

The Baron

est. 1993



SALADS

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

STARTERS

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





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 150 150 **new york sirloin**
350g 350g

Baron's super rump 190 170 **t-bone steak**
500g 550g

two-fifty rump 138 138 **two-fifty sirloin**
250g 250g

Baron's fillet SQ 193 **pork spare ribs**
250g

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

120 **lime and sumac rump skewers**
served with a thick yogurt seasoned with lime juice, chilli and fresh coriander (sumac is a tart-flavoured spice)

Banting

Banting **grilled harissa lamb chops with tomato and cucumber salsa** 160
juicy, thick lamb chops covered with a harissa rub

90 **liver and onions**
strips of liver served with mashed potato, bacon and gravy

spatchcock 115
peri-peri or lemon and herb served with chips

150 **chicken espatada**
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

35 **blue cheese**
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

35 **rolls royce**
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

35 **portuguese**
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

33 **creamy garlic, with crispy garlic**
a rich and creamy sauce with subtle flavours of garlic with crispy garlic bits

SAUCES

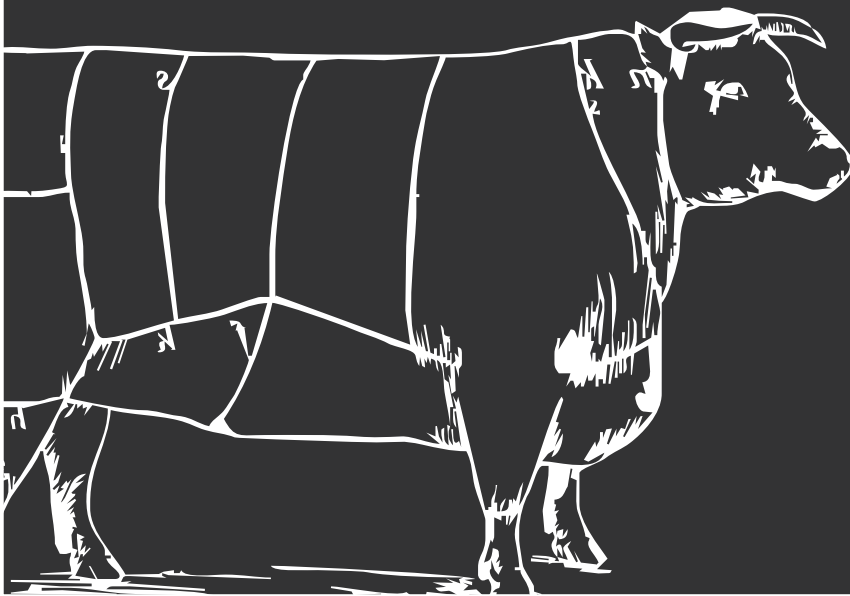
33

pepper | cheese | mushroom | monkey gland | honey mustard
creamy crispy garlic | jalapeño | madagascar peppercorn | creamy blue cheese

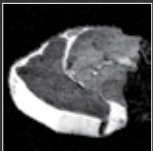
THE BARON'S GRILL

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

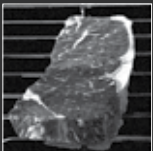


MEAT CUTS



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



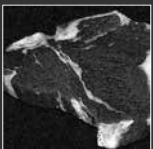
Baron's sirloin

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 shwarmas, halloumi, austrian viennas and crumbed chicken strips served with peri-peri, sweet chilli, cheese sauces and chips for two 150 for four 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 for four 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

deep-fried beer-battered hake
- calamari** 135

grilled and served in a garlic lemon butter or garlic peri-peri sauce or crumbed calamari served with tartare sauce and rice
- wasabi-crusted norwegian salmon** SQ

norwegian salmon, crusted with a wasabi breadcrumb, grilled. served on wholegrain mustard mash with sautéed seasonal veg
- fresh fish of the day** SQ
- hake goujons** 85

strips of hake crumbed in seasoned bread crumbs served with crispy chips and a tangy tartare sauce
- baked line fish with lemon bacon & tomato** SQ

an absolute must try, oven-roasted, juicy and banting at its best
- grilled chilli and garlic prawns** 250

go ahead you deserve it
- Banting*

CHICKEN

- parmesan-crusted chicken breasts** 115

served with a honey mustard sauce and a green side salad
- club sandwich** 110

grilled chicken breast, lettuce, bacon, tomato, onion, mozzarella, avo and mayonnaise served with chips
- spatchcock** 115

peri-peri or lemon and herb served with chips
- cajun chicken pasta bake** 105

grilled chicken strips in a creamy cajun sauce with chopped chives and penne pasta topped with emmenthaler and parmesan, served with a side salad
- chicken tikka masala** 85

this popular dish can now be enjoyed whilst banting. served with cauli-rice
- chicken espatada** 150

deboned thighs grilled with a sweet chilli basting drizzled with garlic butter
- thai green curry** 105

a traditional green thai curry served with rice
- Banting*

HOT POT

- oxtail** 150

braised oxtail in red wine and port with garlic, baby onions and carrots served with mashed potato
- lamb curry** 150

traditional indian curry with sambals, served on the bone, accompanied with rice
- pie of the day** 85

served with chips
- wild mushroom pasta** 90

wild mushrooms sautéed in butter and olive oil with thyme, served on linguine pasta and topped with parmesan shavings

