

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

## LOVE AT FIRST BITE

First of all, people who tell you there's a life beyond steak are lying. Don't believe them. Secondly, we sell the steak – and the sizzle. Hot from Spain is our new Vulcano Gres oven – a first of its kind for Cape Town and surrounds. Cooking at a perfect 350 - 400 degrees, the 'iron giant' uses a hand-selected blend of Namibian charcoal and local SA firewood to enhance flavours.

Juices, locked. Flavours, sealed. The perfect steaks. And all that on top of the finest grass-fed boutique beef with nothing but mouth-watering organic goodness. Rear pastured. Free-range. Locally sourced from carefully selected farmers and butchers. It's sustainability to the rescue with guilt-free agreeability.

For the flagship, try our iconic Flat Iron Steak with a fresh house salad on the side. It's so good, you'll want to eat the plate and bag the cleaver. But please. Let's not choke on the bone. Taking care of our equipment is the only way we can keep bringing you a steak like this for under a hundred and ten bucks. So, eat only the meat. For in case that wasn't clear. Otherwise, strike while the iron is hot!

Enjoy.

Get your very own mini cleaver for only R269



## OUR DAILY SPECIALS BOARD

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

Follow us on:    ironsteakSA

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114 Bree Street, Cape Town | www.ironsteak.co.za  
Monday to Sunday 11:00am – 11:00pm

## LUNCH MENU

Available Monday to Sunday. 11am - 6pm.

The complimentary sea salted caramel ice cream is not available with our lunch menu.

# IRON

STEAK AND BAR

### SARMIES

#### CHICKEN MAYO \_\_\_\_ R69

Slow roasted, pulled free-range chicken breast, diced cucumber, coriander and tangy mayonnaise on a slice of toasted sourdough with melted white cheddar and baby spinach

#### AVO SMASH \_\_\_\_ R69

Coriander lime avocado smash with chili feta and confit red onions on a slice of toasted sourdough, topped with sun dried tomatoes and kale chips

#### + POACHED EGG \_\_\_\_ R9

#### ULTIMATE GRILLED CHEESE \_\_\_\_ R85

Matured white cheddar & thick cut smoked bacon with creamy mustard Béchamel in between toasted brioche topped with melted Parmesan

### TORTILLA (TAW·TEE·UH)

#### GRILLED CHICKEN/FLAT IRON TORTILLA \_\_\_\_ R89

Toasted tortilla, Asian slaw, toasted almond, truffle infused Japanese mayo and onion tomato relish. Served with your choice of grilled free-range chicken or grass-fed Flat Iron steak.

### SALADS

#### WARM CHICKEN SCHNITZEL SALAD \_\_\_\_ R85

Chopped free-range chicken schnitzel tossed with cos lettuce, fresh garden peas and crispy spring onion finished with a spiced lemon garlic parsley vinaigrette

#### SUPER FOOD SALAD \_\_\_\_ R75

Red quinoa with candied red onion, cos lettuce, heritage tomatoes, roast butternut and Chimichurri dressing, finished with toasted almond seed mix

#### + FREE-RANGE CHICKEN BREAST GRILLED WITH IN-HOUSE SALT MIX \_\_\_\_ R18

#### CHARRED ORANGE SWEET POTATO SALAD \_\_\_\_ R79

Charred orange sweet potato, tender-stem broccoli, baby carrots, watercress, roasted candy shallots, sweet potato puree and toasted almonds

### EASY AS PIE

#### SHORT RIB GUINNESS PIE \_\_\_\_ R69

Slow braised short rib in a broth with caramelised onions, topped with Huguenot cheese and finished with a flaky puff pastry lid washed with smoked garlic butter.

## WAGYU BURGER

#### IRON BURGER \_\_\_\_ R139

Two 100g Woodview Wagyu patties topped with Borenaas cheese (matured for 6 months), truffle aioli and pickles. All served on our warm, toasted brioche bun with a side of Wagyu beef dripping fries.

