



CAST IRON

WE'RE ALL FIRED-UP ABOUT HONEST BRITISH FOOD THAT PEOPLE LOVE TO EAT.

NIBBLES

CHORIZO & ROAST CHERRY TOMATOES ON TOAST
4.50

BREAD TIN
English butter
3.50

CHIPS 'N' DIPS
tortilla chips with your choice of dip:
white bean and pesto
kale and cashew
smoked paprika and chickpea
4.50

GREAT BRITISH AND DELICIOUS, OUR NEW BEST IN SEASON DISHES

STARTERS

CARAMELISED KING SCALLOPS
sweet potato and pea purée
12.50

KATSU CHICKEN
coriander slaw
8.50

BRISKET OF BEEF
skillet Yorkshire pudding and horseradish
8.50

CRISPY SQUID & CHORIZO
lemon mayonnaise
7.50

GRILLED CAULIFLOWER
radish, parsley, sriracha, sour cream and toasted hazelnuts
7.50

ROAST HERITAGE CARROTS
balsamic, honey and white quinoa tabbouleh
7.50

MARKET SOUP
warm bread and butter available
6.00

BURGERS & BEYOND

CAST IRON BURGER
beef patty, crispy bacon, Cheddar cheese, smoky chipotle sauce and fries
14.50

ODEIGA SPICED CHICKEN BURGER
avocado, mayonnaise and fries
14.50

VEGGIE BURGER
grilled halloumi, flat mushroom, spinach and fries
12.50

STEAK CIABATTA
melting Welsh rarebit, caramelised onions, rocket, mayonnaise and fries
14.50

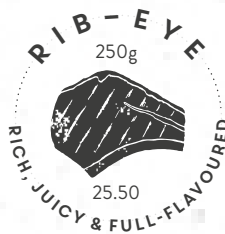
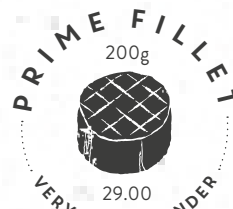
MOVING MOUNTAINS® PLANT BURGER
brioche, vegan cheese, chipotle sauce and fries
13.00

FROM THE GRILL

MASTERS OF MEAT

Our Casterbridge steaks are premium dry aged beef, matured, on the bone and selected only from the highest Red Tractor accredited South West farms. Our chefs are trained through our certified Cast Iron Steak Academy to ensure you receive the finest quality steak, cooked just how you like!

SAUCES
mushroom, blue cheese, peppercorn, béarnaise
2.50



SIGNATURE GRILLS

FLAT IRON CHICKEN
15.50

TOMAHAWK PORK STEAK
garlic and thyme
18.50

LEMON SOLE
caper and anchovy dressing
22.50

180G TUNA STEAK
18.50

ALL OUR GRILLS ARE SERVED WITH CAST IRON BUTTER, FRIES & WATERCRESS UNLESS OTHERWISE SPECIFIED.

ROOTS & SHOOTS

CAST IRON CLUB SALAD
avocado, cos lettuce, egg, cherry tomatoes, cucumber and lemon dressing
7.00 11.00

QUINOA SALAD
watermelon, hazelnuts and soya honey dressing
7.00 11.00

RICE, BARLEY & SPELT SALAD
roast chipotle sweet potatoes
7.00 11.00

NIÇOISE SALAD
lettuce hearts, fine beans, baby potatoes and egg
6.00 10.00

CLASSIC CAESAR
Parmesan, croutons, baby gem lettuce and Caesar dressing
6.00 10.00

ADD SALAD EXTRAS

Chicken 4.50 | Crispy tofu 4.50
Tuna 5.50 | ChalkStream® trout 5.50

CLASSICS

RIGATONI PRIMAVERA
leek, asparagus, peas, crème fraîche and butternut squash
13.00

FISH 'N' CHIPS
Atlantic cod in Cast Iron batter, crushed peas, fries and tartare sauce
14.00

MUSHROOM & RICOTTA RISOTTO
12.50

MANGALORE CHICKEN
Malabar sauce, coriander, naan bread and rice
15.00

CHALKSTREAM® TROUT FISHCAKE
lemon, parsley, spinach, poached egg and dressed salad
14.50

PANKO BREADED CHICKEN ESCALOPE
rocket, Parmesan and crème fraîche dressing
15.50

SIDES

FRIES
thyme sea salt
4.00

CAST IRON SALAD
vinaigrette
4.00

CREAMED MUSHROOMS
4.00

MAC 'N' CHEESE
beef brisket or just cheese
5.00

GRILLED VEGETABLES
yoghurt and toasted pine nuts
4.00

HALLOUMI FRIES
5.00

TWO FRIED EGGS & SUMAC
4.00

SAGE-BATTER ONION RINGS
4.00

CORIANDER SLAW
4.00

BEEF TOMATO & RED ONION
basil and olive oil
4.00

SOMETHING SWEET? - SEE OUR DESSERTS MENU