CAST IRON KITCHEN
EST. 2019

LUNCH & DINNER

10% Discount when full Wests membership card is swiped

Small Bites

Bread Roll & Butter 2.5
Garlic Bread 8
Cheesy Garlic Bread 9
Bacon & Cheese Bread 10
Soup of the Day (Ask for today's) 10
Plate of Chips & Gravy 10

Salads

Tropical Pork Belly 20
Succulent pork belly, mango, pineapple, lime dressing, carrot, onion, cucumber, crispy noodles and toasted coconut

Chicken Caesar Salad 20
Cos lettuce, roasted chicken, crispy bacon, croutons, shaved parmesan, tossed through Caesar dressing and topped with soft boiled egg

Feta & Lemon Fattoush (V) 20
Marinated feta cheese, broken lavosh, chickpeas, cucumber, tomato, onion and cos lettuce drizzled with Sumac & lemon dressing

Roast

Served with seasonal vegetables, roast potatoes & gravy

Roast Pork & Crackling 20

Seafood

200g Char Grilled Salmon 27

S&P Squid 20
Served with chips, salad & tartare sauce

Torpedo Prawns 20
Served with chips, salad & tartare sauce

Crispy Seafood Basket 25
Hand battered fish, S&P squid, torpedo prawn with chips, salad & tartare sauce

Kids Menu 12

All meals are served a choice of chips or salad, & a fun pack drink for kids under 12

Kids Battered Fish & Chips
Kids Burger *Beef patty, tomato sauce and melted cheese*
Kids Nuggets *Five chicken nuggets*
Kids Pasta *Spaghetti tossed with Napolitana sauce & salad*

From the Grill

All served with your choice of mash & veg or chips & salad

200g Char Grilled Rump 20
400g Char Grilled Rump 36
300g Char Grilled Grasslands Sirloin 40

Schnitzels

Chicken Schnitzel (200g) 17
With gravy

NOT so Chicken Schnitzel (V) 17
Plant based chicken schnitzel with gravy

Truffled Mushroom & Bacon Schnitzel 23
Chicken schnitzel topped with creamy mushroom sauce, bacon & drizzled with truffle oil

Creamy Garlic Prawn Schnitzel 26
Chicken schnitzel opped with creamy garlic prawns

Chicken Parmigiana 22
Chicken schnitzel covered in tomato sauce, bacon and mozzarella cheese, served with chips & salad

Hawaii Five-0 Schnitty 20
Chicken schnitzel topped with ham, caramelised pineapple, melted cheese, toasted coconut & sweet chilli aioli

Spaghetti Western Schnitzel 22
Chicken schnitzel topped with bolognaise sauce, spaghetti, shaved parmesan & fresh herbs

The Philly Schnity 30
Chicken schnitzel topped with shaved slow cooked beef, roasted capsicum, onions, Swiss cheese, special sauce & a pickle

NOT So Hawaiian Schnitzel (V) 22
Plant based schnitzel topped with caramelised pineapple, cheese & napolitana sauce.

Sauces

Garlic Cream Sauce 4
Pepper 4
Dianne 4
Mushroom 4
Creamy Garlic Prawns 10

Sides

Side Salad 5
Side of Vegetables 5
Side of Mash 5
Side of Chips 6

Burgers

All served with a side of chips
Gluten free or Vegan buns available

Route 66 Burger 18
Beef patty, lettuce, tomato, special sauce, topped with a pickle on a milk bun

Copa Cabana Burger 18
Grilled chicken, caramelised pineapple, lettuce, tomato, cucumber with melted cheese, toasted coconut & sweet chilli aioli on a warm bun

The Works Burger 22
Beef patty, bacon, egg, caramelised onion, pineapple, cheese, lettuce, tomato, BBQ sauce, special sauce on a milk bun

Beef & Bacon Beast Burger 26
Double beef patty, double bacon, double cheese, BBQ sauce, NO SALAD! on a milk bun

Philly Cheese Steak Sandwich 25
Shaved slow roast beef, roasted capsicum, onions, Swiss cheese, special sauce, toasted sourdough & a pickle

Caribbean Dream Burger (V) 18
Plant based schnitzel Jamaican jerk seasoning, caramelised pineapple, lettuce, tomato, cucumber, & lime dressing on a warm potato bun

Pastas

Gluten free pasta available

Mediterranean Spaghetti Bolognaise 18
Fresh ground beef mince braised in a herb and tomato sauce, tossed through spaghetti and topped with parmesan cheese

Creamy Mushroom Spaghetti (V) 18
Tri-coloured fettucine, creamy mushrooms and garlic, topped with parmesan cheese

Mediterranean Vegetarian Bolognaise (V) 18
Tempeh, tomato, Mediterranean vegetable bolognaise & shaved parmesan cheese

Chicken Boscaiola Pasta 23
Creamy chicken, bacon, mushroom, tri-coloured fettucine, topped with a fried egg, crispy fried onion and parmesan cheese

Cast Iron Seafood Spag Bowl 28
Garlic prawns, mussels, spinach, cherry tomato, in a fresh basil & tomato sauce, topped with crispy squid strips & lemon

Surf & Turf Pasta 30
Slow cooked beef, garlic prawns, spinach, creamy white wine sauce, fresh herbs, tri-coloured fettucine, topped with crispy onions & lemon

Cast Iron Kitchen Classics

Members 15

Hand-Battered Fish 17
Served with chips, salad, fresh lemon & tartare sauce

Grilled Basa Fillet 17
Served with chips, salad, fresh lemon & tartare sauce

200g Chicken Schnitzel 17
Served with chips & salad with gravy

All-day Breakfast 17
Beef sausage, fried eggs, chips, mushroom, char grilled sourdough, tomato, bacon & baked beans

Lambs Fry & Bacon 17
Classic lamb's liver with bacon, mashed potato, peas & onion gravy

Rissoles & Mash 17
Two house made rissoles, mashed potato, peas & onion gravy

Bangers & Mash 17
Two beef sausages, warm mashed potato, peas, smothered in onion gravy

Beef Lasagne 17
Served with chips & salad

The Healthy Chef By Teresa Cutter

Members 15

Salmon Cakes & Beauty Salad 18
Two fresh salmon patties with an avocado, fetta, orange & blackberry salad

Super Greens Pie with Beauty Salad 18
Healthy spinach & fetta pie crowned with sweet potato ribbons and served with an avocado, fetta, orange & blackberry salad

Mediterranean Spaghetti (Plant Based/V) 18
Tempeh, tomato & Mediterranean vegetables bolognaise and parmesan cheese