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 _____ 115

BRAAIBROODJIE, PLUM TOMATO, BECHAMEL,
BORENKAAS CHEESE, LEMON PARSLEY DRESSING _____ 108

IRON BEEF MEATBALLS, CUCUMBER RIATA,
CORIANDER & CHILLI FLAKES _____ 119

LEMON DILL FISH CAKES, HARRISA MAYO,
SALMON CAVIAR _____ 119

MEAT THE MAIN ACT

FLAT IRON STEAK - GRASS FED 200G _____ 265
Served with our house leaf salad
(Recommended temperature 60°C, Medium)

UPGRADE TO KAROO WAGYU FLAT IRON _____ PLUS 386

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 BROCCOLI,
ASIAN SAUCE, SESAME SEEDS _____ 109

CREAMED SPINACH _____ 155

APPLE, PICKLED RED ONION AND FENNEL WALNUT SALAD _____ 95

ROASTED AUBERGINE, TOMATO RAGOUT, BASIL,
MOZZARELLA AND PARMESAN _____ 125

STEAMED CREAMY CAULIFLOWER, BÉCHAMEL SAUCE, HEALEY'S WHITE
CHEDDAR CHEESE, GARLIC POWDER AND FRESH CHIVES _____ 129

TRUFFLE LEEK MAC & CHEESE WITH WHITE CHEDDAR, BÉCHAMEL SAUCE,
SAUTÉED LEEKS AND TRUFFLE OIL _____ 139

MMMM, SAUCEY

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

HEY THERE, PUDDING!

STICKY TOFFEE PUDDING, DATE SPONGE, SOY CARAMEL,
BANANA ICE-CREAM AND CHOCOLATE TUILE _____ 119

BISCOFF ICE CREAM SANDWICH, DARK COCOA COOKIE, BISCOFF &
MASCARPONE SEMIFREDDO AND BISCOFF CRUNCHY SPREAD _____ 129

RASPBERRY AND PASSION, PASSION NAMELAKA, MAPLE SPONGE, MAPLE
CRÈME FRAICHE, PASSION GEL & RASPBERRY SORBET _____ 139

SNICKERS BAR, SNICKERDOODLE COOKIE, PEANUT NOUGAT,
SALTED CARAMEL & PEANUT MOUSSE DIPPED IN DARK CHOCOLATE
TOPPED WITH DARK CHOCOLATE CREMEUX _____ 139

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 R499

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 _____ 165
Bombay Sapphire Gin, Campari and Martini Rosso.

COSMOPOLITAN _____ 179
Grey Goose Vodka, Cointreau, fresh lime juice and cranberry juice.

MOJITO _____ 165
Bacardi Blanca Rum, sugar syrup, mint leaves and lime wedges.

MARGARITA _____ 199
Patron Silver Tequila, Cointreau and fresh lime juice.

TOMMYS MARGARITA _____ 169
Patron Silver Tequila, Agave nectar and fresh lime juice.

WHISKY SOUR _____ 150
Monkey Shoulder Whisky, fresh lemon juice, sugar syrup and cellulose.

1/2 **NEW YORK SOURS** _____ 165
Dewars 12-Year-Old Whisky, sugar, lemon, red wine, cellulose.

MINT JULEP _____ 165
Woodford Reserve, mint, sugar, Angostura Aromatic Bitters.

1/2 **L'AMOUR BLISS** _____ 165
Aperol, elderflower, lychee, pear & peach juice, lemon, Martini Prosecco.

1/2 **PEACH RITA** _____ 155
Patron Silver Tequila, lime, white peach Red Bull.

OLD FASHIONED _____ 179
Woodford Reserve Bourbon or Bacardi 8 Rum, sugar cube and a dash of bitters.

CAIPIRINHA _____ 189
Germana Cachaca, limes and sugar.

MOSCOW MULE _____ 179
Grey Goose Vodka, Stoney ginger beer and lime.

LIFE'S A BEACH _____ 175
A mixture of Bacardi Rum shaken with guava, lime juice, mango purée and orgeat syrup.

JACK'S JAM SESSION _____ 179
Jack Daniel's Tennessee Whiskey, cranberry juice, prickly pear, apricot jam, lemon juice, cellulose.

1/2 **THE RAVIN' BERRY** _____ 189
Grey Goose Vodka infused with lime leaves shaken with raspberry, apple juice, orgeat, fluffy stuff and charged with soda.

THE ISLAND BLAZE _____ 179
Bombay Sapphire Gin, Martini Rosso, gomme, coconut and apricot foam, lemon and passion fruit.

