

BARRISTERS

RESTAURANT

Menu Winter 2022



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

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.

Menu items may contain or come into contact with Wheat, Eggs, Peanuts, Tree Nuts, and Milk.
If you are gluten intolerant, please advise your Waiter when placing your order
as we can offer limited gluten free menu.

A service charge of 10% will be added to the bill for parties of six people or more.

R10 surcharge on all takeaway containers

During load shedding we are unable to operate our chip fryer and menu items requiring deep frying are not available.

E&OE

Breakfast

Breakfasts are served from Opening Time until 13:00 every day

Bacon & Eggs

R 75

Two eggs fried, scrambled, poached, or boiled, bacon and toast, with our home-made jam.

Mince on Toast

R 80

Rich savoury mince, served on a slice of toast with a fried egg on top!

Shakshuka

R80

Traditional Mediterranean spicy tomato relish with eggs and thick cut slices of "South African chorizo" aka Village Boerewors.

Eggs Benedict

R95

Poached eggs, steakiness bacon or spinach and freshly made hollandaise sauce on toasted sourdough.

Barristers Omelets

R 95

Our three egg omelettes with any two fillings (cheddar, tomato, bacon, mushrooms, spinach, feta, chives), it takes time to prepare, so do not order if you're in a hurry!

Full English Breakfast *Served from 11:00 am to 6:00 pm*

R125

Two eggs made to order with bacon, grilled tomato, grilled mushrooms and boerewors or pork sausage.



Business Breakfast, Conferences & Functions

We cater for private functions in our Tudor Room and Courtyard.

The ideal venue for a staff meeting. No venue hire charge if a meal is ordered.

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.

You can book exclusively for your group breakfasts between 8:30 am and 10:30 am.

We do require a minimum of 10 people.

Burgers & Club Sandwiches

Prices include a serving of Chips & Onion Rings

<i>Regular Beef Burger</i>	R95
Our homemade beef patty, with fresh onion, sliced tomato, free range gherkins and a lettuce leaf to keep Mum happy.	
Add a sauce of choice: Cheese, Monkey Gland, Madagascar, Mushroom, Roquefort	R20
<i>Regular Chicken Burger</i>	R100
Tender chicken breast grilled or crumbed, with fresh onion, sliced tomato, free range gherkins and a lettuce leaf to keep Mum happy.	
Add a sauce of choice: Cheese, Monkey Gland, Madagascar, Mushroom, Roquefort	R20
<i>Cheeseburger – Beef/Chicken</i>	R110/R115
Our regular burger with cheddar, crumbled blue cheese or slices of camembert.	
<i>Vegetarian Mushroom Burger (v)</i>	R120
A giant mushroom, grilled in garlic butter, with onion, tomato, free range gherkins, lettuce, caramelised onions and sliced camembert.	
<i>Club Sandwich</i>	R120
Bacon, cheese, lettuce, tomato and chicken mayo. Toasted on white or brown bread.	
<i>Bacon & Roquefort Burger</i>	R120
Regular burger and with bacon and a rich Roquefort sauce.	
<i>Lentil & Mushroom Patty (v)</i>	R130
Regular burger with a vegan patty (mushroom, herb & lentil) fried, not grilled, with Neapolitan sauce.	
<i>Parmesan, Chili, Mushroom & Bacon Burger</i>	R135
Regular burger with steaky bacon, grilled mushrooms, parmesan cheese, chilli, thyme after time.	
<i>Caramelized Onion, Camembert & Steaky Bacon</i>	R135
This burger is exactly as described.... above, inside, and below!	
<i>Bacon & Avo Burger</i>	R145
Regular burger with steaky bacon and avocado slices; not inside, but on top!	

Additional Burger Toppings?

The list of side orders and extras is on the Chicken and Seafood page.

Starters

- Barristers Tomato Soup** R45
Neapolitan styled tomato soup. Served with fresh bread or toasted sourdough.
- Crumbed Mushrooms (v)** R85
Crumbed, deep fried and served with tartare sauce.
- Giant Brown Mushroom** R80
A blast from the past – grilled, with Napolitana sauce, creamed spinach and melted goats' cheese.
- Parma Ham Salad** R95
Shaved Parma ham tossed in mixed leaves with fresh garden greens.
Perfect with a glass of *Boschendal Rose mee*
- Chicken Livers** R85
Chicken livers sautéed with smoky bacon, onion, masala spice and cream with homemade bread.
- Baked Camembert (v) (Half round or Full round)** R70/R95
Camembert baked in olive oil and rosemary and served with our homemade bread.
- Escargot** R95
Snails, gently pan fried with bacon and garlic butter. Served with our homemade bread.
- Grilled Calamari** R85
Calamari strips grilled in chili lemon butter, or our masala paste or crumbed
- Patagonian Squid** R110
Squid tubes and tentacles lightly grilled in chili lemon butter, or our masala paste or crumbed.