DESSERTS

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





WINE BY THE GLASS



-- 250ML --

brampton sauvignon blanc	42	42	brampton old vine red
brampton chardonnay (unwooded)	42	45	brampton shiraz
brampton cabernet sauvignon	49	49	brampton pinotage
boschendal boschen blanc	37	54	beyerskloof pinotage
legacy (semi-sweet)	28	34	nederburg rosé
fat bastard chardonnay	59	43	excelsior merlot
porcupine ridge sauvignon blanc	42	43	excelsior cabernet sauvignon
ken forrester sauvignon blanc	53	56	guardian peak shiraz
fat bastard sauvignon blanc	59		
sophie te'blanche sauvignon blanc	59		

SAUVIGNON BLANC

brampton 126 42 ! unique flavours of guava and passion fruit with tropical fruit aromas. leaves the palate with a crisp clean finish, packed with freshness and zing	fat bastard 159 175 a powerful balanced sauvignon blanc showing good fruit texture with layers of tropical fruit. a fresh, crisp acidity follows through to a long, smooth finish
porcupine ridge 126 42 ! invigorating, juicy gooseberry and nettle flavours - very moreish	de grendel 214 fine capsicum, green fig and granny smith apple aromas. elegant and dry with crisp herb notes, firm acidity and a lingering finish
iona sophie te'blanche 176 59 ! lovely floral aromas, showing lime and mineral undertones. ripe gooseberry and pears on the palate with a fresh finish	newton johnson 205 an outstanding sauvignon blanc from newton johnson, the dynamic producer from the area of the hemel-en-aarde valley. the wine is crackingly fresh and very aromatic, with elements of citrus fruit, minerals, asparagus and fresh cut grass
ken forrester 157 53 ! typical sauvignon fruit with hints of green asparagus and an elegant structure	springfield life from stone 225 a dramatic wine full of gooseberries, elderflowers and passion fruit

CHENIN BLANC

villiera 124

intense fruit, hints of wood spice on the nose, including pineapple, guava and citrus. rich and full -bodied with good balance and a long finish

178 **beaumont**
fresh green apple, pineapple flavours with a hint of wood spice. good balanced acidity keeps the weight of the wine fresh with great length



UNWOODED CHARDONNAY

42 ! 126

brampton

pale gold, bright and lively with attractive aromas of lime and yellow fruit, tinged with fragrant spring flowers. the palate bursts with lush, ripe fleshy peach and melon fruit. a balancing citrus freshness leaves a deliciously riveting finish

WOODED CHARDONNAY

59 ! 178

fat bastard

ripe, peachy and rounded with an uplifting, clean acidity and mouth-coating finish

OTHER WHITE WINE

boschendal boschen blanc

peachy, pineapple, pear and gooseberry aromas which follow through onto a beautifully orange blossomed, lively, fruity palate

111 126

buitenverwachting buiten blanc

fruit flavours including ripe gooseberry, green peppers, green melon and hints of tropical fruit

pierre jourdan tranquille

elegant sister of brut, produced in the champenoise style, classique dry white wine

129 211

haute cabrière chardonnay pinot noir

this unique blend, which remains cabrière's flagship wine, reflects the art of blending these two noble cultivars (chardonnay and pinot noir). the healthy fruit is depicted clearly in the vital intensity of this wine with a slightly leading acidity, which performs in balance with every component of the blend



SEMI-SWEET

28 1 84

legacy

a soft semi-sweet white blend with fragrant fruity flavours and aromas

DRY ROSE

109

brampton rosé

contributions of strawberries from the merlot and mulberries from the pinotage. a crisp natural acidity ensures that the palate delivers a basket full of fresh summer fruit

SEMI-SWEET, ROSE & BLANC DE NOIR

boschendal blanc de noir

111

south africa's first blanc de noir (white from red) since 1980 exclusively made from red varieties. seductively pink with alluring ripe raspberry and spice with a succulent fruity fresh berry finish

1 34 102

nederburg rosé

intense fruit, hints of wood spice on the nose, including pineapple, guava and citrus. rich and full-bodied with good balance and a long finish

CAPE BLEND

195

beyerskloof synergy

this rich, powerful yet elegant red is a wonderful partner to red meat, game, cheese and spicy foods

BORDEAUX BLEND

boschendal lanoy

150

irresistibly smooth and juicy with weighty cabernet sauvignon blackcurrant concentration, softened by plush plummy merlot fruit and edged with spicy oak and ripe silky tannins

303 hermanuspietersfontein kleinboet

a little brother may live in the shadow of his big brother but he is every bit a person in his own right, pert and precocious, not allowing himself to be dominated, he can be impudent and mischievous, but he is everyone's favourite. an excellent example of a premium bordeaux-style blend

mulderbosch faithful hound

334

deep ruby colour. blackcurrant, coffee, nutmeg, all spice, forest floor and mulberry aromas. this follows through on the palate together with ripe plum, intense blackberry and voluptuous vanillins giving the wine great structure and complexity

