

The Baron

est. 1993



SALADS

- garden salad** 65
mixed leaves, tomatoes, avo, cucumber, parmesan shavings and spring onions
- chicken salad** 88
freshly grilled, sliced chicken breasts, served on mixed leaves
- spinach salad** 80
croutons, bacon bits, avo, egg, parmesan shavings, crispy onion chips and a vinaigrette dressing
- calamari salad with lime and coriander dressing** 90
freshly grilled calamari tubes and squid heads, served on assorted salad greens with avocado and dressed with a lime, coriander and chilli dressing
- Banting** **grilled chicken salad with sundried tomatoes and ranch dressing** 90
not your basic chicken salad and the ranch dressing is magnificent
- blue salad** 90
mixed leaves, tomatoes, egg, croutons, bacon, blue cheese and a blue cheese dressing
- greek salad** 75
mixed leaves, tomatoes, feta, olives, cucumber, onion and red pepper
- tuna salad** 88
mixed leaves, topped with tuna, mozzarella, boiled egg and croutons
- avo and biltong salad** 90
mixed leaves topped with sliced biltong, feta, peppadews and avo, drizzled with a honey mustard vinaigrette
- roasted butternut and asparagus salad** 85
roasted butternut and asparagus served with crispy pancetta, roquette, baby spinach leaves, roasted pumpkin seeds and feta cheese
- mozzarella and carpaccio meze** 80
mozzarella slices layered with fresh tomato and avo, topped with basil pesto, accompanied with beef carpaccio, topped with celery and parmesan shavings, drizzled with olive oil
- caesar salad** 88
cos lettuce leaves topped with crispy bacon, oven-crisp ciabatta croutons, boiled egg, avocado and shaved parmesan drizzled with The Baron's caesar dressing

STARTERS

- garlic bread** 40
- potato skins** 58
- soup of the day** 49
- deep fried halloumi stacked on garlic croute with roquette** 70
and drizzled with a sweet chilli sauce
- snails** 58
with a creamy garlic or creamy blue cheese sauce
- calamari** 80
grilled or crumbed, served in a garlic lemon butter or garlic peri-peri sauce or crumbed calamari rings served with tartare sauce
- Banting** **bacon-fat cherry tomatoes with bocconcini** 85
crispy bacon tossed in butter with cherry tomatoes and bocconcini cheese
- Banting** **grilled calamari with olives and cabanossi** 90
baby calamari tubes grilled with olives, cabanossi, red peppers and garlic
- garlic cheese bread** 45
- chicken trinchado** 80
strips of chicken breasts in a creamy peri-peri, garlic sauce with red and green peppers
- beef trinchado** 83
cubes of beef in a portuguese sauce of red wine, chilli and black olives
- chicken livers** 65
in a creamy peri-peri sauce with garlic
- quick "trinchado" on sautéed veg** 65 **Banting**
traditional trinchado done the banting way
- trio of carpaccio** 75
thin slices of beef, smoked springbok and kudu carpaccio drizzled with a blueberry compote garnished with parmesan shavings
- mediterranean** 75
sliced halloumi and chouriço, pan-fried in butter and lemon juice with chopped chilli and whole cherry tomatoes, with a hint of garlic, served with a toasted portuguese roll



GRILLS & ESPETADAS

all meals from The Baron's grill are served with chips or a baked potato and fried onion rings (inclusive)

Baron's rump 150 350g	new york sirloin 150 350g
Baron's super rump 190 500g	t-bone steak 170 550g
two-fifty rump 138 250g	two-fifty sirloin 138 250g
Baron's fillet SQ 250g	pork spare ribs 193
beef espatada 450g 183 generous cubes of skewered rump, seasoned with Baron's rub of crushed rock salt, cracked mustard seeds and black peppercorns, grilled to perfection and served on the skewer with a drizzling of garlic butter and fresh lemon	lime and sumac rump skewers 120 <i>Banting</i> served with a thick yogurt seasoned with lime juice, chilli and fresh coriander (sumac is a tart-flavoured spice)
<i>Banting</i> grilled harissa lamb chops with tomato and cucumber salsa 160 juicy, thick lamb chops covered with a harissa rub	liver and onions 90 strips of liver served with mashed potato, bacon and gravy
spatchcock 115 peri-peri or lemon and herb served with chips	chicken espatada 150 deboned thighs grilled with a sweet chilli basting drizzled with garlic butter