Salads

- Barristers Green Salad** R75
Lettuce, courgettes, tomatoes, cucumber, sprouts, carrots, olives, avocado, feta, croutons and radish.
R55
Add any one of: Bacon, Parma Ham, Masala Steak, Grilled Chicken or Calamari
- Roast Veggies & Couscous Salad** R95
Vegetables in season tossed in basil pesto, couscous and feta.

Steaks & Grills

The Best of Barristers ~ Our Famous Aged Steak Collection

Our steaks are supplied by The Village Butcher, direct from farm to fork.

All steaks are aged for a minimum of 30 days to ensure maximum flavour and tenderness.

	200g	300g	500g
Rump	R150	R195	R315
Sirloin	R150	R195	R315
Fillet	R210	R285	R455

Speciality Steaks

a cut of your choice from above prepared in the following styles

Rosemary Steak	R30
Grilled and sprinkled with pan-fried rosemary, olive oil, black pepper and a hint of garlic.	
Brandy Pepper Butter Steak	R40
Grilled and served with Brandy Pepper Butter.	
Barristers Gavel Steak	R45
Grilled and topped with bacon, onion, cream and masala spice.	
<i>Livers are optional so please advise us if you do not want livers.</i>	
Red Wine and Mushroom Steak	R45
Grilled and served with mushrooms in a red wine sauce.	
Add Livers	R10

For the Carnivore Connoisseur

Espetada Steak	R195
Grilled beef cubes, served on a skewer with peppers, onions and a large measure of garlic butter.	
Pork Ribs (300g/600g)	R130 / R220
Pork ribs, slow cooked and marinated in our secret rib basting sauce and sprinkled lightly with sesame seed.	
Lamb Chops	R245
Three choice grade loin chops basted, grilled and served with traditional mint jelly.	
Sirloin on-the-Bone 400g	R230
Added flavour and increased moistness makes for an incredibly tender steak.	

Seafood, Chicken & Stir-Fry

Fresh Hake	R140
Fresh hake, either beer battered and deep fried, or grilled in lemon butter and served with tartare sauce.	
Grilled Calamari	R135
Calamari strips grilled in chili lemon butter or our masala paste or crumbed	
Patagonian Squid	R240
Squid tubes and tentacles lightly grilled in chili lemon butter or our masala paste or crumbed.	
Grilled Sole	R170
East coast sole grilled in lemon butter.	

Chicken

Chicken Schnitzel	R135
Chicken fillet lightly crumbed with a panko coating and served as a main course with a twist of lemon.	
Chicken Parmesan	R130
Fillets of chicken breasts grilled with parmesan cheese and served with a tomato basil pesto sauce.	

Side Orders, Sauces & Extra Toppings

All of our Main Courses are served with a complimentary portion of any one of the following:
Butternut & creamed spinach, roast vegetables, mash, rice, side salad, stir fry vegetables or chips & onion rings.

The following may be ordered as an extra to accompany any item on this menu.

Freshly chopped chili	R5
Sauces – Cheese, Garlic Butter, Madagascar, Monkey Gland, Mushroom or Roquefort	R25
Cheddar, feta or crumbled blue cheese	R15
Chips, mash, rice or onion rings	R25
Stir fry vegetables, butternut and creamed spinach, roast vegetables, side salad, avocado or bacon	R30
Grilled mushrooms, grilled calamari, beef patty or chicken breast	R45

Barristers Hearty Meals

Stir-Fry

R125

Chicken, Beef or Vegetarian stir fry, tossed with cashew nuts, egg noodles (or rice) and prepared in our Barristers soya sauce. Contains sesame seeds.

Barristers Masala Curry

R125

Chicken, Beef or Vegetable - served with egg noodles or rice.

Thai Green Curry

R125

Barristers styled Thai green curry with chicken or vegetables - served with egg noodles or rice.

