



CAST IRON

NIBBLES

WARM ARTISAN BREAD (V)

whipped butter, oil and balsamic
641 kcal
(contains E, G, M, N, S, SS, Su / may contain C)
5.00

MIXED MARINATED OLIVES (V) (GF)

246 kcal
(contains N, P, SS may contain E, M)
4.00

STARTERS

OREGANO & PAPRIKA SQUID (GF)

black garlic mayonnaise
294 kcal
(contains E, Mo, Mu / may contain Cr, F, Su)
11.00

CHICKEN LIVER PARFAIT

port jelly, chicken skin butter and warm toasted brioche
833 kcal
(contains C, Cr, E, F, G, M, Mo, Mu, N, P, S, SS, Su / may contain L)
11.00

SOUP OF THE DAY (V)

artisan bread and salted butter
440kcal
(contains C, G, M, S, SS, Su)
8.00

CRISPY SPICED CAULIFLOWER (VE)

smoked paprika vegan mayonnaise
440 kcal
(contains C, G, Mu, N, P, S, Su)
9.00

GLAZED ROSARY GOAT'S CHEESE & VANILLA POACHED PEAR (V)

Vimto pickled shallots, baby leaf and candied walnuts
244 kcal
(contains C, G, M, Mu, N, P, Su)
11.00

KING SCALLOPS (GF)

maple glazed belly pork, corn puree and red wine jus
417 kcal
(contains M, Mo, Su / may contain Cr, F)
14.00

LIGHTER BITES

CLASSIC CAESAR

gem lettuce, Caesar dressing, Parmesan shavings, artisan bread croutons and anchovies
314/628 kcal
(contains E, F, G, M, S, Su / may contain C, N)
10.00 small / 14.00 large

SUPER-FOOD SALAD

mixed quinoa, roasted courgette, butternut squash, kale and mustard dressing
123/269 kcal
(contains G, Mu / may contain C, N, Su)
11.00 small / 15.00 large

ADD SALAD EXTRAS

chicken (GF) 5.00
105 kcal
chalk stream trout (GF) 5.00
125 kcal (contains F / may contain C)
char-grilled halloumi (V) (GF) 4.00
223 kcal (contains E, M / may contain C)

THE CAST IRON MISSION

All our Cast Iron dishes focus on both local suppliers and great ingredients, whilst focusing on our commitment to reduce food waste. You can therefore enjoy delicious food knowing that you are making a positive impact on both the environment and the community.

SAUCES - 4.00

peppercorn (GF) 435kcal (contains C, M, Su / may contain L)
bearnaise (GF) 365 kcal (contains E, M / may contain C, Su)
Black sticks blue cheese (GF) 245 kcal (contains C, M, Su / may contain L)
chimichurri (GF) 105 kcal (may contain C, N, SS)

FROM THE GRILL

PRIME FILLET

VERY TENDER WITH NO FAT
37.00

200g 466 kcal

RIB-EYE

RICH, JUICY & FULL-FLAVOURED
37.00

285g 696 kcal

SIRLOIN

TENDER & JUICY PRIME CUT
33.00

225g 666kcal

ALL OUR STEAKS ARE SERVED WITH CONFIT TOMATO AND FRIES

MAINS

DUO OF PORK

cider braised cheek & fillet, cauliflower puree with Stilton & pancetta potato gratin
1232 kcal
(contains C, E, G, M, su / may contain MU)
24.00

FLAT IRON CHIMICHURRI CHICKEN (GF)

confit tomato and fries
553 kcal
(may contain C, N, SS)
20.00

CREAMY TOMATO RIGATONI ALLA VODKA (V)

fresh oregano
712 kcal
(contains G, M / may contain C, N, SS)
13.00 small / 19.00 large

BEER BATTERED FISH & CHIPS

ale batter, fries, crushed peas, chips, tartare sauce
629 kcal
(contains E, F, G, L, Mu, Su / may contain C, N)
19.00

SIDES

SEASONAL GREEN VEGETABLES (V) (GF)

Cornish sea salt
231 kcal (contains M / may contain C, N, Su)
5.00

SKINNY FRIES (V) (GF)

310 kcal (may contain E, Mu, N, Su)
5.00

TRUFFLE PARMESAN FRIES (GF)

310 kcal (contains M / may contain E, Mu, N, Su)
6.00

GRILLED FLAT MUSHROOMS (VE) (GF)

rosemary & garlic oil
103 kcal (contains Su / may contain C)
5.00

BEER BATTERED ONION RINGS (V)

393 kcal (contains G, Su / may contain C, N)
5.00

CAST IRON HOUSE SALAD (VE) (GF)

38 kcal (contains Mu, may contain C, N, Su)
5.00

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