...ADD A STYLE

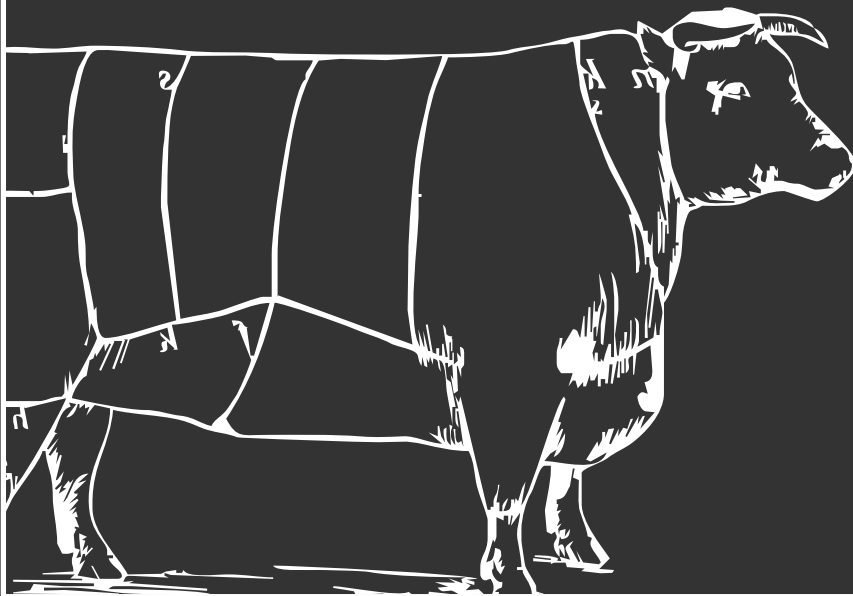
cheese slice pepper 35 topped with a slice of melted cheese and creamy pepper sauce	blue cheese 35 slices of avo and crumbled blue cheese, topped with a rich creamy blue cheese sauce
hillbilly 38 melted mozzarella and cheddar, topped with grilled bacon, avo and a fried egg	rolls royce 35 a topping of avo, guacamole and crispy grilled bacon
jalapeño 35 stuffed with chopped capsicum, mushrooms, onion and jalapeño chillis then topped with a delicious jalapeño cheese sauce	portuguese 35 served in a bowl of portuguese sauce, strong flavours of red wine, black olives, bay leaves and chilli, topped with a fried egg
siciliana 35 topped with a slice of mozzarella cheese and covered with Baron's creamy mushroom sauce	creamy garlic, with crispy garlic 33 a rich and creamy sauce with subtle flavours of garlic with crispy garlic bits

SAUCES

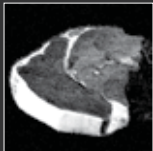
THE BARON'S GRILL

only the best quality beef is served at The Baron to guarantee the best flavour and experience

all steak cuts are well matured to ensure tenderness for maximum enjoyment and are seasoned with either The Baron's famous basting or a mouth watering crusting of crushed rock salt, cracked mustard seeds and ground black peppercorns

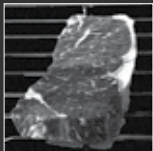


MEAT CUTS



Baron's rump

this cut comes from the backside and is well aged for extra tenderness. rump is full of flavoursome juices and can be ordered with or without fat. we recommend with fat as the fat adds to the flavour and moisture of the steak



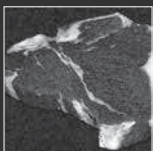
Baron's sirloin

this favourite sauce steak comes from the back and is also aged for extra tenderness. sirloin is a more compact steak cut and tends to be more tender than rump. all sirloin cuts have fat but at your request we will remove it