Barristers Coq-au-Vin

R185

Deboned chicken thighs braised in red wine, onions, carrots, mushroom, bacon and thyme. Presented in our traditional copper pans and served with rice or mash.

Beef Burgundy

R165

Beef Bourguignon is a delicious beef stew with bacon, carrots, onions, red wine, thyme and mushrooms. Presented in our traditional cast iron pot and served with rice or mash.

Pasta

Chicken Mushroom Fettuccine

R120

Grilled herbed chicken, mushrooms, bacon with olive oil and served with crème fraiche and salsa.

Mushroom Fettuccine (v)

R120

Grilled herbed mushrooms.

Squid Fettuccine

R135

Roasted vegetables, chili, lemon squid.

Bacon & Spinach Fettuccine

R120

Spinach and bacon, a hint of cream, Barristers napolitana sauce and sprinkled with Parmesan cheese.

Fettuccine Carbonara

R120

Smokey bacon, garlic, cream and Parmesan cheese.

Fettuccine Bolognese

R120

Barristers bolognese sauce.

Aubergine Au Parmesan (v)

R120

Layers of aubergine, baby marrows, roast peppers, napolitana sauce, herbs and Parmesan cheese.

Do ask about our Monday Night Special

Barristers Special Pub Lunches

We have been serving our ever-popular Pub Lunch Specials since 2011.

Available between 11 am and 6 pm daily.

On Public Holidays we add a R10 overtime premium. Takeaway surcharge R10.

<i>Chicken, Beef or Vegetable Stir Fry</i> - With egg noodles or rice	R90
<i>Thai Green Curry</i> - A spicy fragrant Thai styled, coconut curry. With egg noodles or rice	R90
<i>Spaghetti Bolognese</i>	R90
<i>Pasta Carbonara</i>	R90
<i>Aubergine Au Parmesan (v)</i>	R90
<i>Bangers & Mash</i>	R90
<i>Chicken Livers</i> - Sautéed with smoky bacon, onions, creamy masala sauce	R90
<i>Grilled Chicken Salad</i>	R90
<i>Grilled Herbed Chicken Breast</i>	R90
<i>Grilled Calamari or Chicken Salad</i>	R95
<i>Barristers Masala Curry</i> - Chicken, Beef or Vegetable With egg noodles / rice	R90
<i>Roast Veggies & Couscous Salad</i>	R90
<i>Parmesan Chicken Wrap</i> - Basil pesto mayo, avocado, lettuce	R90
<i>Herbed Chicken Wrap</i> - Grilled, crumbed or masala; avocado, lettuce, mayo, mozzarella	R90
<i>Calamari Strips</i>	R95
<i>Cottage Pie</i>	R95
<i>Chicken Schnitzel</i>	R95
<i>Grilled Calamari Salad</i>	R95
<i>Steak, Egg & Chips</i>	R105
<i>Fish & Chips</i>	R105
<i>Toasted Sandwiches</i>	
Cheese & Tomato or Chicken Mayo on toasted sourdough, white or brown bread.	R 75
<i>Open Sandwiches</i>	R90
Rare Rosemary Steak or Grilled Herb Chicken on toasted sourdough, white or brown bread.	

Beer Food & Baskets

<i>Peanuts or Simba Chips - per packet</i>	R15
<i>Chili Poppers - each</i>	R20
<i>Olives</i>	R30
<i>Pork Crackling</i>	R25
<i>Chip Basket</i>	R40
<i>Onion Ring Basket</i>	R35
<i>Chips & Onion Ring Basket</i>	R40
<i>Potato Skins with crème fraiche</i>	R40
<i>Mozzarella Balls</i>	R45
<i>Village Butcher Biltong or Droëwors - per packet</i>	R60
<i>Quesadilla – cheddar, fresh tomato, basil pesto</i>	R80
<i>Quesadilla – siracha chicken, cheddar cheese</i>	R80
<i>Crumbed Mushrooms</i>	R75
<i>Hot Bull</i>	R90
<i>Tortilla Nachos</i>	R105
<i>Potato Skin Nachos</i>	R105
<i>Chicken Strips Basket</i>	R95
<i>Calamari Basket</i>	R100
<i>Squid Basket</i>	R125
<i>Rib Basket</i>	R125

On Rugby Days we have a great snack menu to enjoy during the game!

Ask you Server for details.