CAST IRON

NIBBLES

RED PEPPER ROMESCO DIP 0

warm pitta bread (333 kcal) (contains G, N, P / may contain C, E, M) 5.00

TEMPURA SALMON

sriracha mayonnaise and sesame {478kcal} (contains E, F, G, M, Mu, SS / may contain Cr, Mo) 5.00

WARM ARTISAN BREAD

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

MIXED MARINATED OLIVES O @

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

STARTERS

OREGANO & PAPRIKA SQUID @

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 11.00

CRISPY HAM HOCK @

grain mustard, pickled beetroot and watercress {399 kcal} (contains C, E, Mu, Su / may contain M, N) 11.00

KING SCALLOPS @

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

CRISPY SPICED CAULIFLOWER @

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

GLAZED ROSARY GOAT'S CHEESE & VANIIIA POACHED PEAR O

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

TORCHED CONFIT SALMON @

crab, lemon & dill crème fraîche and squid ink tapioca cracker {944 kcal} (contains Cr. F. M. Mo. Su) 13:00

SOUP OF THE DAY @

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

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

SUPERFOOD 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 {105 kcal} @ 5.00

chalk stream trout {125 kcal} @ 5.00 (contains F / may contain C)

chargrilled halloumi {223kcal} 👽 🚭 4.00 (contains E, M / may contain C)

KING PRAWN & CHORIZO TAGLIATELLE

pangrattato crumb {604/1209 kcal} (contains Cr, G, M, S, Su / may contain C, F, Mo) 14.00 small / 20.00 large

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.

> ALL OUR STEAKS ARE SERVED WITH CONFIT TOMATO AND FRIES

FROM THE GRILL (all steaks are @ and may contain C, N, Su)



REFILL TENDER WITH HO 200g {466 kcal}





peppercorn @ {435 kcal} (contains C, M, Su / may contain L) | béarnaise @ {365 kcal} (contains E, M / may contain C, Su) SAUCES Blacksticks blue cheese @ {245 kcal} (contains C; M, Su / may contain L) | chimichurri @ {105 kcal} (may contain C, N, SS)

BURGERS

CAST IRON BURGER*

beef patty, crispy bacon, cheddar, gem lettuce, smoky chipotle sauce and fries {1325 kcal} (contains E, G, M, Mu, S, SS, Su / may contain C, N)

19.00

E1 FROM THE SALE Magic OF EVERY BURGER TO BENEFIT

breakfast

THE BEYOND BURGER @

gem lettuce, beef tomato, smoky chipotle sauce and fries $\{1056\ kcal\}\ (contains\ G,\ SS\ /\ may\ contain\ C,\ Mu,\ N)$ 19.00

CRISPY CHICKEN BURGER

gem lettuce, tomato, guacamole, mayonnaise and fries {748 kcal} (contains E, G, M, N, S, SS, Su / may contain C, Mu) 19.00

MAINS

CHALK STREAM TROUT @

clams, samphire, spinach, parmentier potatoes with pea & dill beurre blanc {977 kcal} (contains F, M, Mo / may contain C, Cr, SS) 24.00

CHICKEN BALLONTINE @

mushroom, truffle, celeriac & Salford honey purée, potato fondant, crispy chicken skin and chives (641 kcal) (contains C, E, M, Su / may contain N, SS) 22.00

DUO OF PORK

cider braised cheek & fillet, cauliflower purée with Stilton & pancetta potato gratin {1232 kcal} (contains C, E, G, M, Su / may contain Mu) 24.00

FLAT IRON CHIMICHURRI CHICKEN @

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

CREAMY TOMATO RIGATONI ALLA VODKA O

fresh oregano (712 kcal) contains G, M / may contain C, N 13.00 small / 19,00 large

BEER BATTERED FISH & CHIPS

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

FISH TRIO @ @

cod fillet, salmon & dill fishcake, king scallops, shellfish bisque, wilted spinach and sea herbs {611 kcal} (contains Cr, E, F, M, Mo / may contain Mu, N, Su) 24.00

SIDES

SEASONAL GREEN VEGETABLES OF

butter and Cornish sea salt {231 kcal} (contains M / may contain C, N, Su)

5.00

HERB BUTTERED NEW POTATOES O @

{303 kcal} (contains M / may contain C, N, Su)

5.00

TRUFFLE PARMESAN FRIES @

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

GRILLED FLAT MUSHROOMS @ @

rosemary & garlic oil {103 kcal} (contai nay contain C) 5.00

SKINNY FRIES O @

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

BEER BATTERED ONION RINGS

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

CAST IRON HOUSE SALAD @ @

{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:

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.

Adults need around 2000 kcal a day.

vegetarian veget 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. SCAN OR CODE TO SEE OUR POLICY

