



THE
◆ BEEF BARON ◆
GRILLHOUSE
◆ ◆





OUR STORY



Our history is as well-aged as our cuts, and harkens back to a simpler time when the site of our very first restaurant in Gaborone, Botswana was nothing more than a cattle field. This field was owned by the man who bears the restaurant's name and was well-known for producing the finest, most succulently-aged beef.

The Beef Baron's reputation so proceeded him, that it led to a long standing friendship with Dr David Livingstone, who not only navigated this great continent, but was also renowned for exploring the finest in culinary delicacies. This led to regular meeting of the two friends, where only the finest cuts of beef were served as they shared stories and enjoyed each other's company.

Today we celebrate and toast the reputation of The Beef Baron by sharing his legacy. Welcome to the Beef Baron Grillhouse.

A place of tender moments. Where good times are never rare.

Beef Baron - it's where people meet.



SMALL PLATES

BBQ AND PARMESAN COATED SWEETCORN RIBS (V)

Grilled over open flame basted in BBQ sauce and coated in grated parmesan - 55

SMOKED SALMON TROUT

With avocado smear, caper berries, shaved onion, horseradish crème fresh and freshly baked roosterkoek - 105

BIRD EYE CHILLI CHICKEN LIVERS

Pan fried in butter with sliced onions, bird eye chilli paste, sherry, and cream with freshly baked roosterkoek - 65

PAP AND WORS

Farm style beef boerewors pinwheel, putu pap and chakalaka - 65

BARON WINGS

Four wings flame grilled or deep fried, tossed in either Peri Peri or BBQ sauce - 70

CRUMBED HALOUMI (V)

Lightly coated in maize meal and fried crispy, with a sweet chilli jam - 70

DEEP FRIED PORTOBELLO MUSHROOM (V)

Sliced and coated with bread crumbs, deep fried and served with a dill cucumber aioli - 70

CHEESE BURGER SPRING ROLLS

With tomato chutney and Dijon mustard aioli - 70

SALT AND PEPPER CALAMARI

With dill cucumber aioli - 80

GRILLED PRAWNS

3 Queens pan-fried with lemon and garlic served in tomato chutney with freshly baked roosterkoek - 80

BEEF CARPACCIO

Thinly sliced rare beef fillet, smoked paprika, lemon, olive oil, mushrooms, shaved parmesan, micro herb shoots, balsamic vinegar and roosterkoek - 85

GARLIC AND CHEESE ROOSTERKOEK

Roosterkoek with creamy garlic butter and melted cheddar cheese - 30

SOUPS

MINISTRONE SOUP (V)

Hearty and packed with veggies and noodles - 50

SALADS

THE VILLAGE GREEK

Cucumber, peppers, tomato, onion, Feta, Kalamata olives, olive oil, balsamic and oregano vinaigrette - 85

THE BARON RARE SIRLOIN COB

Avocado, corn kernels, onion, tomato, red kidney beans, boiled egg, mixed green lettuce, cucumber ribbons, blue cheese crumble, buttermilk ranch dressing - 115

CHICKEN CAESAR SALAD

Grilled chicken breast, cos lettuce, boiled egg, garlic and black pepper croutons, fresh parmesan shavings and Caesar dressing (contains anchovies) - 105

SMOKED SALMON SALAD

Mixed greens, grilled tomatoes, onions, cream cheese, capers, fresh dill, lemon wedges and a crème fresh dressing - 125

TOMATO AND ONION (V)

Slices of tomato and onion with rock salt, crushed black pepper, olive oil and blue cheese dressing - 65

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FROM THE GRILL

Only the finest of cuts selected for your enjoyment. All our beef steaks are dry aged on the bone for up to 10 days and then wet aged up to 28 days. Steaks are flame grilled and either BBQ or Chimichurri basted, or black pepper crusted topped with herbed compound butter. All grills served with choice of 1 side.

GRILLS – MEAT TEMPERATURE

BLUE - Quickly seared on each side, but remains cool, red, and raw on the inside.

RARE - Warm red center becoming more opaque.

