

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 _____ 125

DEEP FRIED TEMPURA OYSTER MUSHROOMS, TRUFFLE AIOLI,
SMOKED PAPRIKA, CHILLI SALT _____ 135

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 _____ 59

MASH AND GRAVY _____ 69

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

SMASHED OVEN-ROASTED POTATOES _____ 59

BABY CARROTS, ZUCCHINI, PAN-FRIED MUSHROOMS AND BROCOLINI,
ASIAN SAUCE, SESAME SEEDS _____ 89

CREAMED SPINACH _____ 115

APPLE, FENNEL AND WALNUT SALAD _____ 75

ROASTED AUBERGINE, TOMATO RAGOUT, BASIL,
MOZZARELLA AND PARMESAN _____ 109

STEAMED CREAMY CAULIFLOWER, BÉCHAMEL SAUCE, HEALEY'S & WHITE
CHEDDAR CHEESE, GARLIC ASH AND FRESH CHIVES _____ 110

TRUFFLE LEEK MAC & CHEESE WITH 3 CHEESES, BÉCHAMEL SAUCE,
SAUTÉED LEEKS AND TRUFFLE OIL _____ 120

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 _____ 109

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 puree and Martini Prosecco.

LIFE'S A BEACH _____ 145

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

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 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 ROSE ___ 232/58 ^{1/2}★
- CEDERBERG SUSTAINABLE ROSE ___ 240/60 ^{1/2}★
- DE GREDEL ROSE ___ 239/60 ^{1/2}★
- LABORIE ROSE ___ 242/61 ^{1/2}★

WHITE BLENDS

- VILLIERA DOWN TO EARTH ___ 215/55 ^{1/2}★
- VAN LOVEREN BLANC DE BLANC ___ 165/42 ^{1/2}★
- HAUTE CABRIÈRE ___ 319/80 ^{1/2}★

SAUVIGNON BLANC

- STEENBERG ___ 396/99 ^{1/2}★
- LABORIE ___ 225/57 ^{1/2}★
- PETER FALKE ___ 375
- DIEMERSDAL ___ 240/60 ^{1/2}★
- GHOST CORNER ___ 619/155 ^{1/2}★
- VERGELEGEN ___ 345/87 ^{1/2}★
- BOSCHENDAL 1685 ___ 307/77 ^{1/2}★
- DURBANVILLE HILLS CAPE MIST ___ 349/87 ^{1/2}★

CHARDON-HEEEEEEEY

- DURBANVILLE HILLS COLLECTORS ___ 385
- GLEN CARLOU CHARDONNAY ___ 495
- TOKARA RESERVE COLLECTION ___ 585/145 ^{1/2}★
- HAUTE CABRIÈRE UNWOODED ___ 239/60 ^{1/2}★

SEMILLON

- TRIZANNE SEMILLON ___ 525

SEMI-SWEET

- KWV MOSCATO ___ 205/51 ^{1/2}★

CHENIN BLANC

- CAPE OF GOOD HOPE RIEBEECKSRIVIER ___ 350/88 ^{1/2}★
- ERNIE ELS BIG EASY ___ 300/75 ^{1/2}★
- THE MENTORS ___ 462
- SIMONSIG STARTING BLOCKS ___ 210/54 ^{1/2}★
- NEDERBURG HERITAGE HEROES ANCHORMAN ___ 449

RED BLENDS

- DIEMERSDAL ___ 240/60 ^{1/2}★
- MULLINEUX KLOOF STREET ROUGE ___ 345/87 ^{1/2}★
- ROODEBERG ___ 339
- AA BADENHORST KALMOESFONTEIN ___ 669
- BOSCHENDAL NICOLAS ___ 525/132 ^{1/2}★
- NEDERBURG DOUBLE BARREL ___ 317
- LE CHANT MEDITERRANEAN ___ 505
- SIMONSIG ___ 210/54 ^{1/2}★

