



Get Comfortable at Cast Iron Grill & Bar

Shareables

CAST IRON CORN BREAD Our classic corn bread served with roasted chile butter or honey cinnamon butter 5.99

FISH TACOS Two of our Baja style tacos made with crispy fish, lime crema, shredded cabbage, and pico de gallo. Grilled shrimp or blackened chicken available 8.99

PANCETTA PRAWNS AND POLENTA* Crispy pancetta bits and plump prawns are sautéed and served over parmesan polenta in a white wine-herb sauce 15.99

GINGER PORK MEATBALLS House-made pork meatballs tossed in a light teriyaki glaze; served over a Napa cabbage slaw 8.99

CALAMARI Strips of calamari breaded with seasoned panko and deep fried; with a spicy lemon tartar sauce and a garnish salad 12.99

POTATO SKINS Five deep fried potato skins stuffed with Monterey jack and cheddar cheese, diced jalapenos and bacon. Topped with pico de gallo, chipotle ranch dressing, and sour cream 9.99

49ER CHICKEN STRIPS House-made crispy chicken strips served with our honey jalapeño dressing 8.99

CAST IRON'S MAC & CHEESE Made with sharp cheddar, Monterey Jack, smoked gouda, and diced ham. Or try the Buffalo Bacon version, jazzed up with buffalo sauce and crispy bacon instead of ham 8.99

CRAB & SHRIMP CAKES Two house-made cakes of shrimp and red crab; served with mixed greens dressed in an orange vinaigrette, smoked paprika-lemon aioli, and roasted red pepper sauce 16.99

CHICKEN WINGS Deep fried and coated with a Cajun dry rub, classic Buffalo sauce, St. Louis BBQ sauce, or Thai sweet chili sauce; served with bleu cheese or creamy peppercorn dressing, celery, and carrots 10.99

STEAMED MUSSELS 1 lb. of Atlantic black mussels, in a chile, garlic, caramelized onion, and white wine broth; topped with cilantro and served with garlic bread 13.59

ROASTED PORK BELLY Rich pork belly is oven roasted with cinnamon and cloves; served with roasted Napa cabbage and apple slaw, topped with an apple cider glaze and crispy sweet potatoes 11.99

ARTICHOKE DIP A creamy dip with spinach, artichoke hearts, and roasted jalapeños; topped with toasted bread crumbs and served with crispy house-made tortilla chips 8.99

BAKED BRIE Warm, creamy brie cheese is topped with house-made mild pepper jelly; served with crostini and apple slices 11.59

NACHOS Crispy tortilla chips topped with refried black beans, pepperjack cheese, sour cream, pico de gallo, avocado, and queso fresco; your choice of chicken or pork 13.59

On the Lighter Side

Add grilled chicken \$4.99 / sautéed shrimp \$6.99 / 6 oz. grilled salmon \$14.99

AHI POKE SALAD Soy-ginger marinated raw Ahi tuna, served over mixed greens with cucumber, radish, avocado, edamame, carrot, mango, sesame seeds, and crispy wonton with a sweet balsamic vinaigrette and spicy aioli 20.99

ASIAN STYLE CHICKEN SALAD*
House-made crispy chicken sits atop butter lettuce, shredded cabbage, carrots, sliced cucumbers, basil, orange segments, toasted almonds, crispy wontons, and green onion all tossed in a sesame soy vinaigrette 14.99

PEAR, ORANGE & GOAT CHEESE SALAD*
Butter lettuce and mixed greens, pear slices, orange segments, dried cranberries, goat cheese, cinnamon pecans; with a lemon-poppysseed dressing 10.99 *small 6.99*

CAESAR SALAD^{1, 2} Chopped romaine lettuce with our Caesar dressing; topped with fresh grated parmesan and croutons 9.99 *small 5.99*

FUJI APPLE & GORGONZOLA SALAD*
Mixed greens, julienned Fuji apples, gorgonzola cheese, cucumber, and candied walnuts with a balsamic vinaigrette 10.99 *small 6.99*

WEDGE SALAD* Crisp iceberg lettuce with avocado, tomato, bacon, julienned carrots; with chunky bleu cheese dressing and a balsamic reduction drizzle 10.99 *small 6.99*

SHRIMP LOUIE* Large chilled shrimp with hard-boiled egg, cucumber, cherry tomatoes, and avocado, with a house-made traditional Louie dressing 18.99

Pasta

Add a small house salad to your meal for \$3.99

SEAFOOD PASTA Fettucine pasta tossed in a traditional rosé sauce with shrimp, mussels, scallops, fresh tomatoes, and asparagus; served with garlic bread 22.99

SCALLOP RISOTTO* Pan seared U10 scallops over parmesan risotto and sautéed asparagus; topped with house-made maple-bacon jam and white truffle infused beurre blanc 29.99

PESTO PASTA PRIMAVERA Rotini pasta tossed in house-made pesto with cherry tomatoes, zucchini, yellow squash, red onion, mushrooms, and feta cheese; served with garlic bread 14.99

ORIGINAL MAC & CHEESE Our version of this comfort classic made with sharp cheddar cheese, Monterey jack, smoked gouda, and diced ham; topped with toasted bread crumbs; served with garlic bread 14.99
You may sub with Buffalo Bacon style Mac & Cheese

CHICKEN BACON PASTA Rotini pasta tossed in a garlic cream sauce with chicken breast, bacon, asparagus, spinach, and sun-dried tomatoes; served with garlic bread 17.99

ITALIAN SAUSAGE PASTA Fettucini pasta tossed in a garlic cream sauce with Italian sausage, mushrooms, sun-dried tomatoes, and basil; served with garlic bread 17.99

¹May be served raw or undercooked or contains raw or undercooked ingredients. ²Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

*Gluten free.

