of cream spinach.



May 2018

Steaks & Grills

The Best of Barristers ~ Our Famous Aged Steak Collection

Prices below include a generous portion of any one of the following: chips, potato wedges, baked potato, mash, rice, side salad, butternut and creamed spinach or stir fry vegetables

If you do not wish to have your grill with our basting sauce, please advise your Waiter when you order

	200g	300g	500g
Rump or Sirloin	R135	R165	R275
Fillet or Ribeye	R160	R185	R305
The Rosemary Steak			Add R25
Cut of your choice from above, covered in pan fried rosemary, olive oil, black pepper & a hint of garlic.			
The "Brandy Pepper" Butter Steak			Add R25
Cut of your choice from above, served with Brandy Pepper Butter .			
Creamy Honey and Mustard Sauce			Add R25
Cut of your choice above, served with a creamy Wholegrain and English mustard sauce			
Buttery Bacon Shallot			Add R25
Cut of your choice from above served with tender buttery bacon shallots & thyme.			
The "Gavel" Steak			Add R35
Cut of your choice from above, topped with bacon, onion, cream and masala spice.			
<i>Livers are optional so please advise us if you do <u>not</u> want livers.</i>			
The Spicy Pear & Blue Cheese Steak			Add R35
Cut of your choice from above, with sliced pear that has been poached in a fragrant honey sauce, with a hint of curry; topped with crumbled blue cheese.			
The "Rossini"			Add R35
Cut of your choice from above, pan-fried with mushrooms in a red wine sauce.			
<i>Livers are optional so please advise us if you do <u>not</u> want livers.</i>			



Steaks & Grills

BARRISTERS Grill Room has built up a reputation for serving some of the finest grills 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 a special dining experience.

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

If you do not wish to have your grill with our basting sauce, please advise your Waiter when you order

The Beef Espetada R145

Beef cubes grilled to order; served on a skewer with peppers, onions and a large measure of garlic butter.

Karoo Lamb Chops R170

Three choice grade loin chops basted, grilled and served with traditional mint jelly.

Pork Ribs R185

± 600g Rack of pork ribs, skilfully grilled and marinated in a barbeque sauce.

T-Bone R185

500g cut, matured and grilled to order.

Picanha

half portion ± 450 grams R215

full portion ± 900 grams R395

Picanha is a Brazilian term which describes the tender and fatty top cut of the rump.

The Picanha is deeply scored, rubbed with rock salt, lightly basted with the famous Barristers basting and then grilled to your liking. Not for the faint hearted.

Side Orders and Sauces

Sauces - R20

Barristers, Monkey Gland, Roquefort, Mushroom, Garlic Butter, Hot Chilli, Madagascar, Cheese, and White Wine & Garlic

Chilli freshly chopped R10

Rice, potato wedges, baked potato or mash R20

Chips R25

Stir fry vegetables, butternut and creamed spinach or a side salad R30

Onion rings R30

Potato Skins with crème fraiche R30

Grilled Mushrooms R35

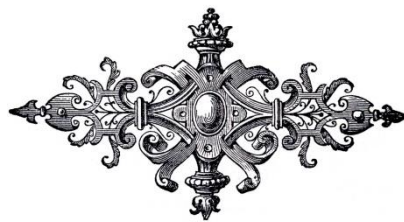


May 2018

Bar Snacks

Available All Day

Onion Rings	R35
Snack Burger	R35
Chip Basket	R35
Potato and cheese Croquettes	R40
Plain Potato Skins	R40
Beef Croquettes	R45
Crispy Cajun Skins	R55
Crumbed Mushrooms	R65
Nacho Skins - half portion	R60
Nacho Skins - full portion	R95
Chicken Wings - BBQ or Peri-Peri with chips	R75
Chilli Poppers - cheese filled poppers with a tangy mayo	R75
Chicken Basket with chips	R75
Calamari Basket with chips	R85
Rib Basket with chips	R95
Steak Strips (200g rump or sirloin) - BBQ, Rosemary or Plain	R115



A service charge of 10% will be added to the bill for parties of six people or more. For our foreign visitors, we would respectfully advise that gratuities for good service are not included in your bill.

The norm in South Africa is to add 10% of the bill as a gratuity. It goes without saying that this is entirely voluntary and dependant on the service you have received.