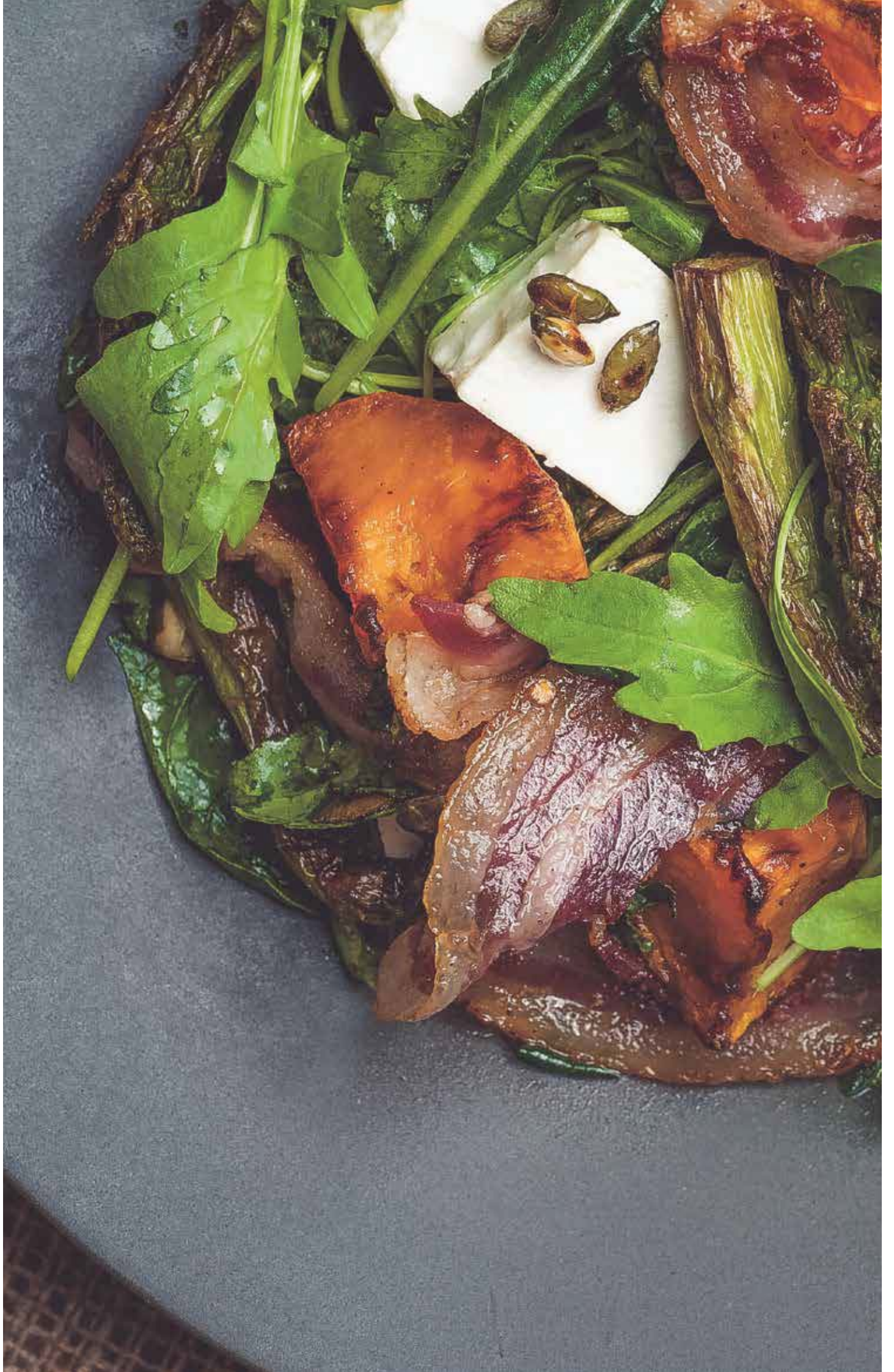
Baron's fillet

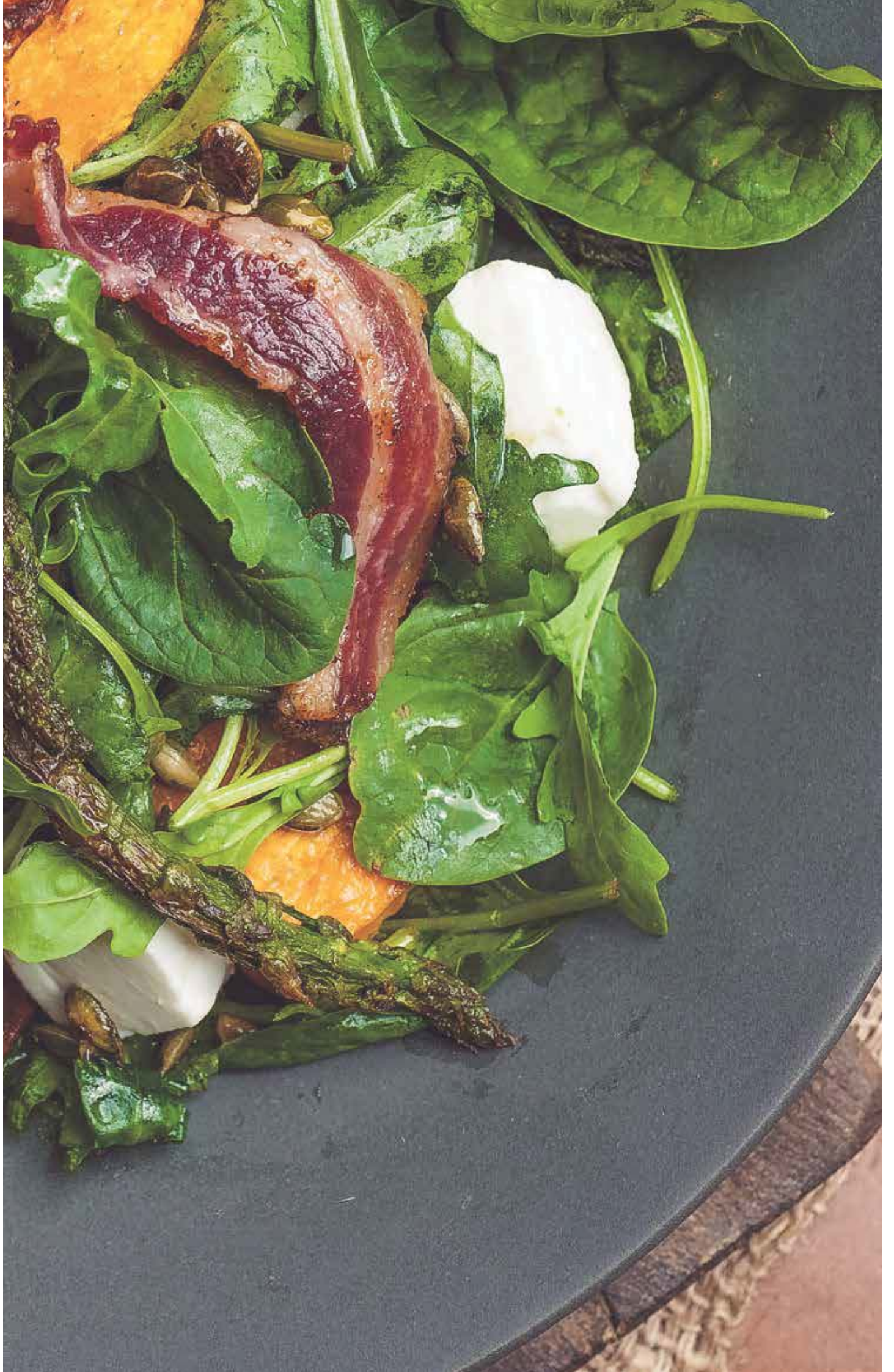
fillet is very soft and juicy. it too comes from the back but on the underside of the sirloin and is protected by the ribcage. there is no need to age fillet and this gives it a subtle fresh flavour that cannot be compared



Baron's t-bone

the best of both worlds; on one side of the t-bone, you have your tender sirloin and on the other, the soft and subtle fillet. the t-bone is aged but for a shorter period, and because it is grilled on the bone, it has a unique flavour. definitely for the hungry







TWO-FIFTY SAUCE STEAKS

all steak cuts are well matured to ensure tenderness for maximum enjoyment and are seasoned with either The Baron's famous basting or a mouth watering rub of crushed rock salt, cracked mustard seeds and ground black peppercorns

- mushroom steak** 155
creamy and tasty with an abundance of sliced button mushrooms
- pepper steak** 155
strong, creamy black peppercorn sauce with a rich beefy black peppercorn flavour
- blue cheese steak** 155
slices of avo and crumbled blue cheese, topped with a rich creamy blue cheese sauce
- siciliana steak** 155
topped with a slice of mozzarella cheese and covered with Baron's creamy mushroom sauce
- portuguese steak** 155
served in a bowl of portuguese sauce, strong flavours of red wine, black olives, bay leaves and chilli, topped with a fried egg
- creamy garlic steak with crispy garlic** 153
a rich and creamy sauce with subtle flavours of garlic with crispy garlic bits

