



# CAST IRON

BAR MENU





## BREAKFAST

### CHIA BREAKFAST PUDDING 🌱

almond milk, raspberries, fruits  
and toasted almonds  
4.50

### SMASHED AVOCADO & POACHED EGGS ON SOURDOUGH 🌱

add feta, bacon or halloumi - £1.50 each  
7.00

### TOASTED ENGLISH MUFFIN

grilled bacon, egg or sausage  
5.00

## 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

### 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

## SHARERS

### CHIPS 'N' DIPS 🌱

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

### HALLOUMI FRIES 🌱

5.00

### SOFT TACOS

choose either:  
chicken, chorizo and avocado  
spiced cauliflower, hummus and coriander 🌱  
8.50

### CRISPY SQUID & CHORIZO

lemon mayonnaise  
7.50

### KATSU CHICKEN

coriander slaw  
8.50

### NACHOS 🌱

sour cream, salsa, guacamole  
and smoked Cheddar  
9.00

## QUICK BITES

### MARKET SOUP

warm bread and butter (🌱 available)  
6.00

### KALAMATA OLIVES 🌱

3.50

### BREAD TIN 🌱

English butter  
3.50

### CHORIZO & ROAST CHERRY TOMATOES ON TOAST

4.50

WANT SOMETHING MORE SUBSTANTIAL? GO TO THE NEXT PAGE.



## 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

### CLASSIC CLUB SANDWICH

grilled bacon, turkey, tomato,  
lettuce and mayonnaise  
11.50

### FISH FINGER SANDWICH

tartare sauce and rocket  
9.50

### MOVING MOUNTAINS® PLANT BURGER ♡

brioche, vegan cheese, chipotle sauce and fries  
13.00

### BLOOMER SANDWICHES

choose from:  
chicken, rocket and avocado  
smoked Cheddar and caramelised onion chutney ♡  
roast ham, cream cheese and tomato  
7.50

## MAINS

### 220G SIRLOIN STEAK

Cast Iron butter, fries and watercress  
22.50

### FISH 'N' CHIPS

Atlantic cod in Cast Iron batter, crushed peas,  
fries and tartare sauce  
14.00

### MANGALORE CHICKEN

Malabar sauce, coriander, naan bread and rice  
15.00

### RIGATONI PRIMAVERA ♡

leek, asparagus, peas, crème fraîche  
and butternut squash  
12.50

## SIDES

### FRIES ♡

thyme sea salt  
4.00

### BEEF TOMATO & RED ONION ♡

basil and olive oil  
4.00

### CAST IRON SALAD ♡

vinaigrette  
4.00

### SAGE-BATTER ONION RINGS ♡

4.00

### GRILLED VEGETABLES ♡

yoghurt and toasted pine nuts  
4.00

## DESSERTS

### CAST IRON DOUBLE CHOCOLATE BROWNIE

honeycomb,  
hot chocolate sauce,  
Jude's vanilla ice cream  
7.00

### CHILLED WHITE CHOCOLATE RICE PUDDING

raspberries and meringue  
6.50

### BRITISH CHEESES

hard, soft, blue, crackers, fruit and  
Rubies in the Rubble chutney  
8.50

### CAST IRON SUNDAES

create your own sundae  
Jude's ice cream,  
toppings and sauces  
(Jude's vegan  
ice cream available ♡)  
5.50



## CHAMPAGNE & SPARKLING

### MOËT & CHANDON BRUT IMPÉRIAL

France 

125ml 11.25 - btl 65.00

### MOËT & CHANDON ROSÉ IMPÉRIAL

France 

btl 78.50

### VEUVE CLICQUOT YELLOW LABEL BRUT

France 

btl 77.00

### MIONETTO PRESTIGE PROSECCO BRUT

Italy 

125ml 5.50 - btl 33.00

### MIONETTO PRESTIGE PROSECCO ROSÉ

Italy

125ml 5.65 - btl 34.00

### FREIXENET PROSECCO BRUT

Italy

btl 35.00

### GREYFRIARS CUVÉE BRUT

England

btl 45.50

## WINES BY THE GLASS AND BOTTLE

Enjoy our selection of exciting new wines as well as some firm Cast Iron favourites. Whether you're looking for organic, premium, or low alcohol, we have something for every palate.



