

Let's get
Comfortable!



Open 7 days
a week!

*Every dish is made from scratch using the freshest ingredients,
ensuring the highest quality and flavor in every bite!
gotta eat, gotta drink!"*

Shareables

CAST IRON CORN BREAD

Our classic corn bread served in a cast iron pan with roasted chile butter or honey butter 7.99

FISH TACOS

Two of our Baja style tacos made with crispy pacific cod, lime crema, shredded cabbage, and pico de gallo. You may sub with shrimp or blackened chicken 9.99

PANCETTA, SHRIMP AND POLENTA*

Crispy pancetta bits and plump shrimp sautéed and served over parmesan polenta in a white wine-herb sauce 17.99

GRILLED HONEY-TEQUILA SHRIMP

Skewered shrimp grilled with garlic butter and topped with our honey-tequila glaze; served over garlic bread 14.99

CALAMARI

Strips of calamari breaded with seasoned panko and deep fried; served with our spicy lemon tartar sauce and a garnish salad 14.99

CAST IRON'S FAMOUS 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 9.99

49ER CHICKEN STRIPS

Hand-breaded crispy chicken strips served with our honey-jalapeño dressing 9.99

BRUSSELS SPROUTS

Deep fried Brussels sprouts with crispy bacon, topped with a balsamic glaze, parmesan cheese and crispy onions 9.99

BAKED BRIE

Warm, creamy brie cheese is topped with mild pepper jelly; served with toasted crostini and Fuji apple slices 11.99

SEAFOOD CAKES

Two cakes of shrimp, red crab meat, scallops and pollock; served with mixed greens dressed in an orange vinaigrette, smoked paprika-lemon aioli and a roasted red pepper sauce 18.99

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 13.99

MUSSELS AND CHORIZO*

1 lb. of Atlantic black mussels in a chorizo wine broth, with sautéed bell peppers and onions, topped with cilantro and served with garlic bread 17.99

ARTICHOKE DIP

Creamy spinach, artichoke hearts, and roasted jalapeños; topped with toasted bread crumbs and served with crispy tortilla chips 10.99

NACHOS

Crispy tortilla chips topped with refried black beans, pepper-jack cheese, lime crema, pico de gallo, avocado, and queso fresco; your choice of chicken or pork 16.99

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 12.99

On the Lighter Side

Feel free to add the following proteins; grilled chicken 5.99 | sautéed shrimp 6.99 | grilled tri tip 12.99 | grilled salmon 14.99

SOUTHWEST CHICKEN SALAD

Chopped Romaine, sweet corn, avocado, cherry tomatoes, red onions, black beans and blackened chicken with our avocado lime dressing 17.99

FUJI APPLE & GORGONZOLA CHEESE SALAD*

Mixed greens, julienned Fuji apples, gorgonzola cheese, cucumbers, and candied walnuts with a balsamic vinaigrette 14.99 / small 9.99

WEDGE SALAD*

Crisp iceberg lettuce with avocado, tomato, bacon, and julienned carrots; with chunky bleu cheese dressing and a balsamic reduction drizzle 13.99 / small 8.99

SHRIMP LOUIE*

Chilled poached shrimp with hard-boiled egg, cucumber, cherry tomatoes, and avocado, with our traditional Louie dressing 19.99

CAESAR SALAD

Chopped Romaine lettuce with our Caesar dressing; topped with fresh grated parmesan and croutons 12.99 / small 7.99

ASIAN STYLE CHICKEN SALAD

Crispy chicken on butter lettuce, shredded cabbage, carrots, sliced cucumbers, basil, orange segments, toasted almonds, crispy wontons and green onions; tossed in a sesame soy vinaigrette 18.99

PEAR, ORANGE & GOAT CHEESE SALAD*

Butter lettuce and mixed greens, pear slices, orange segments, dried cranberries, goat cheese and cinnamon pecans; with a lemon-poppysseed dressing 14.99 / small 9.99

AHI POKE SALAD

Soy-ginger marinated raw Ahi tuna, served over mixed greens with cucumber, radishes, avocado, edamame, carrots, mango, sesame seeds, and crispy wonton with a sweet balsamic vinaigrette and spicy aioli 24.99

Pasta

Served with garlic bread. Add a small house or Caesar salad to your meal 7.99

CHEESE TORTELLINI WITH SHRIMP

Five cheese tortellini with broccoli, bacon and sautéed shrimp tossed in a garlic cream sauce 24.99

CHICKEN BACON PASTA

Linguine pasta tossed in a garlic cream sauce with chicken breast, bacon, asparagus, spinach and sun-dried tomatoes 23.99

CREAMY PESTO GNOCCHI

Potato gnocchi pasta tossed in our pesto garlic cream sauce with Italian sausage, basil and sun-dried tomatoes 22.99
Make it vegetarian by omitting the Italian sausage

VEGETABLE RISOTTO*

Arborio rice, cherry tomatoes, green peas, asparagus and sweet corn tossed with a creamy basil parmesan sauce 19.99

VEGAN PRIMAVERA PASTA^V

Vegan spinach spaghetti, zucchini, squash, red bell peppers, and mushrooms, tossed in our coconut cream sauce, topped with vegan Baby bell cheese; served with toasted dinner bread 18.99

ORIGINAL MAC & CHEESE

Our comfort classic made with sharp cheddar, Monterey Jack and smoked gouda, with diced ham; topped with toasted bread crumbs. Or try the Buffalo Bacon version with buffalo sauce and bacon instead of ham 17.99

All payments made via credit or debit cards will be charged a 3% processing fee. Cast Iron Grill & Bar does not profit from this charge. It covers the fees charged to us by the credit card processing companies.

