



## 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

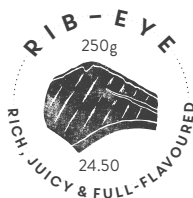
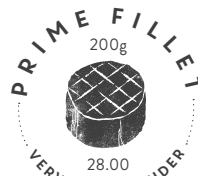
**MOVING MOUNTAINS® PLANT BURGER**   
brioche, vegan cheese, chipotle sauce and fries  
13.00

### 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

If you have any dietary requirements or are concerned about food allergies, e.g. nuts, you are invited to ask one of our team members for assistance when selecting menu items. All prices include VAT at the current rate | A discretionary 12.5% service charge will be added to your bill. vegetarian vegan gluten free.