MEDIUM RARE - Seared with a pink to slightly red center.

MEDIUM - Deep sear with pink center.

MEDIUM WELL - Deep sear and well cooked with only a hint of pink.

WELL DONE - Completely cooked and charred with very firm texture. Not recommended.

BARON SIGNATURE PLATTER - SERVES TWO

Flame grilled platter of beef striploin, beef boerewors, lamb cutlets, chicken thigh skewer and pork ribs, served with two sides and two sauces of choice - 435

NEW YORK STRIPLOIN	200g	120
	300g	145
THICK CUT RUMP	200g	120
	300g	145
FILLET	200g	140
	300g	165
T.BONE	500g	185
PRIME RIB	700g	235

LAMB LOIN CUTLETS

Four cutlets with rosemary, olive oil and garlic rub - 205

PORK CHOPS

Two 200g succulent pork rib chops with smoky BBQ or chimichurri - 145

RIBS

Smoky BBQ or Chimichurri basted

PORK	400g	145
	800g	225
BEEF	400g	150
	800g	235

HALF GRILLED CHICKEN

Marinated and flame grilled basted with either BBQ or Peri-Peri - 105

CHICKEN ESPETADA

Deboned chicken thighs with onions and peppers - 110

BARON BEEF OR CHICKEN BURGER

200g ground steak or butterflied chicken fillet burger on brioche bun, crisp lettuce, sliced tomato, pickled cucumber, Baron burger dressing, crispy fried onion rings and shoestring fries - 85

SIDES AND SAUCES

SIDES

- // Shoestring potato fries
- // Crushed roasted baby potatoes
- // Putu Pap with tomato sheba
- // Parmesan and butter mashed potatoes
- // Mac and Cheese
- // Baron Samp with beans
- // Onion and lentil basmati rice
- // Garlic butter sautéed button mushrooms and onions
- // Crispy fried onion rings
- // Seasonal vegetables steamed and sautéed
- // Honey cinnamon roasted butternut
- // Creamed or regular steamed spinach
- // **Additional sides 35**

SAUCES 25 EACH

- | | |
|-----------------------------|-----------------|
| // Hollandaise | // Chakalaka |
| // Madagascan peppercorn | // Tomato Sheba |
| // Field mushroom | // Monkey Gland |
| // Roasted garlic and thyme | // Blue Cheese |
| // Cheddar and Dijon | // Chimichurri |

BEEF BARON FAVOURITES

CAMEMBERT SIRLOIN

300g beef striploin topped with camembert, crispy bacon and onion marmalade with crushed roasted baby potatoes and crispy fried onion rings -170

FILLET AND PRAWN

300g Fillet steak and 3 queen prawns served with crushed roasted baby potatoes and crispy fried onion rings - 225

BACON AND PEPPADEW FILLET

300g Fillet steak stuffed with peppadew and bacon, topped with a cheese and Dijon mustard sauce served with parmesan mashed potatoes and crispy fried onion rings - 200

BRIE AND BILTONG SIRLOIN

300g beef striploin grilled to your liking, topped with brie cheese, shaved biltong and coated with roasted garlic and thyme sauce. Served with choice of one side - 175

RUMP MAFIOSA

300g Rump steak grilled to your liking topped with bird eye chilli chicken livers, served with a choice of one side - 170

EISBEIN

Twice cooked pork knuckle with sauerkraut, crushed roasted baby potatoes and apple sauce - 145

CHICKEN BREAST FILLET

Stuffed with bacon and mushroom topped with a cheddar and Dijon mustard sauce served with parmesan mashed potatoes and crispy fried onion rings - 145

MUMBAI CHICKEN AND PRAWN CURRY

Chicken thighs and prawn tails in a coconut curry served with sambals, roti and basmati rice - 155

DURBAN LAMB CURRY

Deboned lamb slow cooked in a traditional curry sauce served with sambals, roti and basmati rice - 160

SLOW ROASTED LAMB SHANK

In red wine, rosemary and garlic with vegetables and creamed mashed potato - 205

BRAISED OXTAIL

Rich tomato and sherry sauce with carrots, butter beans and parmesan mashed potatoes - 165