BORDEAUX BLENDS

- STEENBERG CATHARINA ___ 789
- MOSI HARRY HARTMAN ___ 845
- DE GREDEL RUBAIYAT ___ 850
- THE MENTORS ORCHESTRA ___ 725
- RUPERT & ROTHSCHILD CLASSIQUE ___ 625

CABERNET SAUVIGNON

- STARK-CONDE STELLENBOSCH ___ 749
- ERNIE ELS BIG EASY ___ 350/88 ^{1/2}★
- PETER FALKE ___ 545
- VERGELEGEN RESERVE ___ 855
- TOKARA RESERVE COLLECTION ___ 925
- KNORHOEK ___ 725

SHIRAZ

- RADFORD DALE TERROIR SELECTION ___ 769
- MINIMALIST STARTS IN THE DARK ___ 725
- CATHEDRAL CELLAR ___ 440/110 ^{1/2}★
- SARONSBERG PROVENANCE ___ 320
- GABRIELSKLOOF ___ 375
- NEDERBURG WINEMASTERS SELECTION ___ 283

YOU HAD ME AT MERLOT

- STEENBERG ___ 515
- BACKSBERG ___ 335
- DURBANVILLE HILLS COLLECTORS RESERVE THE LIGHTHOUSE ___ 370/92 ^{1/2}★
- GLEN CARLOU ___ 475
- DE GREDEL ___ 449
- LABORIE ___ 249/62 ^{1/2}★

PINOT NOIR

- ART OF CREATION ___ 1 075
- PAUL CLUVER VILLIAGE ___ 295/75 ^{1/2}★
- FRANCIS WINES ___ 1 125

MALBEC

- NEETHLINGSHOF ___ 285/72 ^{1/2}★

PINOTAGE

- CATHEDRAL CELLA ___ 489
- SPIOENKOP "1900" ___ 625
- NEETHLINGSHOF ___ 335/84 ^{1/2}★
- ZONNEBLOEM ___ 289/72 ^{1/2}★

CAPE BLENDS

- RETIEF ___ 335/85
- IDIOM C ___ 865
- THREE CAPE LADIES ___ 539
- IDIOM HERITAGE SERIES ___ 345/87 ^{1/2}★

CABERNET FRANC

- THE MENTORS ___ 755
- STELLENBOSCH VINEYARDS FLAGSHIP ___ 829

PETIT VERDOT

- THE MENTORS PETIT VERDOT ___ 755

GRENACHE

- TIERHOEK GRENACHE NOIR ___ 495

CINSAULT

- STELLENBOSCH VINEYARDS CREDO LIMITED EDITION ___ 515

SANGIOVESE

- THE SILKWEAVER SANGIOVESE ___ 545

ZINFANDEL

- IDIOM ZINFANDEL ___ 625

LOVELY BUBBLIES

- PIERRE JOURDAN BELLE ROSÉ ___ 409/102 ^{1/2}★
- PIERRE JOURDAN BRUT ___ 409/102 ^{1/2}★
- GRAHAM BECK BRUT ___ 505/129 ^{1/2}★
- STEENBERG 1682 CHARDONNAY BRUT ___ 555/139 ^{1/2}★
- STEENBERG LADY R VINTAGE BRUT ___ 1 129
- PONGRACZ NOBLE DEMI-SEC ___ 440
- MARTINI PROSECCO ___ 380/109 ^{1/2}★
- PONGRACZ BRUT ___ 440
- PONGRACZ DESIDERIUS ___ 1 150
- MOËT BRUT ___ 1855
- BILLECART SALMON BRUT ___ 1999
- BILLECART SALMON BRUT ROSÉ ___ 2300
- TELMONT RESERVE ___ 3200
- DOM PÉRIGNON ___ 10200

DESSERT WINE

- TIERHOEK STRAW WINE ___ 515/57 ^{1/2}★
- FLEUR DU CAP NOBLE LATE HARVEST ___ 330/35 ^{1/2}★
- STELLENBOSCH HILLS MUSCAT DE HAMBOURG ___ 272/84 ^{1/2}★

THE TIME CAPSULES

- DE GREDEL 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

- ^{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

★ 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.