

## 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 \_\_\_\_\_ 144

DEEP FRIED TEMPURA OYSTER MUSHROOMS, TRUFFLE AIOLI,  
SMOKED PAPRIKA, CHILLI SALT \_\_\_\_\_ 154

BRAAIBROODJIE, PLUM TOMATO, GARLIC BECHAMEL,  
BORENKAAS CHEESE, LEMON PARSLEY DRESSING \_\_\_\_\_ 108

IRON BEEF MEATBALLS, CUCUMBER RIATA,  
CORIANDER & CHILLI SALT \_\_\_\_\_ 119

LEMON DILL FISH CAKES, HARRISA MAYO,  
SALMON CAVIAR \_\_\_\_\_ 119

## MEAT THE MAIN ACT

FLAT IRON STEAK - GRASS FED 200G \_\_\_\_\_ 199  
Served with our house leaf salad  
(Recommended temperature 60°C, Medium)

UPGRADE TO KAROO WAGYU FLAT IRON \_\_\_\_\_ PLUS 416

## A LITTLE SOMETHING ON THE SIDE?

WAGYU BEEF DRIPPING CHIPS \_\_\_\_\_ 69

TEMPURA ONION RINGS \_\_\_\_\_ 79

MASH AND GRAVY \_\_\_\_\_ 89

CINNAMON ROASTED BUTTERNUT, CANDIED ONION,  
HORSERADISH MOUSSE, CHILLI DUST \_\_\_\_\_ 92

SMASHED OVEN-ROASTED POTATOES \_\_\_\_\_ 79

BABY CARROTS, ZUCCHINI, PAN-FRIED MUSHROOMS AND BROCOLINI,  
ASIAN SAUCE, SESAME SEEDS \_\_\_\_\_ 109

CREAMED SPINACH \_\_\_\_\_ 135

APPLE, FENNEL AND WALNUT SALAD \_\_\_\_\_ 95

ROASTED AUBERGINE, TOMATO RAGOUT, BASIL,  
MOZZARELLA AND PARMESAN \_\_\_\_\_ 125

STEAMED CREAMY CAULIFLOWER, BÉCHAMEL SAUCE, HEALEY'S & WHITE  
CHEDDAR CHEESE, GARLIC ASH AND FRESH CHIVES \_\_\_\_\_ 129

TRUFFLE LEEK MAC & CHEESE WITH 3 CHEESES, BÉCHAMEL SAUCE,  
SAUTÉED LEEKS AND TRUFFLE OIL \_\_\_\_\_ 139

## MMMM, SAUCEY

GREEN PEPPERCORN, GRUYÈRE CHEESE & ONION, CHIMICHURRI,  
EXOTIC MUSHROOM, COWBOY BUTTER \_\_\_\_\_ 68

## HEY THERE, PUDDING!

RASPBERRY MOUSSE & COMPOTE, PISTACHIO MOUSSE & PRALINE,  
WHITE CHOCOLATE GLAZE, EDIBLE CHOCOLATE SOIL \_\_\_\_\_ 138

AMARULA SEMIFREDDO, AMARULA MALVA,  
ITALIAN MERINGUE, FLAMBÉ WITH BOMBAY SAPPHIRE \_\_\_\_\_ 129

AFTER ATE DARK CHOCOLATE MINT, MILK CHOCOLATE CARAMEL, BROWNIE,  
SALTED CARAMEL ICE-CREAM \_\_\_\_\_ 129

ESPRESSO PARFAIT, DARK CHOCOLATE GLAZE, VANILLA SPONGE,  
CHERRY COMPOTE, MERINGUE \_\_\_\_\_ 125

# 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 waitron!

*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

by  
**PAN**  
COLLECTION  
HOSPITALITY

## 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 \_\_\_\_\_ 135

Aperol, elderflower, white cacao, blueberry, ginger and 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 ROSE \_\_\_ 232/58 <sup>1/2</sup>★
- CEDERBERG SUSTAINABLE ROSE \_\_\_ 240/60 <sup>1/2</sup>★
- DE GREDEL ROSE \_\_\_ 239/60 <sup>1/2</sup>★
- LABORIE ROSE \_\_\_ 242/61 <sup>1/2</sup>★

## WHITE BLENDS

- VILLIERA DOWN TO EARTH \_\_\_ 215/55 <sup>1/2</sup>★
- VAN LOVEREN BLANC DE BLANC \_\_\_ 165/42 <sup>1/2</sup>★
- HAUTE CABRIÈRE \_\_\_ 319/80 <sup>1/2</sup>★