## WHITE WINE

### CASTILLO DE MUREVA ORGANIC VERDEJO

Castilla, Spain

175ml 5.75 250ml 8.20 btl 23.00

### SHORT MILE BAY CHARDONNAY

South Eastern Australia

175ml 6.00 250ml 8.60 btl 24.00

### DA LUCA PINOT GRIGIO

Terre Siciliane, Italy

175ml 6.25 250ml 8.95 btl 25.00

### REIGN OF TERROIR CHENIN BLANC

Swartland, South Africa

btl 27.00

### DON JACOBO ORGANIC

Rioja, Spain 

175ml 7.25 250ml 10.40 btl 29.00

### VIDAL SAUVIGNON BLANC

Marlborough, New Zealand

175ml 8.40 250ml 11.95 btl 33.50

### ENRICO SERAFINO GAVI DI GAVI

Piemonte, Italy 

btl 35.00

### SANCERRE JOSEPH MELLOTT

Loire, France 

btl 44.50

## RED WINE

### VITA SANGIOVESE

Puglia, Italy

175ml 5.75 250ml 8.20 btl 23.00

### THE GUV'NOR FELIX SOLIS

Spain 

175ml 6.75 250ml 9.65 btl 27.00

### ERRÁZURIZ MERLOT

Curicó Valley, Chile 

175ml 7.25 250ml 10.40 btl 29.00

### DON JACOBO ORGANIC CRIANZA

Rioja, Spain 

175ml 8.10 250ml 11.60 btl 33.00

### PORTILLO MALBEC

Mendoza, Argentina 

175ml 7.75 250ml 11.45 btl 31.00

### ST HALLETT FAITH SHIRAZ

Barossa Valley, Australia

btl 39.00

### BOUCHARD AÎNÉ & FILS PINOT NOIR

Burgundy, France

btl 32.00

### MURPHY-GOODE CABERNET SAUVIGNON

California, USA

btl 40.00

## ROSÉ WINE

### VINUVA PINOT GRIGIO ROSÉ

Veneto, Italy

175ml 5.90 250ml 8.40 btl 24.00

### DOMAINE GORDONNE LES GRAVIÈRES ROSÉ

Provence, France

175ml 8.60 250ml 11.90 btl 34.00

## NON ALCOHOLIC WINE

### NATUREO MUSCAT, TORRES

Spain (0.0% ABV)

175ml 5.00 250ml 7.10 btl 20.00

### NATUREO SYRAH, TORRES

Spain (0.0% ABV)

btl 20.00

Should a vintage be exhausted, the next vintage will be offered. All wines listed are between 8% and 15% abv. Wines sold by the glass are available in 125ml on request.



