

READY, SET, STARTERS

SOUS VIDE CHILLI GARLIC PRAWNS SERVED WITH CORIANDER AVOCADO PUREÉ, CUCUMBER CAVIAR, SPICED RED QUINOA AND PARMESAN CRISP _____ 139

WAGYU CARPACCIO SERVED WITH PARSLEY AIOLI, SPICY RED ONION, DILL, SOFT POACHED EGG YOLK, LANGBAKEN CHEESE AND IRON STEAK SALT _____ 105

IRON BEEF MINCED WITH MANGO CHILLI SAUCE TOPPED WITH MELTED WHITE CHEDDAR AND DRIED RED ONIONS, SERVED WITH SLICES OF CROSTINI _____ 95

WAGYU SCOTCH EGG - SOFT BOILED EGG WRAPPED IN PURE MINCED WAGYU AND COATED IN JAPANESE BREADCRUMBS, DEEP-FRIED AND SERVED WITH A WHITE ONION PUREÉ TOPPED WITH FRESH ROMESCO SAUCE, TRUFFLE AIOLI AND DRIZZLED IN TRUFFLE OIL _____ 99

BOMBAY SAPPHIRE LINE FISH CEVICHE, HORSERADISH MOUSSE, LEMON GEL, PUFFED CORIANDER CRACKER, SALMON ROE _____ 119

MEAT THE MAIN ACT

FLAT IRON STEAK - GRASS FED 200G _____ 129
Served with our house leaf salad
(Recommended temperature 60°C, Medium)

UPGRADE TO WOODVIEW WAGYU FLAT IRON _____ PLUS 266

A LITTLE SOMETHING ON THE SIDE?

WAGYU BEEF DRIPPING CHIPS _____ 35

TEMPURA ONION RINGS _____ 42

MASH AND GRAVY _____ 47

CINNAMON ROASTED BUTTERNUT, CANDIED ONION, HORSERADISH MOUSSE, CHILLI DUST _____ 65

SMASHED OVEN-ROASTED POTATOES _____ 39

CREAMED SPINACH _____ 45

APPLE, FENNEL AND WALNUT SALAD _____ 59

ROASTED AUBERGINE, TOMATO RAGOUT, BASIL, MOZZARELLA & PARMESAN _____ 49

STEAMED CREAMY CAULIFLOWER, BÉCHAMEL SAUCE, HEALEY'S & WHITE CHEDDAR CHEESE, GARLIC ASH AND FRESH CHIVES _____ 63

TRUFFLE LEEK MAC & CHEESE WITH 3 CHEESES, BÉCHAMEL SAUCE, SAUTÉED LEEKS AND TRUFFLE OIL _____ 81

MMMM, SAUCEY

PINK PEPPERCORN, EMMENTAL & SMOKED GARLIC CHEESE, CHIMICHURRI, EXOTIC MUSHROOM, HARISSA SAUCE _____ 32

HEY THERE, PUDDING!

CHOCOLATE MOUSSE, MARSHMALLOW FLUFF, RASPBERRY COMPOTE _____ 75

DARK CHOCOLATE BISCUIT, ROASTED ALMOND ICE CREAM, HAZELNUT PRALINE, BURNT MARSHMALLOW _____ 89

LAYERED MALVA MILK TART, BUTTER SHORTBREAD, CINNAMON INFUSED MILK CUSTARD, EDIBLE FLOWERS _____ 79

WHITE AND DARK CHOCOLATE SKILLET COOKIE SERVED WITH SEA SALTED CARAMEL ICE CREAM _____ 75
(ALLOW 15 TO 20 MINUTES FOR PREPARATION)

WELCOME TO

IRON STEAK AND BAR

Hey! We put a lot of effort into this. So read it!

LOVE AT FIRST BITE

Welcome to Cape Town's trendiest steakhouse, IRON STEAK AND BAR. With us you can enjoy delectably delicious, mouth-watering steaks and a great selection of wine and classic cocktails.

We do steak the right way free-range, grass-fed, hand-reared and locally sourced from carefully selected farmers and butchers. Our steaks are free from growth hormones or stimulants and dry aged to perfection. All of which is exquisitely prepared in our 400°C Spanish Vulcano Gres charcoal oven or on our open-fire charcoal grill – a first of its kind in Cape Town.