323 rupert and rothschild classique

an exceptional wine with a smooth, velvety mouth-feel and subtle, elegant tannins



BOSCHENDAL

Founded 1685



RHONE BLEND SHIRAZ

325

ernie els big easy

balanced, beautiful tannin integration with great depth. obvious dark berry flavours, long and fruity

SOUTH AFRICAN BLEND

hartenberg cabernet sauvignon / shiraz 164

peppery and spicy with rich berry aromas. intense fruit flavour with vigour and a soft, smooth finish

176 **zevenwacht tin mine red**
a delicious blend of shiraz, merlot and cabernet sauvignon. crushed berries, mocha and fine cedar aromas

185 **alto rouge estate**
a medium-bodied wine with tobacco, chocolate, toast and vanilla flavours

RED BLEND

brampton old vine red 135 45 !
an original composition of rick dark berry cabernet sauvignon architecture polished by plush cherry plum merlot slickness for delicious drinking

110 **the wolf trap**
a wine with subtle fruit and well integrated tannins. rich, juicy and spicy on the palate

SHIRAZ

brampton 148 49 !
delicately balanced with rich impressions of black cherries and ripe plums. alluring floral notes, to the overt supporting wood spice that develops on the aftertaste enhancing the primary fruit intensity

305 **thelema**
robust exuberant charmer, showing ripe blackfruit, some spice and a lovely toasty finish

guardian peak 170 56 !
from the partnership of ernie els and jean engelbrecht. generous flavours with hints of spice, plum and cherry. serious class and intensity

450 **kevin arnold (waterford)**
veritas double gold. dark fruit laced with spice and hints of mocha. great mouth-feel with wonderful tannin balance

CABERNET SAUVIGNON

brampton 148 49 !
great ruby depth of colour with engaging dark chocolate, blackcurrant and cherry aromas layered with brushes of cloves and other brown spice. rich, well rounded tannins with a vibrantly long, savoury finish and mouth-watering intense fruit flavours

191 **warwick first lady**
deep intense ruby red colour. the nose shows ripe red berries, prunes and blackcurrants, complemented by sweet oak and black pepper undertones. smooth ripe round tannins make this wine easy to drink while still retaining a full body

excelsior 130 43 !
smooth tannins, ripe cassis and blackcurrant flavours, delight on this full-to medium-bodied wine

300 **springfield whole berry**
a wine with a cassis-like lushness meddled with mocha-toned oak and a silky smooth finish

MERLOT

excelsior merlot 130 43 !

a wonderful rich merlot full of juicy blackberries and mulberries, laced together by savoury vanilla fl avours. a medium-bodied wine, over-delivering in all aspects

guardian peak 170

gold medal at michelangelo for second successive year, filled with cassis and blackberry. performer bursting with high quality

porcupine ridge 131

attractive, open raspberry and vanilla nose with oak to the fore although in harmony with the berry fruit

meinert 280

a voluptuous wine, soft and rich on the palate and with a firm, long finish

PINOTAGE

brampton 148 49 ! ! 54 162

deep ruby with a purple-tinged rim, revealing liberal ripe raspberry, black cherry and mulberry aromas that follow through on a plush juicy entry well supported by savoury liquorice, clove and cardamom that finish with lashings of ripe berry fruit and lingering oak spice

beyerskloof

a complex pinotage with black and red berry flavours well integrated with the oak flavour

diemersfontein 250

intense black chocolate, cacao, coffee and butterscotch with undertones of banana and blackcurrants with a sweetness following through on the palate

PINOT NOIR

285

elgin vintners

pure cherry fruit with a fragrant background of strawberries and violets

CAP CLASSIQUE/CHAMPENOISE

boschendal brut non vintage 337

enticing lemon cream and almond biscotti precedes a soft explosion of zesty lemon and orange peel that finishes with appealing length and freshness

graham beck bliss demi sec 368

for those who don't like it dry. light yeasty aromas with hints of butterscotch, honey and praline this delectable bubbly will stimulate your sweeter senses. not yet rated in john platter's wine guide

boschendal brut rose non vintage 337

an attractive salmon pink hued sparkle with enticing crushed red berry flavours and aromas balanced by a languid creamy mouthfeel and an energetic citrus finish

graham beck brut chardonnay / pinot noir 368

light yeasty aromas, good fruit on the nose and a rich creamy complexity on the palate. fine mousse gives freshness and finesse

IMPORTED

moët et chandon brut imperial non vintage 850

french, exciting, indulgent, this is a "why not?" champagne

veuve cliquot rosé 990

an opulent display of tiny bubbles launching intriguing red berry fruit and nut fragrances and flavours with a generous complex finish

920

veuve cliquot yellow label

a medium dry, full-bodied champagne that is rich in fruit, with good body and length

Designed by: Fiddlewood Studio
www.fiddlewoodstudio.com

The Baron

www.thebaron.co.za

Sandown | Woodmead | Bedfordview | Bryanston | Fourways