

## READY, SET, BAR BITES

THESE ITEMS ARE R79 WITH 1/2 PRICE SOCIAL HOUR. EVERY DAY FROM 4PM TO 5:30PM

KOREAN FRIED CHICKEN, GOCHUJANG SAUCE,  
MIXED SESAME SEEDS, PICKLED GINGER \_\_\_\_\_ 105

DEEP FRIED TEMPURA OYSTER MUSHROOMS, TRUFFLE AIOLI,  
SMOKED PAPRIKA, CHILLI SALT \_\_\_\_\_ 95

BRAAIBROODJIE, PLUM TOMATO, 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 \_\_\_\_\_ 95

## MEAT THE MAIN ACT

FLAT IRON STEAK - GRASS FED 200G \_\_\_\_\_ 185  
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 \_\_\_\_\_ 106

STEAMED CREAMY CAULIFLOWER, BÉCHAMEL SAUCE, HEALEY'S & WHITE  
CHEDDAR CHEESE, GARLIC ASH AND FRESH CHIVES \_\_\_\_\_ 95

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 \_\_\_\_\_ 95

MILK CHOCOLATE MOUSSE, HAZELNUT PRALINE, FERRERO ROCHER GLAZE,  
SABLE BISCUIT, SALTED CARAMEL ICE-CREAM \_\_\_\_\_ 125

RASPBERRY MOUSSE & COMPOTE, PISTACHIO MOUSSE & PRALINE,  
WHITE CHOCOLATE GLAZE, EDIBLE CHOCOLATE SOIL \_\_\_\_\_ 119

## 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

NEGRONI \_\_\_\_\_ 114

Bombay Sapphire Gin, Campari and Martini Rosso.

1/2 COSMOPOLITAN \_\_\_\_\_ 120

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

1/2 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.

1/2 TOMMYS 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.

CAIPIRINHA \_\_\_\_\_ 136

Germana Cachaca, limes and sugar.

1/2 MOSCOW MULE \_\_\_\_\_ 135

Grey Goose Vodka, Stoney ginger beer and lime.

SIDECAR \_\_\_\_\_ 114

KWV 10yr Brandy, Cointreau and lemon juice.

1/2 BELLINI (WINE BASED) \_\_\_\_\_ 125

Peach puree and Martini Prosecco.

1/2 LIFE'S A BEACH \_\_\_\_\_ 135

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

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

THE RAVIN' BERRY \_\_\_\_\_ 159

Grey Goose Vodka infused with lime leaves shaken with raspberry,  
apple juice, orgeat, fluffy stuff and charged with soda

THE ISLAND BLAZE \_\_\_\_\_ 149

Bombay Sapphire, Martini Rosso, gomme,  
coconut and apricot foam, lemon and passion fruit

FIZZICAL ATTRACTION \_\_\_\_\_ 149

Bombay Sapphire shaken with homemade roasted strawberry &  
ginger cordial, lemon, cellulose and charged with Martini Prosecco

THE JAGGER BLAST - R159

Jägermeister shaken with Dewars 12-Year-Old Whiskey,  
Grey Goose Vodka, lemon, Cointreau and charged with cola

## MOCKTAILS

MOANING AFTER \_\_\_\_\_ 85

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

1/2 TROPICAL PANARAMA \_\_\_\_\_ 85

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

1/2 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 GREDEL \_\_\_ 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 GREDEL 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 GREDEL \_\_\_ 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 GREDEL SIR DAVID GRAAFF 2014 \_\_\_ 3500
- MEERLUST MERLOT 2008 \_\_\_ 1950
- MURTI 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
- BOMB SQUAD LAGER \_\_\_ 69
- BOMB SQUAD PILSNER \_\_\_ 69

## 1/2 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.