

## READY, SET, STARTERS

KOREAN FRIED CHICKEN, GOCHUJANG SAUCE,  
MIXED SESAME SEEDS, PICKLED GINGER \_\_\_\_\_ 99

DEEP FRIED TEMPURA OYSTER MUSHROOMS, TRUFFLE AIOLI,  
SMOKED PAPRIKA, CHILLI SALT \_\_\_\_\_ 89

BRAAIBROODJIE, GARLIC BECHAMEL, BORENKAAS CHEESE,  
LEMON PARSLEY DRESSING \_\_\_\_\_ 79

IRON BEEF MEATBALLS, CUCUMBER RIATA,  
CORIANDER & CHILLI SALT \_\_\_\_\_ 89

LEMON DILL FISH CAKES, HARRISA MAYO,  
SALMON CAVIAR \_\_\_\_\_ 89

## MEAT THE MAIN ACT

FLAT IRON STEAK - GRASS FED 200G \_\_\_\_\_ 165  
Served with our house leaf salad  
(Recommended temperature 60°C, Medium)

UPGRADE TO KAROO WAGYU FLAT IRON \_\_\_\_\_ PLUS 389

## A LITTLE SOMETHING ON THE SIDE?

WAGYU BEEF DRIPPING CHIPS \_\_\_\_\_ 46

TEMPURA ONION RINGS \_\_\_\_\_ 52

MASH AND GRAVY \_\_\_\_\_ 67

CINNAMON ROASTED BUTTERNUT, CANDIED ONION,  
HORSERADISH MOUSSE, CHILLI DUST \_\_\_\_\_ 72

SMASHED OVEN-ROASTED POTATOES \_\_\_\_\_ 55

BABY CARROTS, ZUCCHINI, PAN-FRIED MUSHROOMS AND BROCOLINI,  
ASIAN SAUCE, SESAME SEEDS \_\_\_\_\_ 79

CREAMED SPINACH \_\_\_\_\_ 89

APPLE, FENNEL AND WALNUT SALAD \_\_\_\_\_ 59

ROASTED AUBERGINE, TOMATO RAGOUT, BASIL,  
MOZZARELLA AND PARMESAN \_\_\_\_\_ 89

STEAMED CREAMY CAULIFLOWER, BÉCHAMEL SAUCE, HEALEY'S & WHITE  
CHEDDAR CHEESE, GARLIC ASH AND FRESH CHIVES \_\_\_\_\_ 89

TRUFFLE LEEK MAC & CHEESE WITH 3 CHEESES, BÉCHAMEL SAUCE,  
SAUTÉED LEEKS AND TRUFFLE OIL \_\_\_\_\_ 105

## MMMM, SAUCEY

GREEN PEPPERCORN, GRUYÈRE CHEESE & ONION, CHIMICHURRI,  
EXOTIC MUSHROOM, COWBOY BUTTER \_\_\_\_\_ 49

## HEY THERE, PUDDING!

AMARULA SEMIFREDDO, AMARULA MALVA,  
ITALIAN MERINGUE, FLAMBÉ WITH BOMBAY SAPPHIRE \_\_\_\_\_ 105

MILK CHOCOLATE MOUSSE, HAZELNUT PRALINE, FERRERO ROCHER GLAZE,  
SABLE BISCUIT, SALTED CARAMEL ICE-CREAM \_\_\_\_\_ 109

RASPBERRY MOUSSE & COMPOTE, PISTACHIO MOUSSE & PRALINE,  
WHITE CHOCOLATE GLAZE, EDIBLE CHOCOLATE SOIL \_\_\_\_\_ 105

## 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!*



ironsteakSA

www.ironsteak.co.za

## COCKTAILS

★ **EASY DOES IT** \_\_\_\_\_ 135

Bombay Sapphire Gin, St Germain Elderflower liqueur,  
lemon, cucumber and charged with soda.

★ **NEGRONI** \_\_\_\_\_ 114

Bombay Sapphire Gin, Campari and Martini Rosso.

★ **COSMOPOLITAN** \_\_\_\_\_ 120

Grey Goose Vodka, Cointreau, fresh lime juice and cranberry juice.

★ **CLASSIC DAIQUIRI** \_\_\_\_\_ 114

Bacardi Blanca Rum, sugar syrup and fresh lime juice.

★ **MOJITO** \_\_\_\_\_ 114

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

★ **MARGARITA** \_\_\_\_\_ 139

Patron Silver Tequila, Cointreau and fresh lime juice.

★ **TOMMY'S MARGARITA** \_\_\_\_\_ 139

Patron Silver Tequila, Agave nectar and fresh lime juice.

★ **WHISKY SOUR** \_\_\_\_\_ 120

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

★ **OLD FASHIONED** \_\_\_\_\_ 125

Woodford Reserve Bourbon or Bacardi 8 Rum, sugar cube  
and a dash of bitters.

★ **APPLE BLOSSOM** \_\_\_\_\_ 129

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

★ **CAIPIRINHA** \_\_\_\_\_ 136

Germana Cachaca, limes and sugar.