OUR FLAGSHIP STEAK - THE FLAT IRON

Our iconic Flat Iron Steak is served with a fresh salad on the side. What is a Flat Iron you ask? The Flat Iron steak is cut from the chuck of the cow and is the second most tender cut of beef after the well-known fillet steak. Its known to be well marbled and packed with flavour. It is a piece of meat that will leave you with a smile on your face.

We also have a wide selection of chef specials such as seafood, vegetarian, poultry and other specialised cuts of meat. So be sure to ask your waiter!

Get your very own mini cleaver for only R399

OUR DAILY SPECIALS BOARD

DON'T MISS OUT ON OUR GREAT SELECTION OF DAILY SPECIALS. PLEASE ASK YOUR WAITER FOR MORE INFORMATION.

We like you. So like us back!



www.ironsteak.co.za

COCKTAILS

★ CLOVER CLUB _____ 99

Bombay Sapphire Gin, raspberry syrup, lemon juice and fluffy stuff.

NEGRONI _____ 94

Bombay Sapphire Gin, Campari and Martini Rosso.

★ COSMOPOLITAN _____ 99

Absolut Vodka, Cointreau, fresh lime juice and cranberry juice.

★ CLASSIC DAIQUIRI _____ 94

Bacardi Blanca Rum, sugar syrup and fresh lime juice.

MOJITO _____ 94

Bacardi Blanca Rum, sugar syrup, mint leaves and lime wedges.

MARGARITA _____ 99

Olmea Altos Reposado, Cointreau and fresh lime juice.

★ TOMMY'S MARGARITA _____ 104

Patron Silver Tequila, Agave nectar and fresh lime juice.

WHISKY SOUR _____ 99

Dewar's 12yr Whisky, fresh lemon juice, sugar syrup and cellulose.

OLD FASHIONED _____ 99

Maker's Mark Bourbon or Bacardi 8 Rum, sugar cube and a dash of bitters.

APPLE BLOSSOM _____ 99

Dewar's 12yr Whisky shaken with fresh lime juice, house-made fruity apple masala cordial, fluffy stuff and charged with ginger beer.

CAIPIRINHA _____ 94

Germana Cachaca, limes and sugar.

★ SOUTHERN MULE _____ 104

Southern Comfort Black, ginger beer, lime wedge, topped with fresh mint.

SIDECAR _____ 94

KWV 10yr Brandy, Cointreau and lemon juice.

★ BELLINI (WINE BASED) _____ 94

Peach pureé and Martini Prosecco.

★ LIFE'S A BEACH _____ 99

A mixture of house rum shaken with guava, lime juice, mango purée and orgeat syrup.

★ SEVILLIAN _____ 99

Grey Goose Vodka shaken with fresh mango juice, a squeeze of lime and a dash of bitters. Charged with ginger beer.

Because you are already the life of the party!

MOCKTAILS

MOANING AFTER _____ 85

Pineapple juice shaken with muddled ginger, strawberry cordial and lime juice. Charged with lemonade.

★ TROPICAL PANARAMA _____ 85

A mixture of fresh guava, lime juice and mango pureé with a dash of almond syrup.

★ THE BERRY MULE _____ 85

Strawberry juice shaken with a mixed berry cordial and fresh lime juice. Charged with ginger ale.

2 FOR 1 SOCIAL HOUR!

4pm to 6pm every day. Selection of draught beers, wine by the glass and selected signature cocktails. All to go perfectly with our R49 bar bites.

Not valid on First Thursday. Terms and conditions apply. No banking, no sharing.

HIGHBALL COCKTAILS

AWESOME WATER AKA VODKA

MOSCOW MULE _____ 89

Absolut Vodka, muddled fresh lime and ginger beer

VODKA HIGHBALL _____ 89

Absolut Vodka and soda water

POLMOS _____ 89

Skyy Vodka, kiwi, cape fynbos and soda water

VODKA TONIC _____ 79

Grey Goose Vodka and tonic water

LET US WHISK(E)YOU AWAY

ELDERFLOWER COLLINS _____ 79

Dewar's 12yr Whisky, fresh lemon juice, Bottings Elderflower syrup and soda water

WHISKY HIGHBALL _____ 79

Dewar's 12yr Whisky with ginger ale or soda water

JAMESON HIGHBALL _____ 79

Jameson, masala cordial and soda water

APPLE HIGHBALL _____ 109

Maker's Mark Bourbon, fresh lemon juice, apple cider and ginger ale

BLACKTIZER _____ 79

Southern Comfort Black, Bottings apple, ginger and ginseng pureé

TE-KILLA!!