An 18% service charge will be automatically applied to your bill for parties of ten or more. Due to an inability to obtain some items through our normal sources, some of our prices have temporarily changed. We appreciate your patience. Prices online will vary.

Cast Iron Classics

ADD A SMALL HOUSE SALAD FOR \$3.99, OR CUP OF SOUP TO YOUR MEAL FOR \$4.59
BREAD IS AVAILABLE UPON REQUEST

TRI TIP* 1, 2

10 oz. tri tip served with buttermilk mashed potatoes and sautéed vegetables 25.99

NY STEAK* 1, 2

10 oz. NY steak served with buttermilk mashed potatoes and sautéed vegetables 32.99

Choose your sauce -

Chimichurri • Soy-miso mustard • Creamy horseradish
Marsala demi glaze add \$1; 3 jumbo shrimp add \$6.99;
Sautéed mushrooms add \$2; Gorgonzola cheese add \$2.50

BEEF TENDERLOIN* 1, 2

8 oz. of beef shoulder tenderloin is topped with a red wine reduction sauce and sautéed mushrooms; served with buttermilk mashed potatoes and sautéed seasonal vegetables 28.99

MAHI MAHI*

Blackened mahi mahi over steamed rice and sautéed vegetables; served with a mango salsa 22.99

JUMBO JAMBALAYA

Jumbo shrimp, andouille sausage, bacon, and chicken are served in this classic delta dish with rice and garlic bread 19.99

SALMON* 1, 2

An 8 oz. grilled salmon filet is served atop smashed red potatoes and Brussels sprouts sautéed in white wine, shallots and whole grain mustard; topped with a maple-red wine glaze and fried ginger 25.99

PORK CHOP* 1, 2

11 oz. of premium bone-in pork chop marinated in sake and miso, chargrilled and topped with a lemon-thyme pan sauce; served with buttermilk mashed potatoes and sautéed vegetables 25.99

BBQ RIBS

Pork ribs are smoked in a house-made BBQ rub and tossed in your choice of a tangy Carolina BBQ sauce, or sweet St. Louis BBQ sauce served with sweet potato fries and coleslaw 20.99

CAST IRON MEATLOAF

9 oz. of bacon wrapped meatloaf smothered in brown gravy and topped with crispy onions; served with buttermilk mashed potatoes and sautéed vegetables 17.99

BBQ CHICKEN BREAST

A pan seared chicken breast with house-made bourbon cola BBQ sauce and topped with crispy onions served with buttermilk mashed potatoes and sautéed vegetables 17.99

Sandwiches

ALL SANDWICHES SERVED WITH YOUR CHOICE OF FRENCH FRIES OR FUJI APPLE COLESLAW

You may substitute Sweet Potato Fries for \$1 or Garlic Fries for \$2

TRI-TIP SANDWICH* 1, 2

7 oz tri tip steak is chargrilled and served on a hoagie roll with caramelized onions, parmesan cheese, garlic aioli, and arugula dressed in an orange vinaigrette 17.99

GRILLED CHICKEN SANDWICH

Herb-marinated chicken is grilled and served on a brioche bun with smoked gouda, bacon, and herb aioli. Lettuce, tomato, and red onion served on the side 15.99

CAST IRON CHEESEBURGER^{1, 2}

½ pound ground chuck burger, grilled to order; topped with your choice of cheese on a brioche bun. Lettuce, tomato, and red onion served on the side 15.99

CALI CHEESESTEAK

Thin sliced tri tip with sautéed onions, mushrooms, and bell peppers; topped with Swiss cheese, chipotle aioli and dressed arugula 17.99

SALMON BURGER^{1, 2}

A house-made salmon patty with leeks, garlic, and dill; served on a toasted brioche bun with butter lettuce, sliced cucumber, tomato, and a garlic-caper aioli 18.99

WEST COAST BACON BURGER^{1, 2}

½ pound ground chuck burger, grilled to order; topped with your choice of cheese, house made Carolina BBQ sauce, caramelized onions, and bacon on a brioche bun. Lettuce and tomato served on the side 16.99

LAMB BURGER^{1, 2}

½ pound of an 80/20 mix of ground lamb and beef, grilled to order; served on a brioche bun with dressed arugula, tomato jam, and whipped feta 17.99

BLACK BEAN BURGER

A house-made black bean patty on a brioche bun with cheddar cheese, crispy onions, avocado, and chipotle ranch. Lettuce and tomato served on the side 14.99

AVOCADO BACON BLUE BURGER^{1, 2}

½ pound ground chuck burger, grilled to order; topped with a gorgonzola-cream cheese mix, Applewood smoked bacon, and avocado on a brioche bun. Lettuce, tomato, and red onion served on the side 16.99

PULLED PORK SANDWICH

House-made pulled pork, tangy BBQ sauce, coleslaw, and pickles piled on a broche bun 12.99

BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR SERVER OF ANY ALLERGIES OR SENSITIVITIES YOU MAY HAVE.

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Food Allergy Notice

Please be advised that food prepared in our restaurant contains these ingredients: Milk, eggs, soybean, wheat, peanuts, tree nuts, fish and shellfish.

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NON-ALCOHOLIC BEVERAGES

Coca-Cola	\$2.50	HOUSEMADE REFRESHERS \$3.50
Diet Coca-Cola	\$2.50	
Sprite	\$2.50	Grandma's Lemonade
I.B.C Root Beer	\$3.50	Cherry Lemonade
Tea (hot or iced)	\$2.50	Arnold Palmer
Coffee	\$2.50	

WATER AND STRAWS AVAILABLE UPON REQUEST