



# CAST IRON

BAR & GRILL

## MENU

### BRUNCH

Served 8.00am-12.00pm

#### EGGS BENEDICT £9

Poached eggs, English muffin, Wiltshire ham and hollandaise sauce

735kcal E, G, M

#### BACON BUTTY £6

Grilled sweet cured bacon, toasted bloomer, caramelised onions and HP sauce

690kcal G, M

#### SUPERFOOD MUESLI £4

Fruits and toasted nuts

330kcal G, M, N

#### CHIA SEED PUDDING V GF £5

Berries

255kcal M

### SALADS

Small | Large

#### CLASSIC CAESAR £9 | £14

Cos lettuce, anchovies, Parmesan shavings and dressing  
134kcal / 268kcal E, F, G, M

#### ADD CHICKEN £14 | £18

285kcal / 450kcal E, F, G, M

#### CLUB SALAD £10 | £16

Grilled chicken breast, baby mixed leaves, cherry tomatoes and lemon dressing

250kcal / 500kcal M, SU

#### HONEYED WINTER SALAD V £10 | £14

Kale, butternut squash, cranberries, mixed seeds and Dijon vinaigrette  
90kcal / 135kcal G, M, MU, SU May contain N, P, S, SS

### LARGER BITES

#### CAST IRON BURGER £20

Beef patty, crispy bacon, cheddar, smoky chipotle sauce and fries  
1363kcal E, G, M, S, SU May contain SS

£1 from the sale of every Cast Iron burger supports 

Magic Breakfast (charity no. 1102510 in England and SC048202 in Scotland) provides nutritious school breakfasts to children at risk of hunger in disadvantaged areas of the UK.

#### CORNFLAKE CHICKEN BURGER £20

Gem lettuce, tomato, guacamole, mayonnaise and fries  
1318kcal E, G, M, MU, S, SU May contain SS

#### FISH & CHIPS £19

Atlantic cod in ale batter, chunky chips, crushed peas and tartare sauce  
802kcal E, F, G, M, MU, SU

#### HOMEMADE NACHOS V £12

Melted cheddar, creamy guacamole, sour cream and tomato salsa  
804kcal G, M

#### ADD CHICKEN £16

695kcal G, M

### SIGNATURE SANDWICHES

#### CLASSIC CLUB SANDWICH £15

Turkey, bacon, lettuce, tomato and mayonnaise  
549kcal G, MU, N, SU

#### AVOCADO, TOMATO & VEGAN MOZZARELLA £15

Creamy hummus and pesto on toasted bloomer  
875kcal G, M, SS May contain E, MU, N, S

#### NEW YORK DELI PASTRAMI £15

Emmenthal, sauerkraut, gherkins and spicy tomato mayonnaise  
596kcal E, F, G, M, MU, S, SU May contain C, SS

#### HAM & CHEESE TOASTIE £9.50

930kcal G, M

#### CHICKEN & MAYONNAISE £9.50

352kcal G, M, MU, N, S

### SIDES

#### OLIVES V GF £5

93kcal

#### FRIES £5

236kcal G

#### STEAK CHIPS £5

343kcal G

#### MIXED SALAD V GF £5

150kcal



#### ZERO WASTE

Dishes with this logo have been created to align with Marriott's commitment to being a responsible business and adopting sustainable practices on food waste. Scan to view our food waste policy.



 = Vegan  = Vegetarian  = Gluten Free

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.

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.



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## BEVERAGES

### WHITE WINE

175ml | 250ml | Bottle

#### LA VIVIENDA VERDEJO

Castilla La Mancha, Spain

Zesty lemon and lime flavours with a soft finish

£8.40 | £11.40 | £33 SU

#### FLAGSTONE POETRY CHENIN BLANC

Western Cape, South Africa

Refreshing green apples with juicy pineapple

£9.40 | £12.60 | £37 SU

#### ERRAZURIZ CHARDONNAY

Casablanca Valley, Chile

Fresh and juicy with tropical flavours

£10.70 | £14.30 | £42 SU

### RED WINE

175ml | 250ml | Bottle

#### LA VIVIENDA TEMPRANILLO

Castilla La Mancha, Spain

Softs with hints of dark fruits and spice

£8.40 | £11.40 | £33 SU

#### FLAGSTONE POETRY CABERNET SAUVIGNON

Western Cape, South Africa

Dark red fruits and mocha with a long finish

£9.40 | £12.60 | £37 SU

#### ERRAZURIZ MERLOT

Curico Valley, Chile

Fruity flavours of blackcurrant, plum and cherry jam

£10.70 | £14.30 | £42 SU

### ROSÉ WINE

175ml | 250ml | Bottle

#### MARCHESI ERVANI PINOT GRIGIO ROSATO DELLE VENEZIE

Veneto, Italy

Soft floral flavours with a refreshing finish

£8.40 | £11.40 | £33 SU

### BOTTLED BEER

330ml

#### PERONI £6.50

5.1% G

#### BUDWEISER £6.70

4.5% G

#### MAHOU £6.70

5.1% G

### BOTTLED LOW & NO ALCOHOL BEER

330ml

#### LUCKY SAINT £6

0.5% 16kcal G

#### CORONA CERO £6

0.0% 17kcal G

### BOTTLED CIDER

500ml

#### KOPPARBERG STRAWBERRY & LIME £7.50

4.0% SU

#### KOPPARBERG MIXED FRUITS £7.50

4.0% SU

#### ORCHARD PIG REVELLER £7.50

4.5% SU

### DRAUGHT BEER

Please ask your server for our current range

### SOFT DRINKS

#### LONDON ESSENCE £4

Please ask your server for our current range

#### RED BULL £5.50

250ml 46kcal

#### DIET PEPSI £3.70 0kcal

#### PEPSI MAX £3.70 1kcal

#### 7UP FREE £3.70 2kcal

330ml

#### FROBISHERS JUICE £4

250ml

Apple 105kcal | Orange 90kcal

#### J20 £4

275ml

Orange & Passionfruit 19kcal

#### FRUIT SHOOT £3.50

275ml

Apple & Blackcurrant 5kcal

#### LIPTON PEACH ICE TEA £4

500ml 66kcal

#### BELU WATER £7

Still or Sparkling

750ml 0kcal

#### AQUA LIBRA WATER £3.50

Still or Sparkling

330ml 0kcal

 = Vegan  = Vegetarian  = Organic  = Sustainable

Fresh fruit juices are used. Tap water is available on request. Alcoholic beverages are only available to people aged 18 or over. Menu descriptions do not include all ingredients. If you have an allergy, intolerance, or coeliac disease – please speak to the staff about the ingredients in your food and drink before you order. Thank you. All prices include VAT at the current rate. A discretionary 12.5% service charge will be added to your bill.

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