





CAST IRON

WE'RE ALL FIRED-UP ABOUT HONEST BRITISH FOOD THAT PEOPLE LOVE TO EAT.

<p>NIBBLES</p> <p>CHORIZO & ROAST CHERRY TOMATOES ON TOAST 4.50</p> <p>BREAD TIN ♻️ English butter 3.50</p> <p>CHIPS 'N' DIPS ♻️ tortilla chips with your choice of dip: white bean and pesto kale and cashew smoked paprika and chickpea 4.50</p>	<p>STARTERS</p> <p>CARAMELISED KING SCALLOPS sweet potato and pea purée 12.50</p> <p>KATSU CHICKEN coriander slaw 8.50</p> <p>BRISKET OF BEEF skillet Yorkshire pudding and horseradish 8.50</p> <p>CRISPY SQUID & CHORIZO lemon mayonnaise 7.50</p> <p>GRILLED CAULIFLOWER ♻️ radish, parsley, sriracha, sour cream and toasted hazelnuts 7.50</p> <p>ROAST HERITAGE CARROTS Ⓞ balsamic, honey and white quinoa tabbouleh 7.50</p> <p>MARKET SOUP warm bread and butter (Ⓞ available) 6.00</p>	<p>BURGERS & BEYOND</p> <p>CAST IRON BURGER beef patty, crispy bacon, Cheddar cheese, smoky chipotle sauce and fries 14.50</p> <p>ODEIGA SPICED CHICKEN BURGER avocado, mayonnaise and fries 14.50</p> <p>VEGGIE BURGER ♻️ grilled halloumi, flat mushroom, spinach and fries 12.50</p> <p>STEAK CIABATTA melting Welsh rarebit, caramelised onions, rocket, mayonnaise and fries 14.50</p> <p>MOVING MOUNTAINS® PLANT BURGER ♻️ brioche, vegan cheese, chipotle sauce and fries 13.00</p>
<p>GREAT BRITISH AND DELICIOUS, OUR NEW BEST IN SEASON DISHES</p>		

<p>FROM THE GRILL</p>		
<p>MASTERS OF MEAT</p> <p>Our Casterbridge steaks are premium dry aged beef, matured, on the bone and selected only from the highest Red Tractor accredited South West farms. Our chefs are trained through our certified Cast Iron Steak Academy to ensure you receive the finest quality steak, cooked just how you like!</p> <p>SAUCES mushroom, blue cheese, peppercorn, béarnaise 2.50</p>	<div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="text-align: center; margin: 10px;"> <p>RUMP 280g</p>  <p>PACKED WITH RICH FLAVOUR 21.00</p> </div> <div style="text-align: center; margin: 10px;"> <p>PRIME FILLET 200g</p>  <p>VERY LEAN & TENDER 29.00</p> </div> <div style="text-align: center; margin: 10px;"> <p>RIB-EYE 250g</p>  <p>RICH, JUICY & FULL-FLAVOURED 25.50</p> </div> <div style="text-align: center; margin: 10px;"> <p>SIRLOIN 220g</p>  <p>TENDER & JUICY PRIME CUT 24.50</p> </div> </div>	<p>SIGNATURE GRILLS</p> <p>FLAT IRON CHICKEN 15.50</p> <p>TOMAHAWK PORK STEAK garlic and thyme 18.50</p> <p>LEMON SOLE caper and anchovy dressing 22.50</p> <p>180G TUNA STEAK 18.50</p>
<p>ALL OUR GRILLS ARE SERVED WITH CAST IRON BUTTER, FRIES & WATERCRESS UNLESS OTHERWISE SPECIFIED.</p>		

<p>ROOTS & SHOOTS</p> <p>CAST IRON CLUB SALAD ♻️ avocado, cos lettuce, egg, cherry tomatoes, cucumber and lemon dressing 7.00 11.00</p> <p>QUINOA SALAD Ⓞ watermelon, hazelnuts and soya honey dressing 7.00 11.00</p> <p>RICE, BARLEY & SPELT SALAD ♻️ roast chipotle sweet potatoes 7.00 11.00</p> <p>NIÇOISE SALAD ♻️ lettuce hearts, fine beans, baby potatoes and egg 6.00 10.00</p> <p>CLASSIC CAESAR Parmesan, croutons, baby gem lettuce and Caesar dressing 6.00 10.00</p> <div style="border: 1px solid black; padding: 5px; text-align: center; margin: 10px 0;"> <p>ADD SALAD EXTRAS</p> </div> <p>Chicken 4.50 Crispy tofu Ⓞ 4.50 Tuna 5.50 ChalkStream® trout 5.50</p>	<p>CLASSICS</p> <p>RIGATONI PRIMAVERA ♻️ leek, asparagus, peas, crème fraîche and butternut squash 13.00</p> <p>FISH 'N' CHIPS Atlantic cod in Cast Iron batter, crushed peas, fries and tartare sauce 14.00</p> <p>MUSHROOM & RICOTTA RISOTTO ♻️ 12.50</p> <p>MANGALORE CHICKEN Malabar sauce, coriander, naan bread and rice 15.00</p> <p>CHALKSTREAM® TROUT FISHCAKE lemon, parsley, spinach, poached egg and dressed salad 14.50</p> <p>PANKO BREADED CHICKEN ESCALOPE rocket, Parmesan and crème fraîche dressing 15.50</p>	<p>SIDES</p> <p>FRIES ♻️ thyme sea salt 4.00</p> <p>CAST IRON SALAD ♻️ vinaigrette 4.00</p> <p>CREAMED MUSHROOMS ♻️ 4.00</p> <p>MAC 'N' CHEESE beef brisket or just cheese 5.00</p> <p>GRILLED VEGETABLES ♻️ yoghurt and toasted pine nuts 4.00</p> <p>HALLOUMI FRIES ♻️ 5.00</p> <p>TWO FRIED EGGS & SUMAC ♻️ 4.00</p> <p>SAGE-BATTER ONION RINGS ♻️ 4.00</p> <p>CORIANDER SLAW ♻️ 4.00</p> <p>BEEF TOMATO & RED ONION ♻️ basil and olive oil 4.00</p>
<p>SOMETHING SWEET? - SEE OUR DESSERTS MENU</p>		