 VEGETARIAN

 VEGAN

## ★ 241 2 FOR 1 SOCIAL HOUR! ★ 241

Buy 2 for the price of 1 between 4pm and 7pm daily. Not valid on First Thursday.  
Terms and conditions apply - No banking, no sharing.

### IRON BAR BITES ALL FOR JUST 49 BUCKS PER ITEM

To go perfectly with our  
2 for 1 Social Hour drinks.

#### KOREAN FRIED CHICKEN

Deep fried chicken thigh, dunked in  
a soy-honey-ginger glaze

#### SALT & PEPPER FRIED CALAMARI

Patagonian calamari dusted in a salt & pepper flour,  
deep fried and served with lime mayo

#### IRON SAUSAGE ROLL

Dry-aged cuts of beef, minced and wrapped in puff  
pastry, served with a romesco sauce

#### BRAAIBROODJIE

Plum tomato, Borenkaas cheese and garlic béchamel  
sauce, served on a coal-roasted sourdough sandwich  
with a spiced lemon parsley dressing

#### PORK BELLY 3-WAY WONTON

Asian style pork belly mince, wrapped in a wonton  
pastry, fried with a plum, ginger and pork rib sauce,  
garnished with salted pork skin

#### TEMPURA STYLE OYSTER MUSHROOMS

Oyster mushrooms deep-fried in a light tempura  
batter, served with a smoked salt and truffle aioli

#### BEEF BILTONG OR DROEWORS

A choice of free-range, pasture reared beef biltong OR  
South African style grass-fed and dry-aged droewors

## BAR BITES & 2 FOR 1 DRINKS MENU



7-days a week. 4pm - 7pm.

Exclusively available at Bar and High-tables.

Please note: These items are in addition to our all day menu.

## ★ 241 COCKTAILS

CLOVER CLUB \_\_\_\_\_ 59

Bombay sapphire gin, raspberry syrup, lemon juice and fluffy stuff

COSMOPOLITAN \_\_\_\_\_ 79

Belvedere Vodka, Cointreau, fresh lime juice and cranberry juice

SOUTHERN MULE \_\_\_\_\_ 79

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

BELLINI (WINE BASED) \_\_\_\_\_ 79

Peach pureé and Martini Prosecco

## ★ 241 MOCKTAILS

TROPICAL PANARAMA \_\_\_\_\_ 39

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

## ★ 241 HIGHBALL COCKTAILS

MOSCOW MULE \_\_\_\_\_ 69

Belvedere Vodka, muddled fresh lime and ginger beer

WHISKEY HIGHBALL \_\_\_\_\_ 59

Dewar's 12yr Whisky and soda / ginger ale and fresh lime

IRONCOLADA \_\_\_\_\_ 69

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

CUBA LIBRE \_\_\_\_\_ 39

Bacardi Oakheart Rum, fresh lime juice and Coke

CLASSIC G&T \_\_\_\_\_ 59

Hendrick's Gin, cucumber and tonic water

## ★ 241 WINE LIST

ALLESVERLOREN TINTA BAROCCA ROSÉ \_\_\_\_\_ 49

VREDE & LUST JESS DRY ROSÉ \_\_\_\_\_ 60

STEENBERG SAUVIGNON BLANC \_\_\_\_\_ 78

STEENBERG CABERNET SAUVIGNON SHIRAZ \_\_\_\_\_ 83

DIEMERSDAL MATYS CABERNET MERLOT \_\_\_\_\_ 42

CAVALLI BLACK BEAUTY \_\_\_\_\_ 50

GRAHAM BECK BRUT \_\_\_\_\_ 99

GRAHAM BECK BRUT ROSÉ \_\_\_\_\_ 99

MARTINI PROSECCO \_\_\_\_\_ 85

## ★ 241 BEER

1.5L | 500ML | 340ML

HEINEKEN \_\_\_\_\_ R140 | R49 | R34

STELLENBRAU CRAVEN LAGER \_\_\_\_\_ R140 | R49 | R34

LAGUNITAS IPA (USA) \_\_\_\_\_ R140 | R49 | R34

PERONI \_\_\_\_\_ R140 | R49 | R34