



GAST IRON

BAR, DINING ROOM and EVENT HALL

Happy Hour

Daily 4 pm to 7 pm

Daily Specials

Tuesday | Taco Trio

Wednesday | Coconut Shrimp

Thursday | Quesadilla Night

Friday | All You Can Eat Fish Fry

Saturday | Chef's Choice

Sunday | Sloppy Joe's

5906 Old Miller Trunk Hwy

DULUTH, MN

218-729-7514

STARTERS



CAST IRON POPPER



Cream cheese and parmesan barely contained inside pepper bacon wrapped jalapeños served with a drizzle of pineapple jam. \$9.49

FLATBREAD

Light, flavorful starters, topped with mozzarella and your choice of cherry bourbon pork, chicken broccoli, buffalo chicken, or chicken bacon ranch. \$9.99

ONION RINGS

Deep fried to perfection and served with your choice of sauce. \$8.99

CHICKEN STRIPS

Breaded chicken strips, regular or spicy. Comes with choice of dipping sauce. \$8.99

HOISIN STEAK SKEWER

Tender bites of marinated steak finished with our signature Hoisin BBQ sauce. Served on a bed of crispy fried onion strips. \$10.99



SWEET CHILI SLAW CARNITAS

Two soft tacos filled with pulled pork, cilantro sour cream and a sweet chili slaw. \$6.99

MOZZARELLA STICKS

Breaded and Italian seasoned mozzarella cheese. Served with slow roasted red sauce. \$8.99

WISCONSIN STYLE CHEESE CURDS

Lightly breaded, delicious Wisconsin cheese curds fried to golden, gooey perfection, and served with marinara sauce. \$8.99

SPINACH ARTICHOKE DIP

Creamy spinach, artichokes, and cheese served hot with fresh tortilla chips. \$8.99

PRETZEL BITES

Cheese filled pretzel poppers served with sour cream chive dipping sauce. \$8.99

SALADS

STEAK SALAD

Tender bites of marinated steak on a bed of romaine, blue cheese crumbles, tomato, red onions and raspberry vinaigrette. \$11.99



CITRUS SHRIMP SPINACH SALAD



Sautéed citrus shrimp over fresh spinach, mandarin oranges, avocado, tomato and toasted almond slivers, served with citrus vinaigrette. \$11.99

TACO SALAD

Romaine, cheese, onion, tomato, black olives and your choice of seasoned beef or chicken in a tomato basil tortilla shell. \$9.99

CAESAR SALAD



Romaine tossed with Caesar dressing, topped with parmesan and croutons. Large \$7.99 | Small \$5.99 | Add chicken \$3.99

HOUSE SALAD



Mixed greens, cucumber, tomato, red onion, croutons and parmesan. \$5.99

GRILLED BUFFALO CHICKEN SALAD

Grilled Buffalo chicken served on a bed of romaine lettuce with red onion, cheddar cheese, tomato and croutons. \$10.99

CHEF SALAD

Fresh romaine, smoked ham, chopped bacon, tomato, boiled eggs and cheddar cheese served with your choice of dressing. \$10.99



= Signature item

BURGERS

All sandwiches served with choice of battered fries, seasoned kettle chips or homemade cut fries. Substitute sweet potato tots or onion rings \$1.00 extra. Gluten free bun available \$3.00

GRILL WARS
2018 RADIO CHAMPION

APPLEWOOD BACON BURGER

Applewood smoked bacon and melted cheddar cheese. \$12.49

CAST IRON COWBOY BURGER

Saddle up with crispy onion tangles, pepper jack cheese, tomatoes and hoisin BBQ. \$11.99

MUSHROOM AND SWISS BURGER

Swiss cheese melted over fresh sautéed mushrooms. \$11.99

MACK BURGER

Creamy Cajun Alfredo mac over a ground beef patty with pepper jack cheese. \$11.49

CREAM CHEESE AND OLIVE BURGER

Green olives folded into cream cheese and drizzled with a roasted red pepper sauce, lettuce and tomato. \$11.99

THE SLOW BURN BURGER

Hot habenero sauce, habenero mayo, pepper jack, jalapeño chips, lettuce, tomato and onion. Feel the burn! \$11.99

BENNY BURGER



Our take on Eggs Benedict in a burger form. Ham, Swiss and hollandaise sauce with a basted egg over our burger patty. \$11.99

SANDWICHES

All sandwiches served with choice of battered fries, seasoned kettle chips or homemade cut fries. Substitute sweet potato tots or onion rings \$1.00 extra. Gluten free options available.



CHERRY BOURBON PULLED PORK

Our one of a kind BBQ pulled pork with slaw, pepper jack and jalapeño chips on grilled pub bun. \$10.99

BLACKENED CHICKEN

Fresh blackened chicken breast with L.T.O., avocado and topped with SXSW sauce on grilled pub bun. \$11.99

APPLEWOOD B.L.T. (A)

Applewood smoked bacon with fresh romaine, tomato, avocado and mayo on toasted sourdough. \$10.99

CAST IRON CLUB

Turkey, ham, bacon, cheese and our homemade club sauce, stacked and layered on toasted sourdough. \$11.99

HAVANA

Smoked ham and pulled pork with mustard, pickles and Swiss cheese on toasted hoagie bun. \$10.99

REUBEN

Corned beef, sauerkraut and Swiss cheese on marble rye, grilled and served with our homemade Reuben dip. \$10.99

ASIAN CHICKEN MELT

Crunchy chicken tossed in sweet chili BBQ on toasted sour dough with chow mein noodles, cheddar and bacon. \$10.99

PO-BOY

Deep fried, hand-breaded Pollock served on hoagie bun with tartar, lettuce, tomato and cheddar cheese. \$9.99