## WHISKEY

25ml

**JAMESON IRISH WHISKEY**

4.00

**BALLANTINE'S FINEST**

3.75

**CHIVAS REGAL 12 Year Old**

4.75

**JOHNNIE WALKER  
BLACK LABEL**

4.75

**JACK DANIEL'S**

4.25

**JACK DANIEL'S  
TENNESSEE HONEY**

4.25

**MAKER'S MARK**

4.25

**WOODFORD RESERVE**

4.75

**THE GLENLIVET  
FOUNDER'S RESERVE**

4.75

**LAPHROAIG 10 Year Old**

4.75

**GLENMORANGIE  
THE ORIGINAL**

4.75

**OBAN 14 Year Old**

5.00

**MACALLAN DOUBLE CASK GOLD**

5.00

**THE BALVENIE  
DOUBLEWOOD**

12 Year Old

5.00

**ARDBEG 10 Year Old Malt**

5.00

**GLENMORANGIE 18 Year Old**

10.50

## TEQUILA

25ml

**OLMECA BLANCO**

3.75

**OLMECA REPOSADO**

4.00

## COGNAC

25ml

**MARTELL VS**

4.25

**MARTELL VSOP  
MEDAILLON**

4.75

**MARTELL XO**

10.00

**HENNESSY VS**

4.50

**HENNESSY XO**

15.50

## VODKA

25ml

**ABSOLUT ORIGINAL**

4.00

**WYBOROWA BLUE LABEL**

3.75

**KETEL ONE BOTANICAL**

cucumber and mint,  
grapefruit and rose or  
peach and orange blossom

4.25

**GREY GOOSE L'ORIGINAL**

4.75

**ABSOLUT ELYX**

4.50

**BELVEDERE**

4.75

## RUM

25ml

**RUMBULLION SPICED**

4.00

**BACARDI CARTA BLANCA**

3.75

**CAPTAIN MORGAN'S SPICED**

4.00

## SPIRITS

## LIQUEURS & VERMOUTHS

25ml

**KAHLUA**

3.75

**COINTREAU**

3.75

**JÄGERMEISTER**

3.75

**SOUTHERN COMFORT**

3.75

**MALIBU**

3.75

**DISARONNO VELVET**

3.75

**DISARONNO AMARETTO**

3.75

**PIMMS NO.1**

6.10

**CHAMBORD**

4.00

**MARIE BRIZARD CRÈME  
DE CASSIS DE DIJON**

3.75

**DRAMBUIE**

4.00

**GRAND MARNIER**

4.00

**ARCHERS**

3.75

**LUXARDO SAMBUCA DEI CESARI**

3.75

**MARASCHINO LUXARDO**

3.75

**PERNOD**

3.75

**CAMPARI**

3.75

50ml

**MARTINI EXTRA DRY**

3.50

**MARTINI BIANCO**

3.50

**BAILEYS IRISH CREAM**

4.45

## GIN

25ml

**BEEFEATER LONDON DRY**

3.75

**BOMBAY SAPPHIRE**

4.25

**PLYMOUTH**

4.25

**BEEFEATER 24**

4.75

**HENDRICK'S**

4.75

**SIPSMITH LONDON DRY**

4.75

**WARNER'S RHUBARB**

5.00

**BEEFEATER PINK**

4.00

**TANQUERAY FLOR DE SEVILLA**

4.75

**BATHTUB**

4.50

**OPIHR**

4.50

## MIXERS

PAIR YOUR SPIRITS WITH  
BRITVIC OR LONDON ESSENCE CO.  
AWARD-WINNING TONICS

**LONDON ESSENCE 200ml**

Soda Water, Ginger Beer,  
Ginger Ale, Pomelo & Pink Pepper Tonic,  
Indian Tonic, Grapefruit & Rosemary,  
Orange & Elderflower

2.50

**BRITVIC TONIC 200ml**

tonic or slimline tonic

2.25

**BRITVIC JUICES 200ml**

1.85



## COCKTAILS

### THE CAST IRON DARK & STORMY

dark rum, ginger beer, sugar,  
Angostura bitters and lime juice  
8.50

### ESPRESSO MARTINI

Absolut vodka, Kahlua  
and a shot of espresso  
8.50

### MANHATTAN

bourbon, sweet vermouth, orange bitters,  
Angostura bitters and maraschino cherries  
8.50

### NEGRONI

Campari, vermouth, gin and orange peel  
8.50

### OLD FASHIONED

bourbon, sugar, Angostura bitters  
and orange peel  
8.50

### MOSCOW MULE

vodka, ginger beer, soda and lime  
8.50

### MOJITO

white rum, muddled lime,  
soda and mint leaves  
8.50

### LILLET SPRITZ

Lillet, tonic water, fresh strawberries  
and mint leaves  
8.50

### APEROL SPRITZ

Aperol, prosecco, soda and orange  
8.50

## MOCKTAILS

### CEDER'S COLLINS

Ceder's elderflower cordial,  
rosemary non-alcoholic bitters,  
soda water and lime  
6.50