PATRONIC _____ 99

Patron Silver Tequila, fresh lime juice and tonic water

PALOMA _____ 99

Patron Silver, fresh lime juice and grapefruit soda

IRONCOLADA _____ 89

Patron Silver Tequila, fresh lemon juice, Bottings roasted coconut and pineapple pureé, sugar syrup and soda water

STRAY BULLET _____ 79

Altos Blanco, cassis and ginger beer

LET'S RUM AWAY TOGETHER

DARK & STORMY _____ 79

Bacardi 8 Rum, fresh lime juice and ginger ale

CUBA LIBRE _____ 79

Bacardi Spiced Rum, fresh lime juice and Coke

GINGER SQUARE _____ 79

Bacardi Cuatro, fresh lime juice, ginger beer and bitters

RUM & RUMBLE _____ 89

Bacardi Oro, Bottings mixed berry syrup and soda water

TO GIN OR NOT TO GIN

CLASSIC G&T _____ 79

Bombay Sapphire Gin, cucumber and tonic water

GIN FIZZ _____ 79

Bombay Sapphire Gin, fresh lemon juice, sugar syrup, and fluffy stuff

ROKU HIGHBALL _____ 99

Roku Gin, grape fruit, thyme and soda water

T&G _____ 99

Bulldog, Bottings honey rooibos reduction and soda water

GIN GIN HIGHBALL _____ 89

Bombay Sapphire Gin, fresh lime juice, cucumber, Bottings apple lemon and ginger pureé topped with soda water