Cast Iron Classics

Add a small house or Caesar salad, or cup of soup to your meal for \$7.99. Elevate your mashed potatoes with Cast Iron's Loaded Mash with the addition of cheddar cheese, bacon and chives for \$2.49. Dinner bread is available upon request.

RIBEYE STEAK* ^{1,2}
10 oz. Ribeye steak grilled to order with a compound garlic herb butter; served with buttermilk mashed potatoes and sautéed vegetables 38.99

T-BONE STEAK* ^{1,2}
16 oz. T-bone steak grilled to order and served with buttermilk mashed potatoes and sautéed vegetables 39.99

TRI-TIP* ^{1,2}
10 oz. Tri-Tip served to order with buttermilk mashed potatoes and sautéed vegetables 26.99

Choose your sauce; Chimichurri or Creamy Horseradish Make it Surf 'n Turf by adding 3 Jumbo shrimp 6.99 Additional Add-ons: Sautéed Mushrooms 2.49 Gorgonzola Cheese 2.49 or Red Wine Demi Glace 1.99

MAHI MAHI* ^{1,2}
Char-grilled Mahi-Mahi over steamed white rice and a sautéed vegetable medley; topped with our spicy coconut curry cream sauce and truffle oil beurre blanc 27.99

JAMBALAYA
Shrimp, andouille sausage, bacon, and chicken are served in this classic delta dish with rice and garlic bread 22.99

SHORT RIB*
Slow braised beef short rib over creamy polenta, topped with our red wine demi glaze; served with sautéed vegetables 32.99

SCALLOP RISOTTO*
Pan seared scallops over parmesan risotto and sautéed asparagus; topped with our maple-bacon jam and white truffle beurre blanc 33.99

PARMESAN CHICKEN
A chicken breast fried crispy, topped with marinara sauce and melted mozzarella and parmesan cheese; served over linguine, basil, and your choice of rosé or marinara sauce 24.99

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 our maple-red wine glaze and fried ginger 29.99

PINEAPPLE HABAÑERO CHICKEN
10 oz. chicken breast, marinated and fried crispy, topped with our slightly spicy pineapple-habañero sauce; served with roasted red potatoes and sautéed vegetables 23.99

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 21.99

BBQ RIBS
Pork ribs are smoked in our house 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 23.99

PORK CHOP* ^{1,2}
11 oz. of premium bone-in pork chop marinated in sake and miso, chargrilled and topped with our lemon-thyme pan sauce; served with buttermilk mashed potatoes and sautéed vegetables 27.99

Ask for it prepared **Mongolian style** - 11 oz. premium bone-in pork chop marinated in Mongolian style kalbi sauce, chargrilled and topped with sautéed onions and mushrooms 27.99

LAMB CHOPS* ^{1,2}
Lamb chops marinated in roasted garlic and balsamic vinegar, chargrilled and topped with parsley and shallots tossed in lemon juice and truffle oil; served with roasted red potatoes and sautéed vegetables 33.99

Sandwiches

All sandwiches are served with your choice of French fries or Fuji apple coleslaw. You may substitute Sweet Potato Fries or Garlic Fries for 1.99

CALI CHEESESTEAK
Thin sliced tri-tip with sautéed onions, mushrooms and bell peppers; topped with Swiss cheese, chipotle aioli and dressed arugula 18.99

RIB ROAST SANDWICH
Braised rib roast, garlic mayo, sweet and spicy onions, goat cheese and dressed arugula on a hoagie roll 18.99

TRI-TIP SANDWICH ^{1,2}
7 oz. tri-tip is chargrilled and served on a hoagie roll with caramelized onions, parmesan cheese, garlic aioli, and arugula dressed in an orange vinaigrette 18.99

SALMON BURGER ^{1,2}
A house-made salmon patty with leeks, garlic and dill; served on a toasted brioche bun with butter lettuce, pickled cucumber, tomato and a garlic-caper aioli 21.99

VEGGIE BURGER
A house-made quinoa and black bean patty on a brioche bun with cheddar cheese, avocado, lettuce, red onion, tomato and chipotle ranch aioli 17.99

LAMB BURGER ^{1,2}
1/2 lb. 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 18.99

CRISPY CHICKEN SANDWICH
A chicken breast fried crispy with your choice of cheese on a hoagie roll with lettuce, tomato, red onion, chipotle aioli and bacon 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 17.99

CAST IRON CHEESEBURGER ^{1,2}
1/2 lb. 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

Upgrade to a **West Coast Bacon Burger** by adding our Carolina BBQ sauce, caramelized onions and bacon 17.99

PULLED PORK SANDWICH
House-smoked pulled pork, tangy BBQ sauce, coleslaw and pickles piled on a brioche bun 16.99

SEAFOOD CAKE SANDWICH
Slightly fried seafood cakes with dressed arugula, tomatoes, avocado and Meyer lemon aioli on toasted sourdough bread 19.99

NON-ALCOHOLIC BEVERAGES
Soft Drinks and more 3.50
Coca-Cola | Coke Zero | Sprite | Root Beer
Tea (hot or cold) | Coffee

Housemade Refreshers 3.75
Grandma's Lemonade | Cherry Lemonade | Arnold Palmer

Before placing your order, please inform your server of any allergies or sensitivities, you may have.

¹ May be served raw or undercooked or contains raw or under-cooked ingredients.

² Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. ***Gluten free** ^v **Vegan**

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.

A 20% service charge will be automatically applied to your bill for parties of ten or more. Prices online may vary.

April 2025