

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 _____ 119

DEEP FRIED TEMPURA OYSTER MUSHROOMS, TRUFFLE AIOLI,
SMOKED PAPRIKA, CHILLI SALT _____ 99

BRAAIBROODJIE, PLUM TOMATO, GARLIC BECHAMEL,
BORENKAAS CHEESE, LEMON PARSLEY DRESSING _____ 89

IRON BEEF MEATBALLS, CUCUMBER RIATA,
CORIANDER & CHILLI SALT _____ 99

LEMON DILL FISH CAKES, HARRISA MAYO,
SALMON CAVIAR _____ 99

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 _____ 49

TEMPURA ONION RINGS _____ 55

MASH AND GRAVY _____ 69

CINNAMON ROASTED BUTTERNUT, CANDIED ONION,
HORSERADISH MOUSSE, CHILLI DUST _____ 75

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 _____ 109

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 _____ 135

Bombay Sapphire Gin, Campari and Martini Rosso.

1/2 COSMOPOLITAN _____ 149

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

1/2 CLASSIC DAIQUIRI _____ 135

Bacardi Blanca Rum, sugar syrup and fresh lime juice.

MOJITO _____ 135

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

MARGARITA _____ 139

Patron Silver Tequila, Cointreau and fresh lime juice.

TOMMYS MARGARITA _____ 139

Patron Silver Tequila, Agave nectar and fresh lime juice.

1/2 WHISKY SOUR _____ 120

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

OLD FASHIONED _____ 149

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

CAIPIRINHA _____ 159

Germana Cachaca, limes and sugar.

MOSCOW MULE _____ 149

Grey Goose Vodka, Stoney ginger beer and lime.

SIDECAR _____ 129

KWV 10yr Brandy, Cointreau and lemon juice.

BELLINI (WINE BASED) _____ 135

Peach pureé and Martini Prosecco.

LIFE'S A BEACH _____ 145

A mixture of Bacardi rum shaken with guava, lime juice, mango pureé 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

1/2 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

1/2 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

1/2 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 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.

*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 1/2
- CEDERBERG SUSTAINABLE ___ 229/58 1/2
- DE GREDEL ___ 227/57 1/2
- LABORIE ___ 230/58 1/2

WHITE BLENDS

- VILLIERA DOWN TO EARTH ___ 209/52 1/2
- VAN LOVEREN BLANC DE BLANC ___ 159/39 1/2
- HAUTE CABRIERE CHARDONNAY/PINOT NOIR ___ 276/69 1/2

SAUVIGNON BLANC

- STEENBERG ___ 385/96 1/2
- LABORIE ___ 209/52 1/2
- PETER FALKE ___ 345
- DIEMERSDAL ___ 233/59 1/2
- CEDERBERG ___ 335/84 1/2
- BOSCHENDAL 1685 ___ 275/69 1/2
- DURBANVILLE HILLS CAPE MIST ___ 325/82 1/2

CHARDON-HEEEEEEEY

- VERGELEGEN PREMIUM ___ 345/87 1/2
- TOKARA RESERVE COLLECTION ___ 555
- HAUTE CABRIERE UNWOODED ___ 229/57 1/2

SEMILLON

- STEENBERG ___ 545
- TRIZANNE ___ 498

SEMI-SWEET

- KWV MOSCATO ___ 197/49 1/2

CHENIN BLANC

- CAPE OF GOOD HOPE RIEBEECKSRIVIER ___ 350
- KEN FORRESTER OLD VINE ___ 369/92 1/2
- THE MENTORS ___ 445
- SIMONSIG ___ 205/52 1/2
- NEDERBURG HERITAGE HEROES ANCHORMAN ___ 449

RED BLENDS

- DIEMERSDAL CABERNET/MERLOT ___ 233/59 1/2
- ROODEBERG ___ 310
- DE GREDEL RUBAIYAT ___ 889
- BOSCHENDAL NICOLAS ___ 450
- NEDERBURG DOUBLE BARREL BLEND ___ 289
- SIMONSIG CABERNET/SHIRAZ ___ 205/52 1/2
- THE MENTORS ORCHESTRA ___ 725
- RUPERT & ROTHSCHILD CLASSIQUE ___ 529

CABERNET SAUVIGNON

- LE BONHEUR ___ 322/80 1/2
- VAN LOVEREN ___ 217/54 1/2
- 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 1/2
- SARONSBERG PROVENANCE ___ 309/78 1/2
- CEDERBERG ___ 589
- NEDERBURG WINEMASTERS SELECTION ___ 267

YOU HAD ME AT MERLOT

- STEENBERG ___ 509
- BACKSBERG ___ 309
- DURBANVILLE HILLS COLLECTORS RESERVE THE LIGHTHOUSE ___ 340/85 1/2
- CANETSFONTEIN ___ 409
- DE GREDEL ___ 420
- LABORIE ___ 229/57 1/2
- ANTHONIJ RUPERT ___ 889

ZINFANDEL

- IDIOM ___ 625

PINOT NOIR

- ART OF CREATION ___ 995
- PETER FALKE ___ 495
- PAUL CLUVER VILLIAGE ___ 279/72 1/2
- CRYSTALLUM PETER MAX ___ 639

MALBEC

- VERGENOEGD ___ 378/95 1/2

PINOTAGE

- CATHEDRAL CELLAR ___ 477
- BELLINGHAM HOMESTEAD ___ 269/68 1/2
- NEETHLINGSHOF ___ 335/84 1/2
- ZONNEBLOEM ___ 276/69 1/2

CAPE BLENDS

- RETIEF ___ 325
- IDIOM ___ 865
- WARWICK THREE CAPE LADIES ___ 419
- IDIOM HERITAGE SERIES ___ 345/87 1/2

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 1/2
- PIERRE JOURDAN BRUT ___ 389/99 1/2
- PIERRE JOURDAN BLANC DE BLANC ___ 575
- STEENBERG 1682 CHARDONNAY BRUT ___ 539/135 1/2
- STEENBERG LADY R VINTAGE BRUT ___ 1015
- PONGRACZ NOBLE DEMI-SEC ___ 440
- PONGRACZ BRUT ___ 440
- MARTINI PROSECCO ___ 380/109 1/2
- PONGRACZ DESIDERIUS ___ 1049
- MOËT BRUT ___ 1855
- BILLECART SALMON BRUT ___ 1999
- BILLECART SALMON BRUT ROSÉ ___ 2300
- TELMONT RESERVE ___ 3200
- DOM PÉRIGNON ___ 10200

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
- MURTIE ANSELA VAN DER CAAB 2006 ___ 2350
- RUPERT & ROTHSCHILD CLASSIQ ___ 1795

CHEERS FOR BEERS

- 1/2 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.