

<div></div> <div>CAST IRON</div>	<div>STARTERS</div> <div><div><div><div>SMOKED PAPRIKA SPICED SQUID</div><div>Chilli jam, charred lime</div><div>contains: G, Mu, Mo</div></div><div>£10</div></div><div><div><div>THIS ISN'T CHICKEN WINGS (VE)</div><div>Vegan 'chicken' wings, FRANKS REDHOT® Buffalo Wings Sauce, celery</div><div>contains: S, Mu, C</div></div><div>£10</div></div></div> <div><div><div>SOUP OF THE DAY</div><div>Artisan bread, salted butter</div><div>Please ask your server about the allergens in this dish</div></div><div>£8</div></div> <div><div><div>TEMPURA KING PRAWNS</div><div>Garlic aioli</div><div>contains: E, Mu, G, Cr</div></div><div>£12</div></div> <div><div><div>SUPERFOOD FALAFEL (VE)</div><div>Harissa hummus, flatbread, olives</div><div>contains: SS</div></div><div>£10</div></div> <div><div><div>CHICKEN & HERB TERRINE</div><div>Truffle mayonnaise, grilled sourdough, prosciutto, baby leaves</div><div>contains: G, E</div></div><div>£11</div></div> <div><div><div>BURRATA SALAD (V)</div><div>Isle of Wight tomatoes, basil pesto</div><div>contains: M, Su</div></div><div>£12</div></div> <div><div><div>BLACK PUDDING BON BON</div><div>Smoked baconnaise, watercress</div><div>contains: E, Mu, G</div></div><div>£12</div></div> <div><div><div>BUTTERMILK CHICKEN WINGS</div><div>Spring onion, chilli, peppers, blue cheese sauce</div><div>contains: G, M, C</div></div><div>£10</div></div>	<div>LIGHTER BITES</div> <div><div><div>KING PRAWN LINGUINE</div><div>King prawns, parsley, tomato chilli sauce, lime</div><div>contains: G, Cr</div></div><div>£19</div></div> <div><div><div>CLASSIC CAESAR SALAD</div><div>Gem lettuce, Caesar dressing, Parmesan shavings, artisan bread croutons, anchovies</div><div>contains: F, M, E, G</div></div><div>£14</div></div> <div><div><div>SUPERFOOD POKE BOWL SALAD (VE)</div><div>Carrot and courgette noodles, shredded cabbage, spinach, edamame beans, crispy onions, teriyaki, soy dressing</div><div>Contains: S, SS, Su, G</div></div><div>£14</div></div> <div><div><div>ADD SALAD EXTRAS</div><div>CHICKEN</div></div><div>£5</div></div> <div><div><div>KING PRAWN SKEWERS</div></div><div>£6</div></div> <div><div><div>CHAR-GRILLED HALLOUMI</div></div><div>£5</div></div>
<div>FROM THE GRILL</div> <div>OUR MISSION</div> <div>All our 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.</div> <div><div></div><div>PORK CHOP £22 8oz: packed with flavour</div><div></div><div>FLAT IRON CHICKEN £20 8oz: packed with flavour contains: Su</div><div></div><div>TUNA LOIN £22 170g: fresh, juicy loin contains: F</div><div></div><div>RIB EYE £37 10oz: rich, juicy and full flavoured</div><div></div><div>SIRLOIN £28 6oz: tender and juicy prime cut</div><div>- ALL GRILLED MAINS ARE SERVED WITH CONFIT TOMATO & FRIES -</div></div>		<div>BURGERS</div> <div><div><div>BEEF BURGER</div><div>Crispy bacon, cheddar, lettuce, tomato relish, fries</div><div>contains: M, E, Su, G, C</div></div><div>£19</div></div> <div><div><div>THE BEYOND BURGER (VE)</div><div>Gem lettuce, beef tomato, vegan mayonnaise, fries</div><div>contains: Su, G, C, Mu</div></div><div>£19</div></div> <div><div><div>KOREAN CHICKEN BURGER</div><div>Gem lettuce, tomato, gochujang BBQ sauce, sweet potato fries</div><div>contains: Su, G, C, E, M, S, Ss</div></div><div>£19</div></div>
<div>MAINS</div> <div><div><div><div>CHICKEN CLUB SALAD</div><div>Bacon, soft egg, new potatoes, gem lettuce, sun-dried tomatoes, French dressing</div><div>contains: E, M, G</div></div><div>£19</div></div><div><div><div>LAMB ROGAN JOSH</div><div>Basmati rice, naan bread</div><div>contains: G, C</div></div><div>£19</div></div><div><div><div>BEER BATTERED FISH & CHIPS</div><div>Ale batter, crushed peas, chips, tartare sauce, lemon</div><div>contains: F, G, E, Su, C, Mu</div></div><div>£19</div></div><div><div><div>SRI LANKAN VEGETABLE CURRY (V)</div><div>Basmati rice, naan bread</div><div>contains: G, C</div></div><div>£19</div></div><div><div><div>CONFIT PORK BELLY</div><div>Pea and pancetta fricassee, parmentier potatoes, braised gem lettuce, red wine jus</div><div>contains: C, Su, S</div></div><div>£22</div></div><div><div><div>BEETROOT & GOATS CHEESE TORTELLINI (V)</div><div>Pine nuts, fresh basil, olive oil</div><div>contains: G, M, E, N</div></div><div>£18</div></div></div>		
<div>SIDES</div> <div><div><div><div>SKINNY FRIES (V, GF)</div></div><div>£5</div></div><div><div><div>SEASONAL NEW POTATOES (V)</div><div>contains: M</div></div><div>£5</div></div><div><div><div>BEER BATTERED ONION RINGS (V)</div><div>contains: G, Su</div></div><div>£5</div></div><div><div><div>TRUFFLE PARMESAN FRIES (V)</div><div>contains: M</div></div><div>£6</div></div><div><div><div>CAST IRON HOUSE SALAD (V)</div><div>contains: G, Mu</div></div><div>£5</div></div><div><div><div>GRILLED FLAT MUSHROOMS (V)</div><div>Rosemary and garlic oil</div></div><div>£5</div></div><div><div><div>INVISIBLE CHIPS</div><div>0% calories. 100% charity. All proceeds go to Hospitality Action who are comitted to getting the hospitality industry back on it's feet, one portion of 'chips' at a time. www.invisiblechips.org.uk</div></div><div>£4</div></div><div><div><div>SEASONAL GREENS (V)</div><div>Butter, Cornish sea salt</div><div>contains: M</div></div><div>£5</div></div><div><div><div>SAUCES</div><div>Peppercorn</div><div>contains: C, Su, M</div><div>Bearnaise</div><div>contains: E, M</div><div>Chimichurri</div><div>contains: Su</div></div><div>£4</div></div></div>		

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.

(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.



CAST IRON

For information on events at this hotel head to [MemoriesMadeMarriott.co.uk](https://www.marriott.com/Events/Properties/CastIron/ENR?cid=castiron)