

Cast Iron Lunch Menu

Starters

SOUP OF THE DAY £8

Artisan bread & salted butter
Please ask your server for today's soup & additional allergen information

SMOKED PAPRIKA SPICED SQUID £10

Chilli jam, charred lime
contains: G, Mu, Mo

TEMPURA KING PRAWNS £12

Garlic aioli
contains: E, Mu, G, Cr

SUPERFOOD FALAFEL (VE) £10

Harissa hummus, flatbread, olives
contains: SS

CHICKEN & HERB TERRINE £11

Truffle mayonnaise, grilled sourdough, prosciutto, baby leaves
contains: G, E

BLACK PUDDING BON BON £12

Smoked baconnaise, watercress
contains: E, Mu, G

BUTTERMILK CHICKEN WINGS £10

Spring onion, chilli, peppers, blue cheese sauce
contains: G, M, C

MIXED MARINATED OLIVES (VE) £5

Mains & Handheld

CLASSIC CAESAR SALAD £14

Gem lettuce, Caesar dressing, Parmesan shavings, artisan bread croutons, anchovies
contains: F, M, E, G

CHICKEN CLUB SALAD £19

Bacon, soft egg, new potatoes, gem lettuce, sun-dried tomatoes, French dressing
contains: E, M, G

FLAT IRON CHICKEN £20

8oz packed with flavour. confit tomato, fries
contains: Su

SIRLOIN £28

6oz tender & juicy prime cut, confit tomato, fries

KOREAN CHICKEN BURGER £19

Gem lettuce, tomato, gochujang BBQ sauce, sweet potato fries
contains: Su, G, C, E, M, S, Ss

THE BEYOND BURGER (VE) £19

Gem lettuce, beef tomato, vegan mayonnaise, fries
contains Su, G, C, Mu

BEEF BURGER £19

Crispy bacon, cheddar, lettuce, tomato relish, fries
contains: M, E, Su, G, C

KING PRAWN LINGUINE £19

King prawns, parsley, tomato chilli sauce, lime
contains: G, Cr

SRI LANKAN VEGETABLE CURRY (V) £19

Basmati rice, naan bread
contains: G, C

Sides

SKINNY FRIES (V, GF) £5

CAST IRON HOUSE SALAD (V) £5

contains: G, Mu

BEER BATTERED ONION RINGS (V) £5

contains: G, Su

SEASONAL GREENS (V) £5

Butter, Cornish sea salt
Contains: M

Whilst food safety is our highest priority, please note whilst we try our best to ensure your food is suitable for you, our dishes are prepared in areas in which allergenic ingredients are present. The menu shows which dishes do not contain certain allergenic ingredients as intentional ingredients; however we cannot guarantee that dishes are 100% free from these ingredients due to the preparation process. If you have a food allergy, intolerance, or coeliac disease – please speak to the staff about the ingredients in your food and drink before you order. Thank you. Adults need around 2000 kcal a day.

*V = vegetarian, VE = vegan, GF = gluten free.
C = Celery; Cr = Crustaceans; E = Eggs; F = Fish; G = Cereals containing Gluten; L = Lupin; M = Milk; Mo = Molluscs; Mu = Mustard; N = Nuts; P = Peanuts; S = Soya; SS = Sesame Seeds; Su = Sulphites.*