RANDY BRANDY

BRANDY HIGHBALL _____ 79

Van Ryn's 12yr Brandy, soda water, sugar syrup and bitters

BOER MAAK 'N PLAN _____ 69

KWV 10yr Brandy and Coke

DALUCIOUS HIGHBALL _____ 109

D'usse Brandy, lemon juice, almond syrup and soda water

241 ON WINE BY THE GLASS

ROSÉ ALL DAY

ALLESVERLOREN TINTA BAROCCA _____ 191/48 ☆

CEDERBERG SUSTAINABLE _____ 205/52 ☆

DE GRENDEL _____ 197/49 ☆

LABORIE _____ 197/49 ☆

HAUTE CABRIERE

PINOT NOIR ROSÉ _____ 240/60 ☆

WHITE BLENDS

SARONSBERG EARTH IN MOTION _____ 169/43 ☆

VAN LOVEREN BLANC DE BLANC _____ 190/48 ☆

SAUVIGNON BLANC

STEENBERG _____ 325/80 ☆

LABORIE _____ 185/46 ☆

DIEMERSDAL _____ 200/50 ☆

PETER FALKE _____ 277/69 ☆

DURBANVILLE HILLS CAPE MIST _____ 299/75 ☆

CHARDON-HEEEEEEEY

TOKARA _____ 269

WARWICK THE FIRST LADY

UNWOODED _____ 227/57 ☆

RUPERT & ROTHSCHILD NADINE _____ 525

CATHEDRAL CELLAR CHARDONNAY _____ 245

HAUTE CABRIERE UNWOODED _____ 215/54 ☆

CAPENSIS SILENE CHARDONNAY _____ 620

SEMILLON

STEENBERG _____ 495

CHENIN BLANC

ARENDISG INSPIRATIONAL BATCH _____ 435

STRANDLOPER _____ 198/49 ☆

NEDERBURG HERITAGE HEROES

ANCHORMAN _____ 449

RED BLENDS

DIEMERSDAL CABERNET/MERLOT _____ 175/44 ☆

STEENBERG FIVE LIVES

RED BLEND _____ 346/87 ☆

THE MENTORS ORCHESTRA _____ 630

BLACK ANGUS _____ 825

ROODEBERG _____ 245/62 ☆

LA MOTTE MILLENNIUM _____ 259/65 ☆

SARONSBERG SEISMIC RED _____ 359

BOSCHENDAL NICOLAS _____ 483

MEERLUST RUBICON _____ 925

CINSAULT

PIEKENIERSKLOOF _____ 295/75 ☆

CAPE BLENDS

RETIEF CAPE BLEND _____ 282

WARWICK THREE CAPE LADIES _____ 365

CABERNET SAUVIGNON

LA MOTTE _____ 327/82 ☆

VAN LOVEREN _____ 198/49 ☆

PETER FALKE _____ 378/95 ☆

ROXTON BLACK _____ 415

STARK CONDE STELLENBOSCH _____ 610

MEERLUST _____ 745

SHIRAZ-ZLE DAZZLE

DE GRENDEL _____ 415

CATHEDRAL CELLAR _____ 379/95 ☆

SARONSBERG PROVENANCE _____ 278/69 ☆

CEDERBERG _____ 549

ALLESVERLOREN _____ 355

VERGELEGEN _____ 360/87 ☆

YOU HAD ME AT MERLOT

STEENBERG _____ 457

BACKSBERG _____ 286/72 ☆

DURBANVILLE HILLS COLLECTORS RESERVE

THE LIGHTHOUSE _____ 325/82 ☆

DE GRENDEL _____ 355

LABORIE MERLOT _____ 198/49 ☆

PINOT NOIR

DALLA CIA _____ 1 295

PETER FALKE _____ 400

HAUTE CABRIERE RESERVE _____ 530

MEERLUST _____ 695

PINOTAGE

CATHEDRAL CELLAR _____ 420

DIEMERSDAL RESERVE _____ 420

BELLINGHAM HOMESTEAD _____ 245/62 ☆

FLEUR DU CAP SERIES PREVEE _____ 452/113 ☆

CABERNET FRANC

THE MENTORS _____ 645

GARAJEEST BRUCE _____ 498

PETIT VERDOT

THE MENTORS _____ 645

SANGIOVESE

IDIOM _____ 579

MALBEC

NEETHLINGSHOF MALBEC _____ 299 / 79 ☆

LOVELY BUBBLIES

GRAHAM BECK BRUT _____ 454/110 ☆

GRAHAM BECK BRUT ROSÉ _____ 454/110 ☆

PIERRE JOURDAN BRUT _____ 369/93 ☆

STEENBERG 1682

CHARDONNAY BRUT _____ 495/125 ☆

STEENBERG LADY R VINTAGE BRUT _____ 995

PONGRACZ NOBLE DEMI-SEC _____ 420

PONGRACZ BRUT _____ 420

PONGRACZ DESIDERIUS _____ 1 049

VEUVE CLICQUOT BRUT _____ 1399

MUMM BRUT _____ 1399

MOËT & CHANDON BRUT _____ 1399

DOM PERIGNON _____ 4995

DESSERT WINE

MEERHOF STRAW WINE _____ 750/55

FLEUR DU CAP NOBLE LATE HARVEST _____ 300/32

STELLENBOSCH HILLS

MUSCAT DE HAMBOURG _____ 258/65

THE TIME CAPSULES

DE GRENDEL SIR DAVID GRAAFF 2014 _____ 3 500

ALTO SHIRAZ 2003 _____ 2 450

MEERLUST MERLOT 2008 _____ 1 950

MURTIE ANSELA VAN DER CAAB 2006 _____ 2 350

RUPERT & ROTHSCHILD

CLASSIQUE 2000 _____ 1 795

CHEERS FOR BEERS

241 ON TAP 1.5L | 500ML | 340ML

HEINEKEN _____ R150 | R59 | R44

STELLENBRAU

CRAVEN LAGER _____ R150 | R59 | R44

STELLENBRAU IPA _____ R150 | R59 | R44

AMSTEL _____ R150 | R59 | R44

BOTTLES

241 SOL _____ R45

SOL BUCKET OF 5 _____ R200

241 HEINEKEN 0.0% _____ R40

*Hey. Watch yourself!
If you feel a bit weak in the knees call an Uber please!*

Per bottle ← 000/00 → Per glass

Oooo! Look, it's Beer o'clock!