★ **MOSCOW MULE** \_\_\_\_\_ 135

Grey Goose Vodka, Stoney ginger beer and lime.

★ **SIDECAR** \_\_\_\_\_ 114

KWV 10yr Brandy, Cointreau and lemon juice.

★ **BELLINI (WINE BASED)** \_\_\_\_\_ 125

Peach puree and Martini Prosecco.

★ **LIFE'S A BEACH** \_\_\_\_\_ 135

A mixture of Bacardi rum shaken with guava, lime juice,  
mango puree and orgeat syrup.

★ **SEVILLIAN** \_\_\_\_\_ 145

Grey Goose Vodka shaken with fresh mango juice,  
lime, bitters and charged with ginger beer.

★ **WATERMELON GIN BULL** \_\_\_\_\_ 89

Bombay Sapphire Gin, Watermelon Red Bull and lime.

★ **SPRITZ ON 114** \_\_\_\_\_ 124

Martini Fiero, St Germain Elderflower liqueur,  
white cacao, blueberry, ginger and charged  
with Martini Prosecco

## 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 puree  
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.

*Because you are  
already the life  
of the party!*

# ★ 1/2 PRICE SOCIAL HOUR! ★

4pm to 5:30pm every day. Half price on selected beers, wine by the glass and selected signature cocktails. All to go perfectly with our R79 bar bites.

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

## ROSÉ ALL DAY

DURBANVILLE HILLS \_\_\_ 219/55 <sup>1/2</sup>★  
CEDERBERG SUSTAINABLE \_\_\_ 229/58 <sup>1/2</sup>★  
DE GRENDDEL \_\_\_ 227/57 <sup>1/2</sup>★  
LABORIE \_\_\_ 230/58 <sup>1/2</sup>★

## WHITE BLENDS

VILLIERA DOWN TO EARTH \_\_\_ 209/52 <sup>1/2</sup>★  
VAN LOVEREN BLANC DE BLANC \_\_\_ 159/39 <sup>1/2</sup>★  
HAUTE CABRIERE CHARDONNAY/PINOT NOIR \_\_\_ 276/69 <sup>1/2</sup>★

## SAUVIGNON BLANC

STEENBERG \_\_\_ 385/96 <sup>1/2</sup>★  
LABORIE \_\_\_ 209/52 <sup>1/2</sup>★  
PETER FALKE \_\_\_ 345  
DIEMERSDAL \_\_\_ 233/59 <sup>1/2</sup>★  
CEDERBERG \_\_\_ 335/84 <sup>1/2</sup>★  
BOSCHENDAL 1685 \_\_\_ 275/69 <sup>1/2</sup>★  
DURBANVILLE HILLS CAPE MIST \_\_\_ 325/82 <sup>1/2</sup>★

## CHARDON-HEEEEEEEY

VERGELEGEN PREMIUM \_\_\_ 345/87 <sup>1/2</sup>★  
TOKARA RESERVE COLLECTION \_\_\_ 555  
HAUTE CABRIERE UNWOODED \_\_\_ 229/57 <sup>1/2</sup>★

## SEMILLON

STEENBERG \_\_\_ 545  
TRIZANNE \_\_\_ 498

## SEMI-SWEET

KWV MOSCATO \_\_\_ 197/49 <sup>1/2</sup>★

## CHENIN BLANC

CAPE OF GOOD HOPE RIEBEECKSRIVIER \_\_\_ 350  
KEN FORRESTER OLD VINE \_\_\_ 369/92 <sup>1/2</sup>★  
THE MENTORS \_\_\_ 445  
SIMONSIG \_\_\_ 205/52 <sup>1/2</sup>★  
NEDERBURG HERITAGE HEROES ANCHORMAN \_\_\_ 449

## RED BLENDS

DIEMERSDAL CABERNET/MERLOT \_\_\_ 233/59 <sup>1/2</sup>★  
ROODEBERG \_\_\_ 310  
DE GRENDDEL RUBAIYAT \_\_\_ 889  
BOSCHENDAL NICOLAS \_\_\_ 450  
NEDERBURG DOUBLE BARREL BLEND \_\_\_ 289  
SIMONSIG CABERNET/SHIRAZ \_\_\_ 205/52 <sup>1/2</sup>★  
THE MENTORS ORCHESTRA \_\_\_ 725  
RUPERT & ROTHSCHILD CLASSIQUE \_\_\_ 529

## CABERNET SAUVIGNON

LE BONHEUR \_\_\_ 322/80 <sup>1/2</sup>★  
VAN LOVEREN \_\_\_ 217/54 <sup>1/2</sup>★  
PETER FALKE \_\_\_ 525  
BOSCHENDAL STELLENBOSCH \_\_\_ 595  
VERGELEGEN RESERVE \_\_\_ 855  
TOKARA RESERVE COLLECTION \_\_\_ 879  
VRIESENHOF \_\_\_ 345

## SHIRAZ-ZLE DAZZLE

GHOST CORNER \_\_\_ 799  
CATHEDRAL CELLAR \_\_\_ 435/109 <sup>1/2</sup>★  
SARONSBERG PROVENANCE \_\_\_ 309/78 <sup>1/2</sup>★  
CEDERBERG \_\_\_ 589  
NEDERBURG WINEMASTERS SELECTION \_\_\_ 267