## SAUVIGNON BLANC

- STEENBERG \_\_\_ 396/99 <sup>1/2</sup>★
- LABORIE \_\_\_ 225/57 <sup>1/2</sup>★
- PETER FALKE \_\_\_ 375
- DIEMERSDAL \_\_\_ 240/60 <sup>1/2</sup>★
- GHOST CORNER \_\_\_ 619/155 <sup>1/2</sup>★
- VERGELEGEN \_\_\_ 345/87 <sup>1/2</sup>★
- BOSCHENDAL 1685 \_\_\_ 307/77 <sup>1/2</sup>★
- DURBANVILLE HILLS CAPE MIST \_\_\_ 349/87 <sup>1/2</sup>★

## CHARDON-HEEEEEEEY

- DURBANVILLE HILLS COLLECTORS \_\_\_ 385
- GLEN CARLOU CHARDONNAY \_\_\_ 495
- TOKARA RESERVE COLLECTION \_\_\_ 585/145 <sup>1/2</sup>★
- HAUTE CABRIÈRE UNWOODED \_\_\_ 239/60 <sup>1/2</sup>★

## SEMILLON

- TRIZANNE SEMILLON \_\_\_ 525

## SEMI-SWEET

- KWV MOSCATO \_\_\_ 205/51 <sup>1/2</sup>★

## CHENIN BLANC

- CAPE OF GOOD HOPE RIEBEECKSRIVIER \_\_\_ 350/88 <sup>1/2</sup>★
- ERNIE ELS BIG EASY \_\_\_ 300/75 <sup>1/2</sup>★
- THE MENTORS \_\_\_ 462
- SIMONSIG STARTING BLOCKS \_\_\_ 210/54 <sup>1/2</sup>★
- NEDERBURG HERITAGE HEROES ANCHORMAN \_\_\_ 449

## RED BLENDS

- DIEMERSDAL \_\_\_ 240/60 <sup>1/2</sup>★
- MULLINEUX KLOOF STREET ROUGE \_\_\_ 345/87 <sup>1/2</sup>★
- ROODEBERG \_\_\_ 339
- AA BADENHORST KALMOESFONTEIN \_\_\_ 669
- BOSCHENDAL NICOLAS \_\_\_ 525/132 <sup>1/2</sup>★
- NEDERBURG DOUBLE BARREL \_\_\_ 317
- LE CHANT MEDITERRANEAN \_\_\_ 505
- SIMONSIG \_\_\_ 210/54 <sup>1/2</sup>★

## 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 <sup>1/2</sup>★
- 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 <sup>1/2</sup>★
- 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 <sup>1/2</sup>★
- GLEN CARLOU \_\_\_ 475
- DE GREDEL \_\_\_ 449
- LABORIE \_\_\_ 249/62 <sup>1/2</sup>★

## PINOT NOIR

- ART OF CREATION \_\_\_ 1 075
- PAUL CLUVER VILLIAGE \_\_\_ 295/75 <sup>1/2</sup>★
- FRANCIS WINES \_\_\_ 1 125

## MALBEC

- NEETHLINGSHOF \_\_\_ 285/72 <sup>1/2</sup>★

## PINOTAGE

- CATHEDRAL CELLA \_\_\_ 489
- SPIOENKOP "1900" \_\_\_ 625
- NEETHLINGSHOF \_\_\_ 335/84 <sup>1/2</sup>★
- ZONNEBLOEM \_\_\_ 289/72 <sup>1/2</sup>★

## CAPE BLENDS

- RETIEF \_\_\_ 335/85
- IDIOM C \_\_\_ 865
- THREE CAPE LADIES \_\_\_ 539
- IDIOM HERITAGE SERIES \_\_\_ 345/87 <sup>1/2</sup>★

## 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 <sup>1/2</sup>★
- PIERRE JOURDAN BRUT \_\_\_ 409/102 <sup>1/2</sup>★
- GRAHAM BECK BRUT \_\_\_ 505/129 <sup>1/2</sup>★
- STEENBERG 1682 CHARDONNAY BRUT \_\_\_ 555/139 <sup>1/2</sup>★
- STEENBERG LADY R VINTAGE BRUT \_\_\_ 1 129
- PONGRACZ NOBLE DEMI-SEC \_\_\_ 440
- MARTINI PROSECCO \_\_\_ 380/109 <sup>1/2</sup>★
- 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 <sup>1/2</sup>★
- FLEUR DU CAP NOBLE LATE HARVEST \_\_\_ 330/35 <sup>1/2</sup>★
- STELLENBOSCH HILLS MUSCAT DE HAMBOURG \_\_\_ 272/84 <sup>1/2</sup>★

## THE TIME CAPSULES

- DE GREDEL SIR DAVID GRAAFF 2014 \_\_\_ 3 500
- ALTO SHIRAZ 2003 \_\_\_ 2 450
- MURTIE ANSELA VAN DER CAAB 2006 \_\_\_ 2 350
- RUPERT & ROTHSCHILD CLASSIQUE 2000 \_\_\_ 1 795

## 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

## ★ 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!

Wow! 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.