1/2 **THE BRAMBLE** _____ 159
Bombay Sapphire Gin, sugar, lemon, crème de mure.

FIZZICAL ATTRACTION _____ 179
Bombay Sapphire Gin shaken with homemade roasted strawberry & ginger cordial, lemon, cellulose and charged with Martini Prosecco.

THE JAGGER BLAST _____ 189
Jägermeister shaken with Dewars 12-Year-Old Whiskey, Grey Goose Vodka, lemon, Cointreau and charged with cola.

Because you are already the life of the party!

MOCKTAILS

1/2 **MOANING AFTER** _____ 95
Pineapple juice shaken with muddled ginger, strawberry cordial and lime juice. Charged with lemonade.

1/2 **TROPICAL PANARAMA** _____ 95
A mixture of fresh guava, lime juice and mango pureé with a dash of almond syrup.

THE BLUSHING BEAUTY _____ 99
Pear & lychee, hibiscus, lemon, cellulose, charged with soda water.

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 ___ 230/58 1/2
GLENELLY GLASS COLLECTION ROSE ___ 370/92 1/2
DE GRENDEL ROSE ___ 240/60 1/2
LABORIE ROSE ___ 240/60 1/2

WHITE BLENDS

VILLIERA DOWN TO EARTH ___ 215/55 1/2
VAN LOVEREN BLANC DE BLANC ___ 165/44 1/2
HAUTE CABRIÈRE ___ 300/75 1/2

SAUVIGNON BLANC

FLAGSTONE FREE RUN ___ 395/99 1/2
LABORIE ___ 240/60 1/2
PETER FALKE ___ 400
DIEMERSDAL ___ 250/63 1/2
GHOST CORNER ___ 650
DELAIRE GRAFF COASTAL CUVEE ___ 525/130
BOSCHENDAL 1685 ___ 320/80 1/2
DURBANVILLE HILLS CAPE MIST ___ 370/94 1/2

CHARDON-HEEEEEEY

UVA MIRA ICON CHARDONNAY ___ 1950
DURBANVILLE HILLS COLLECTORS ___ 370
PLAISIR ESTATE CHARDONNAY ___ 530
LA MOTTE CHARDONNAY ___ 410/102 1/2
HAUTE CABRIÈRE UNWOODED ___ 245/62 1/2

SEMILLON

BOEKENHOUTSKLOOF SEMILLON ___ 935

SEMI-SWEET

KWV MOSCATO ___ 240/60 1/2

CHENIN BLANC

KEN FORRESTER FAIRYDUST ___ 1250
SPICE ROUTE TARRAGON SWARTLAND ___ 380/95 1/2
THE MENTORS ___ 550
SIMONSIG STARTING BLOCKS ___ 220/55 1/2
NEDERBURG HERITAGE HEROES ANCHORMAN ___ 495
TERA LOCI ___ 1150

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

RED BLENDS

DIEMERSDAL ___ 252/63 1/2
CULTURIST RED BLEND ___ 495
ROODEBERG BLACK ___ 460
THE CHOCOLATE BLOCK ___ 700
PECAN STREAM PEBBLE HILL ___ 300/75 1/2
BOSCHENDAL NICOLAS ___ 560/140
HAZENDAL HERITAGE RED ___ 420/105
AA BADENHORST KALMOESFONTEIN RED ___ 850
DALLA CIA TEANO ___ 2700
NEDERBURG DOUBLE BARREL ___ 350
LE CHANT MEDITERRANEAN ___ 505
FAIRVIEW EXTRANO TEMPRANILLO TANNAT ___ 400/100 1/2

BORDEAUX BLENDS

FLEUR DU CAP LAZLO ___ 1325
DELAIRE GRAFF BOTMASKOP ___ 900
DE GRENDEL RUBAIYAT ___ 995
CAVALLI WARLORD ___ 675
MORGENSTER LOURENS RIVER VALLEY ___ 600

CABERNET SAUVIGNON

KAAPZICHT SKEMERLIG ___ 825
STELLENRUST STELLENBOSCH ___ 260/65
VAN LOVEREN CABERNET SAUVIGNON ___ 240/60
PETER FALKE ___ 625
TOKARA RESERVE COLLECTION ___ 1000
GRANDE PROVENCE ___ 470
SIMONSIG LABYRINTH ___ 550

SHIRAZ

PORSELEINBERG SYRAH ___ 1500
MIGLIARINA SYRAH ___ 480
CATHEDRAL CELLAR ___ 500/125 1/2
SARONSBERG PROVENANCE ___ 325/82
KEVIN ARNOLD SHIRAZ ___ 800
NEDERBURG WINEMASTERS SELECTION ___ 305