## YOU HAD ME AT MERLOT

STEENBERG \_\_\_ 509  
BACKSBERG \_\_\_ 309  
DURBANVILLE HILLS COLLECTORS  
RESERVE THE LIGHTHOUSE \_\_\_ 340/85 <sup>1/2</sup>★  
CANETSFONTEIN \_\_\_ 409  
DE GRENDDEL \_\_\_ 420  
LABORIE \_\_\_ 229/57 <sup>1/2</sup>★  
ANTHONIJ RUPERT \_\_\_ 889

## ZINFANDEL

IDIOM \_\_\_ 625

## PINOT NOIR

ART OF CREATION \_\_\_ 995  
PETER FALKE \_\_\_ 495  
PAUL CLUVER VILLIAGE \_\_\_ 279/72 <sup>1/2</sup>★  
CRYSTALLUM PETER MAX \_\_\_ 639

## MALBEC

VERGENOEGD \_\_\_ 378/95 <sup>1/2</sup>★

## PINOTAGE

CATHEDRAL CELLAR \_\_\_ 477  
BELLINGHAM HOMESTEAD \_\_\_ 269/68 <sup>1/2</sup>★  
NEETHLINGSHOF \_\_\_ 335/84 <sup>1/2</sup>★  
ZONNEBLOEM \_\_\_ 276/69 <sup>1/2</sup>★

## CAPE BLENDS

RETIEF \_\_\_ 325  
IDIOM \_\_\_ 865  
WARWICK THREE CAPE LADIES \_\_\_ 419  
IDIOM HERITAGE SERIES \_\_\_ 345/87 <sup>1/2</sup>★

## CABERNET FRANC

THE MENTORS \_\_\_ 725  
BRUCE BY GARAJEEST \_\_\_ 525

## PETIT VERDOT

THE MENTORS \_\_\_ 725

## GRENACHE

TIERHOEK \_\_\_ 450  
RAAIGRAS \_\_\_ 1095

## CINSAULT

DIE PLEK \_\_\_ 575

## SANGIOVESE

THE SILKWEAVER \_\_\_ 465

## LOVELY BUBBLIES

PIERRE JOURDAN BELLE ROSÉ \_\_\_ 389/99 <sup>1/2</sup>★  
PIERRE JOURDAN BRUT \_\_\_ 389/99 <sup>1/2</sup>★  
PIERRE JOURDAN BLANC DE BLANC \_\_\_ 575  
STEENBERG 1682 CHARDONNAY BRUT \_\_\_ 539/135 <sup>1/2</sup>★  
STEENBERG LADY R VINTAGE BRUT \_\_\_ 1015  
PONGRACZ NOBLE DEMI-SEC \_\_\_ 440  
PONGRACZ BRUT \_\_\_ 440  
PONGRACZ DESIDERIUS \_\_\_ 1049  
MARTINI PROSECCO \_\_\_ 380/109 <sup>1/2</sup>★

## NON-ALCOHOLIC

MELOZHORI SPARKLING  
RED GRAPE (NON-ALCOHOLIC) \_\_\_ 249  
MELOZHORI SPARKLING  
WHITE GRAPE (NON-ALCOHOLIC) \_\_\_ 249

## DESSERT WINE

TIERHOEK STRAW WINE \_\_\_ 515/57  
FLEUR DU CAP NOBLE LATE HARVEST \_\_\_ 330/35  
STELLENBOSCH HILLS MUSCAT DE HAMBOURG \_\_\_ 272/84

## THE TIME CAPSULES

DE GRENDDEL SIR DAVID GRAAFF 2014 \_\_\_ 3500  
MEERLUST MERLOT 2008 \_\_\_ 1950  
MURTIE ANSELA VAN DER CAAB 2006 \_\_\_ 2350  
RUPERT & ROTHSCHILD CLASSIQ \_\_\_ 1795

## CHEERS FOR BEERS

<sup>1/2</sup>★ ON TAP 1.5L | 500ML | 340ML  
HEINEKEN \_\_\_ 189 | 65 | 49  
WINDHOEK DRAUGHT \_\_\_ 189 | 65 | 49  
HEINEKEN SILVER \_\_\_ 189 | 65 | 49

## BOTTLES

SOL \_\_\_ 49  
SOL BUCKET OF 5 \_\_\_ 219  
SAVANNA DRY BUCKET OF 5 \_\_\_ 219  
SAVANNA DRY \_\_\_ 49  
AMSTEL \_\_\_ 49  
WINDHOEK LAGER \_\_\_ 49  
TAFEL LAGER \_\_\_ 49  
HEINEKEN 0.0% \_\_\_ 49

## ★ ON WINE BY THE GLASS

Per bottle ← 000/00 → Per glass

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

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

VAT included. All major credit cards welcome. No American express, diners club cards or cheques are accepted. Service charge not included. A 10% service charge will be added for parties of 8 people or more. Please inform your service attendant of any food allergies or special requirements.