### VIRGIN MOJITO

soda water, mint leaves, sugar and lime juice  
6.50

ALL OF OUR COCKTAILS ARE MADE  
WITH FRESHLY SQUEEZED JUICE

## WORLD LAGERS & CIDERS

### PERONI NASTRO AZZURRO

330ml 5.1%  
4.75

### CORONA 330ml 4.5%

4.75

### BUDWEISER 330ml 4.5%

4.25

### STELLA ARTOIS 330ml 4.6%

4.25

### BECKS VIER 275ml 4%

4.00

### MICHELOB ULTRA

330ml 3.5% Low Cal  
4.25

### ASPALE DRAUGHT

SUFFOLK CYDER 500ml 5.5%  
4.95

STELLA ARTOIS CIDRE 500ml 4.5%  
5.50

### REKORDERLIG STRAWBERRY

& LIME 500ml 4%  
6.00

### REKORDERLIG

APPLE CIDER 500ml 4.5%  
6.00

## CRAFT BEERS

### CAST IRON ALE 330ml 4.5%

4.50

### TOAST SESSION IPA 330ml 4.5%

5.00

### CAMDEN HELLS LAGER 330ml 4.6%

5.00

### CAMDEN TOWN PALE ALE 330ml 4%

5.00

### BREWDOG ELVIS JUICE 330ml 5.1%

5.00

### BREWDOG PUNK IPA 330ml 5.4%

5.00

### BREWDOG LOST LAGER 330ml 4.5%

5.00

### BREWDOG PUNK ALCOHOL FREE

330ml 0.5%  
4.50

BREWDOG NANNY STATE 330ml 0.5%  
4.50

COCKTAILS, BEERS & SOFT DRINKS

## DRAUGHT

**STELLA ARTOIS 4.6%**  
half 2.30 pint 4.60

**BECKS VIER 4.0%**  
half 2.15 pint 4.30

**GUINNESS 4.1%**  
half 2.45 pint 4.90

**OLD SPECKLED HEN 4.5%**  
half 2.30 pint 4.55

**GOOSE ISLAND MIDWAY 4.1%**  
half 2.40 pint 4.80

**STELLA ARTOIS CIDRE 4.5%**  
half 2.30 pint 4.55

## PADDY & SCOTT'S HOT DRINKS

FROM OUR FARM TO YOUR CUP.  
SUPPORTING SMALL BUSINESSES WITH  
A SUSTAINABLE ETHOS.

|                        |      |      |
|------------------------|------|------|
| <b>DOUBLE ESPRESSO</b> | 2.75 | -    |
| <b>AMERICANO</b>       | 3.00 | 3.25 |
| <b>FLAT WHITE</b>      | 3.25 | -    |
| <b>LATTE</b>           | 3.25 | 3.75 |
| <b>CAPPUCCINO</b>      | 3.25 | 3.75 |
| <b>MOCHA</b>           | 3.50 | 4.00 |
| <b>HOT CHOCOLATE</b>   | 3.25 | 3.75 |
| <b>BREAKFAST TEA</b>   | 2.75 | 3.00 |
| <b>HERBAL TEAS</b>     | 2.75 | 3.00 |
| <b>ICED COFFEE</b>     | 3.00 | 3.25 |
| <b>FRAPPÉ</b>          | 3.50 | 4.00 |
| vanilla or chocolate   |      |      |

## SOFT DRINKS

**PEPSI/DIET PEPSI 330ml**  
3.00

**7UP FREE 330ml**  
3.00

**BRITVIC 55 275ml**  
orange  
2.25

**J20 275ml**  
orange and passionfruit  
2.75

**CAWSTON PRESS  
FRUIT WATER 200ml**  
apple and pear, apple and mango,  
apple and summer berries  
perfect for the kids  
2.00

**HIGHLAND SPRING WATER**  
still or sparkling  
330ml 2.25 1 litre 4.25

## PREMIUM SOFTS

**CAWSTON PRESS 330ml**  
sparkling apple and rhubarb or apple  
2.75

**L.A BREWERY KOMBUCHA 330ml**  
citrus hops or tropical ginger  
4.50

**BOTTLEGREEN  
SPARKLING PRESSÉ 275ml**  
pomegranate and elderflower  
2.75

**BRECKLAND ORCHARD 275ml**  
elderflower or cloudy lemonade  
3.20

Tap water is available on request. Alcoholic beverages are only available to people aged 18 or over. Cocktail juices are freshly squeezed.

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. All prices include VAT at the current rate. A discretionary 12.5% service charge will be added to your bill.

 vegetarian,  vegan,  gluten free.