YOU HAD ME AT MERLOT

STEENBERG ___ 535
BACKSBERG ___ 355
DURBANVILLE HILLS COLLECTORS RESERVE THE LIGHTHOUSE ___ 400/100 1/2
GLEN CARLOU ___ 450
DE GRENDEL ___ 470
VILLIERA MERLOT ___ 290/73
LABORIE ___ 240/60 1/2

Per bottle ← 000/00 → Per glass

PINOT NOIR

ART OF CREATION ___ 1250
PAUL CLUVER VILLIAGE ___ 365/95 1/2
FRANCIS WINES ___ 1400

MALBEC

NEETHLINGSHOF ___ 335/85 1/2

PINOTAGE

STELLENRUST CORNER STONE ___ 560
THE BERNARD SERIES PINOTAGE ___ 670
LABORIE PINOTAGE ___ 240
SOUTHERN RIGHT PINOTAGE ___ 925
NEETHLINGSHOF ___ 335/84 1/2
FLAGSTONE TRUTH TREE ___ 425
ZONNEBLOEM ___ 325/82 1/2

CAPE BLENDS

ASARA CAPE FUSION ___ 400/100
IDIOM 'C' BLEND ___ 900
WARWICK THREE CAPE LADIES ___ 565
IDIOM HERITAGE SERIES ___ 360/90 1/2

CABERNET FRANC

THE MENTORS ___ 900
RAINBOW'S END CABERNET FRANC ___ 650
MORGENSTER CABERNET FRANC ___ 380/95
STELLENBOSCH VINEYARDS FLAGSHIP ___ 829

PETIT VERDOT

THE MENTORS PETIT VERDOT ___ 875
LE BONHEUR PETIT VERDOT RESERVE ___ 950

GRENACHE

TIERHOEK GRENACHE NOIR ___ 540

CINSAULT

STELLENBOSCH VINEYARDS CREDO LTD RELEASE ___ 515

ZINFANDEL

IDIOM ZINFANDEL ___ 685

RIESLING

BREUYERE ___ 480

1/2 ON WINE BY THE GLASS

Oooo! Look it's Beer o'clock!

LOVELY BUBBLIES

HAZENDAL BLANC DE BLANC ___ 595/120
PIERRE JOURDAN BELLE ROSÉ ___ 456/95 1/2
PIERRE JOURDAN BRUT ___ 456/95 1/2
GRAHAM BECK BRUT ___ 545/110 1/2
PONGRACZ NOBLE DEMI-SEC ___ 465
MARTINI PROSECCO ___ 380/109 1/2
PONGRACZ DESIDERIUS ___ 1370
PONGRACZ BRUT ___ 465
DOM PÉRIGNON ___ 10200
MOËT BRUT ___ 1855
VEUVE CLICQUOT YELLOW LABEL BRUT ___ 1999
MELOZHORI SPARKLING GRAPE JUICE ___ 249

DESSERT WINE

TIERHOEK STRAW WINE ___ 545/60 1/2
FLEUR DU CAP NOBLE LATE HARVEST ___ 365/40 1/2
STELLENBOSCH HILLS MUSCAT DE HAMBOURG ___ 330/30 1/2

THE TIME CAPSULES

DE GRENDEL SIR DAVID GRAAFF 2016 ___ 3500
THE JEM 2017___ 4700
UVA MIRA O.T.V. 2020 ___ 4250
QUOIN ROCK GHOST CABERNET SAUVIGNON 2017 ___ 4950
HAMILTON RUSSEL PINOT NOIR 2017 ___ 3450
DALLA CIA PINOT NOIR 2019 ___ 2250
MURTIE ANSELA VAN DER CAAB 2019 ___ 2350

CHEERS FOR BEERS

1/2 ON TAP 1.5L | 500ML | 340ML

HEINEKEN® LAGER ___ 204 | 79 | 64
WINDHOEK DRAUGHT ___ 204 | 79 | 64
JACK BLACK'S LITE LAGER ___ 204 | 79 | 64

BOTTLES

SOL ___ 59
SOL BUCKET OF 5 ___ 285
SAVANNA DRY BUCKET OF 5 ___ 285
SAVANNA DRY ___ 59
AMSTEL ___ 59
WINDHOEK LAGER ___ 59
JACK BLACK'S BREWERS LAGER ___ 59
HEINEKEN® 0.0% ___ 59
BOMB SQUAD LAGER ___ 79
BOMB SQUAD PILSNER ___ 79

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.

Valid from: 03 June 2026