FROM THE OCEAN

FISH & CHIPS

Pan-fried or battered and deep-fried fillet of hake served with lemon or garlic butter and shoestring fries - 110

QUEEN PRAWNS

Lightly seasoned and grilled served with onion and lentil basmati rice or shoestring fries and side of lemon, chilli and garlic butter

6 - 140 12 - 220 18 - 285 24 - 340

CALAMARI

Pan-fried with parsley, lemon and garlic, served with onion and lentil basmati rice or shoestring fries and choice of lemon or garlic butter - 140

GRILLED KINGKLIP

Kingklip fillet pan fried in lemon butter on creamed mashed potato, with spinach and honey cinnamon roasted butternut - 235

SEAFOOD PLATTER

Salt and pepper calamari, fillet of hake and 6 queen prawns served with onion and lentil basmati rice or shoestring fries and side of lemon, chilli and garlic butter - 285

BARON HERBIVORY MEALS

SPINACH AND FETA TORTELLINI

Ring shaped pasta parcels, stuffed with spinach & feta cheese, cooked in a tomato & cream sauce - 130

VEGETARIAN CURRY

Curry of chick peas, red kidney beans, brown lentils, butternut and spinach served with basmati rice and sambals - 120

MAC AND CHEESE

Elbow Macaroni in a cheddar and Dijon cheese sauce covered in melted cheddar cheese - 105

SHARED MEALS

T-BONE FLORENTINE 1.2KG – SERVED FAMILY STYLE

Sliced and served with crushed roasted baby potatoes, sauteed garlic mushrooms and onions and crispy fried onion rings - 420

THE THREE BEEF CUTS

200g Sirloin, Rump and Fillet served with a choice of 2 sides and 2 sauces - 375

CHICKEN PLATTER

Half Grilled Chicken, Chicken Espetada and 4 Baron Wings served with choice of 2 sides - 265

MIXED GRILL

200g Striploin, 2 lamb cutlets, boerewors pinwheel & 2 Baron wings served with a choice of 2 sides - 260

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FOR THE YOUNG BARONS

All meals served with choice of shoestring fries or small seasonal green salad

CHICKEN TENDERS

Strips of chicken fillet lightly crumbed - 60

FISH GOUJONS

Hake strips in a light batter with lemon butter - 65

BEEF & CHICKEN BURGER

100g beef patty or butterflied chicken fillet on a brioche bun with crisp lettuce, sliced tomato and Baron burger dressing - 70

CALAMARI

Pan-fried with lemon butter - 80

WORS

Farm style beef boerewors pinwheel - 70

BBQ AND PARMESAN COATED SWEETCORN RIBS (V)

Grilled over open flame basted in BBQ sauce and coated in grated parmesan - 55

DESSERTS

CHOCOLATE VOLCANO

A rich chocolate flavoured dessert with a molten centre baked to perfection served with a scoop vanilla bean ice cream - 65

SALTED CARAMEL

APPLE CRUMBLE TART

Granny Smith apples stewed with cinnamon and raisins, layered over a crumbed biscuit base with a dollop of French custard and drizzled with a salted caramel sauce. Served warm with a scoop of vanilla bean ice cream or fresh whipped cream - 60

BARON BROWNIE

Boston style chocolate brownie perfectly baked into a fudgy, gooey mouthfeel topped with chocolate ganache. Served warm with a scoop of vanilla bean ice cream - 60

MALVA PUDDING

Malva pudding made the traditional way using butter, fresh cream, apricot jam and a rich toffee sauce. Served warm with a crème anglaise or a scoop of vanilla bean ice cream - 60

NEW YORK BAKED CHEESECAKE

Decadent thick cream cheese and double cream, baked to perfection on a traditional golden oat biscuit base - 65

DULCE DE LECHE FLAN

Baked custard with a dark caramel sauce - 60

LOCAL CHEESE BOARD

Selection of cheese with fig and watermelon & ginger preserve, roasted nuts, savoury crackers, Melba toast - 175