



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

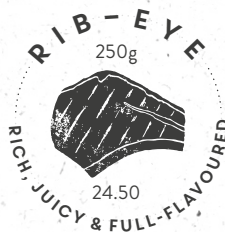
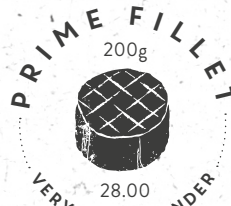
MOVING MOUNTAINS® PLANT BURGER ✓
brioche, vegan cheese, chipotle sauce and fries
13.00

FROM THE GRILL

MASTERS OF MEAT

Our steaks are carefully selected and sourced from Alec Jarrett, ensuring we only use the highest Red Tractor accredited British farms in the south west. 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
12.50

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
13.50

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