BURGERS & PREGOS

all meals from The Baron's grill are served with chips or a baked potato and fried onion rings (inclusive)

- Baron's burger** 80
The Baron's traditional 200g pure beef burger flame-grilled to juicy perfection
- bacon and cheese burger** 90
flame-grilled cheese burger, topped with two rashers of grilled bacon
- gourmet burger** 88
220g beef burger, mixed with chopped onion and fresh thyme, flame-grilled and served with a red onion marmalade and fresh rocket
- bacon, cheese and egg burger** 95
the perfect 'brunch', melted cheese, rashers of bacon and a fried egg, perched on top of a juicy Baron beef burger
- cheese burger** 85
flame-grilled cheese burger, topped with melted cheese
- mushroom burger** 85
flame-grilled with a generous topping of a creamy, thick and tasty mushroom sauce
- cheese slice pepper burger** 90
flame-grilled cheese burger, topped with a creamy, beefy pepper sauce
- pepper burger** 85
flame grilled and topped with a creamy, beefy pepper sauce
- Baron's steak roll** 105
150g of aged sirloin flame grilled to perfection
- beef prego roll** 95
served in a spicy prego sauce with crispy chips
- chicken burger** 85
served either peri-peri or lemon and herb
- chicken prego roll** 90
served in a creamy peri-peri sauce with crispy chips

PLATTERS

- Baron's platter**
mini beef and chicken shwermas, halloumi, austrian viennas and crumbed chicken strips served with peri-peri, sweet chilli, cheese sauces and chips
for two 150 150
for four 240 240
- slider platter**
mini baron beef and chicken burgers, served with a choice of three sauces and chips
for two 150
for four 240
- seafood munchies**
crumbed calamari, squid heads and hake goujons served with the Baron's tartare sauce and chips
for two 150 150
for four 240 240
- prego platter**
mini baron beef prego and chicken prego rolls, served with chips
for two 150
for four 240





FISH

- fish and chips** 90 **SQ fresh fish of the day**
 deep-fried beer-battered hake
- calamari** 135 **85 hake goujons**
 grilled and served in a garlic lemon butter or garlic peri-peri sauce or crumbed calamari served with tartare sauce and rice
 strips of hake crumbed in seasoned bread crumbs served with crispy chips and a tangy tartare sauce
- wasabi-crusteD norwegian salmon** SQ **SQ baked line fish with lemon bacon & tomato** *Banting*
 norwegian salmon, crusted with a wasabi breadcrumb, grilled. served on wholegrain mustard mash with sautéed seasonal veg
 an absolute must try, oven-roasted, juicy and banting at its best
- 250
grilled chilli and garlic prawns
 go ahead you deserve it
Banting

CHICKEN

- parmesan-crusteD chicken breasts** 115 **105 cajun chicken pasta bake**
 served with a honey mustard sauce and a green side salad
 grilled chicken strips in a creamy cajun sauce with chopped chives and penne pasta topped with emmenthaler and parmesan, served with a side salad
- club sandwich** 110 **85 chicken tikka masala** *Banting*
 grilled chicken breast, lettuce, bacon, tomato, onion, mozzarella, avo and mayonnaise served with chips
 this popular dish can now be enjoyed whilst banting. served with cauli-rice
- spatchcock** 115 **150 chicken espatada**
 peri-peri or lemon and herb served with chips
 deboned thighs grilled with a sweet chilli basting drizzled with garlic butter
- 105
thai green curry
 a traditional green thai curry served with rice

HOT POT

- oxtail** 150 **150 lamb curry**
 braised oxtail in red wine and port with garlic, baby onions and carrots served with mashed potato
 traditional indian curry with sambals, served on the bone, accompanied with rice
- pie of the day** 85 **90 wild mushroom pasta**
 served with chips
 wild mushrooms sautéed in butter and olive oil with thyme, served on linguine pasta and topped with parmesan shavings

DESSERTS

- crème brûlée** 48 **48 ice cream and bar-one sauce**
- chocolate mousse** 48 **48 Baron's malva pudding**
- bread and butter pudding** 48 **48 chocolate brownies**
- blueberry cheesecake** 48 **48 semifreddo**