



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 are sautéed and served over parmesan polenta in a white wine-herb sauce \$17.99

OYSTER SHOOTERS

Six fresh oysters are served with house-made cocktail sauce and citrus mignonette on the side \$14.99 *Fortify your shooters with green chile vodka \$5*

CALAMARI

Strips of calamari breaded with seasoned panko and deep fried; served with a spicy lemon tartar sauce and a garnish salad \$13.99

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 house-made mild pepper jelly; served with toasted crostini and Fuji apple slices \$11.99

SEAFOOD CAKES

Two house-made 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 \$17.99

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 \$16.99

ARTICHOKE DIP

Creamy spinach, artichoke hearts, and roasted jalapeños; topped with toasted bread crumbs and served with crispy tortilla chips \$9.99

NACHOS

Crispy tortilla chips topped with refried black beans, pepperjack cheese, lime crema, pico de gallo, avocado, and queso fresco; your choice of chicken or pork \$15.99

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 \$11.99

On the Lighter Side

Add grilled chicken \$5.99 | sautéed shrimp \$6.99 | grilled salmon \$14.99

SWEET CORN & CHORIZO SALAD*

Chopped Romaine, sweet corn, avocado, cherry tomatoes, red onions, chorizo, queso fresco and jalapeños 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 \$13.99 / 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 \$12.99 / small \$8.99

SHRIMP LOUIE*

Chilled poached shrimp with hard-boiled egg, cucumber, cherry tomatoes, and avocado, with a house-made traditional Louie dressing \$19.99

CAESAR SALAD

Chopped Romaine lettuce with our Caesar dressing; topped with fresh grated parmesan and croutons \$11.99 / small \$7.99

ASIAN STYLE CHICKEN SALAD

Crispy chicken placed atop butter lettuce, shredded cabbage, carrots, sliced cucumbers, basil, orange segments, toasted almonds, crispy wontons, and green onions tossed in a sesame soy vinaigrette \$17.99

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 \$13.99 / 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 \$23.99

Pasta Served with garlic bread. Add a small house or Caesar salad to your meal for \$6.99

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 rose or marinara sauce \$23.99

CHICKEN BACON PASTA

Linguine pasta tossed in a garlic cream sauce with chicken breast, bacon, asparagus, spinach and sun-dried tomatoes \$22.99

CREAMY PESTO GNOCCHI

Potato gnocchi pasta tossed in our house-made pesto garlic cream sauce with Italian sausage, basil and sun-dried tomatoes \$21.99
Make it vegetarian by omitting the Italian sausage

SWEET & SPICY CHICKEN NOODLES

Chicken breast, carrots, cabbage, red bell peppers, jalapeño, green onions and rice noodles tossed in our sweet and spicy sauce \$19.99
Sub with sautéed shrimp \$23.99

VEGAN PRIMAVERA PASTA^v

Vegan spinach spaghetti, zucchini, squash, red bell peppers, and mushrooms, tossed in our house-made 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 \$16.99

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 \$6.99. 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 \$37.99

NEW YORK STEAK*^{1,2}

10 oz. NY steak grilled to order and served with buttermilk mashed potatoes and sautéed vegetables \$33.99

TRI-TIP*^{1,2}

10 oz. Tri-Tip served to order with buttermilk mashed potatoes and sautéed vegetables \$26.99

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

MAHI MAHI*^{1,2}

Pan seared, blackened Mahi Mahi over steamed rice and sautéed vegetables; topped with a mango avocado salsa \$27.99

JAMBALAYA

Shrimp, andouille sausage, bacon, and chicken are served in this classic delta dish with rice and garlic bread \$21.99

SHORT RIB*

Slow braised beef short rib over creamy polenta, topped with our house-made 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 \$32.99

CAST IRON CIOPPINO

Shrimp, mussels, scallops and fresh corn tossed in our house-made slightly spicy cioppino sauce, topped with blackened cod, served over red rice \$28.99

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 \$28.99

PINEAPPLE HABAÑERO CHICKEN

10 oz. chicken breast, marinated and fried crispy, topped with our house-made 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 \$20.99

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 \$23.99

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 \$27.99

LAMB CHOPS*

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 \$17.99

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 \$20.99

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 \$16.99

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

^{1,2}

CAST IRON CHEESEBURGER

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-made pulled pork, tangy BBQ sauce, coleslaw and pickles piled on a brioche bun \$15.99

SEAFOOD CAKE SANDWICH

Slightly fried seafood cakes with dressed arugula, tomatoes, avocado and Meyer lemon aioli in toasted sourdough bread \$19.99

NON-ALCOHOLIC BEVERAGES

Soft Drinks and more \$3.25

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 undercooked 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.