WRAPS

All wraps served on a tomato-basil tortilla with choice of battered fries, seasoned kettle chips or home cut fries. Substitute sweet potato tots or onion rings \$1.00

HONEY SRIRACHA WRAP

Honey sriracha glazed chicken with romaine, roasted peppers, onions and pepper jack. \$10.99

CAESAR WRAP

Grilled chicken breast wrapped up in a bed of romaine, parmesan and Caesar dressing. \$10.99

CLUB WRAP

Ham, turkey, bacon and cheese wrapped with lettuce, tomato and our homemade club sauce. \$10.99

BUFFALO CHICKEN WRAP

Lettuce, tomato, spicy grilled chicken and Buffalo sauce. \$10.99

TZATZIKI CHICKEN WRAP

Chicken, cucumber, tomato, red onion, romaine lettuce, and feta cheese slathered in authentic Tzatziki sauce and wrapped up in a tortilla \$9.99

HONEY MUSTARD

STEAK WRAP

Tender steak bites wrapped up with romaine, tomatoes, French fried onions, cheddar cheese, and sweet honey mustard. \$11.49



= Signature item

KIDS

All served with choice of seasoned kettle chips, battered fries or home cut fries.
Substitute sweet potato tots or onion rings \$1.00

MAC AND CHEESE \$7.99

GRILLED CHEESE \$7.99

BURGER \$7.99

CHICKEN STRIPS \$8.99

SODA \$1.75

PIZZA ALL DAY

CHEESE \$9.99

PEPPERONI OR SAUSAGE \$10.99

PEPPERONI AND SAUSAGE \$11.99

SUPREME PIZZA

Pepperoni, sausage, onions, mushrooms, and green olives \$12.99

MAC AND CHEESE PIZZA

Topped with cheese, macaroni noodles and our creamy cheese sauce. \$14.99

CHICKEN BACON RANCH

Diced chicken breast, cheese, chopped bacon, ranch, Alfredo sauce. \$14.99

BACON CHEESEBURGER PIZZA

Hamburger, diced bacon, cheddar and mozzarella cheese with a side of pickles. \$13.99

DESSERTS



RUM CARAMEL AND TOFFEE CHEESECAKE

A slice of caramel cheesecake topped with rum caramel sauce and crushed toffee bits. \$5.99



FRESH RASPBERRY CHEESECAKE

A generous slice of cheesecake topped with a drizzle of raspberry sauce and even more raspberries! \$5.99

MINI DONUT SUNDAE SUPREME

Vanilla ice cream, rum caramel, chocolate sauce, mini chocolate chips, whipped cream, and a cherry. Now top all of that with freshly made mini donuts! \$5.99

BOAT OF DONUTS

One dozen freshly made mini donuts, \$5.99

DRINKS

FOUNTAIN SODA 16 OZ.

Coke, Sprite, Diet Coke, Barq's, Cherry Coke, Dr. Pepper, Ginger Ale, Lemonade, Raspberry Tea, Iced Tea \$2.25 (free refills)

BOTTLE POP MT. DEW \$2.75

COFFEE | TEA | MILK \$2.25

HOT CHOCOLATE \$2.25

JUICES

Orange, cranberry, pineapple, grapefruit, tomato \$2.25



= Signature item

ASK ABOUT OUR DAILY FOOD and DRINK SPECIALS

ENTREES

Entrees and Pastas available after 4 pm

Entrees come with a vegetable du jour, garden salad or Caesar salad, a choice of either baked potato, garlic mashed potato, cilantro rice pilaf, homemade cut fries, or battered fries.

SMOTHERED STEAK

8 oz. Top sirloin smothered in sautéed onions, mushrooms, peppers, bacon, and Swiss cheese. \$17.99



CHERRY BOURBON GLAZED MEATLOAF

Two hearty pieces of secret recipe meatloaf glazed with our signature Cherry Bourbon BBQ sauce. \$13.99

TERIYAKI CHICKEN KABOBS

Perfectly grilled, marinated teriyaki chicken kabobs with onions and red & green peppers, on a skewer. \$15.99

BEEF TENDERLOIN KABOBS

Perfectly grilled beef tenderloin tips with onions, red & green bell peppers on a skewer. \$15.99

8 OZ. TOP SIRLOIN

Locally sourced hand cut top sirloin. Char-grilled to order. \$16.99



HONEY GARLIC SALMON

6 oz. Oven roasted salmon filet glazed with our honey garlic sauce. \$17.99

PASTA

All Pastas served with choice of garlic toast or cornbread and choice of garden salad or Caesar salad.



GARLIC CREAM FETTUCCINE

Creamy garlic Alfredo with fresh fettuccine, sugar snap peas, and topped with shredded parmesan cheese. \$13.99 | Chicken \$15.99 | Shrimp \$15.99 | Both \$18.99



CAJUN CREAM FETTUCCINE

Cajun Alfredo sauce, sautéed bell peppers and onions. \$13.99

Chicken \$15.99 | Shrimp \$15.99 | Both \$18.99

ITALIAN SAUSAGE FETTUCCINE

Our Italian sausage red sauce takes over 7 hours to complete! Draped over fresh fettuccine and topped with parmesan, you'll understand why it takes so long. \$14.99

MACARONI AND CHEESE

Homemade, hearty mac made with a 4-cheese blend. Loaded with ham and bacon. Topped with bread crumbs. \$15.49



= Signature item

All items are cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs which may contain harmful bacteria may increase your risk of foodborne illness or death, especially if you have certain medical conditions.

CAST IRON

BREAKFAST

Available Saturday and Sunday
9 am - 12 pm

HOMEMADE BUTTERMILK CAKES

Full Stack \$8.99 | Short Stack \$6.99

Served with your choice of ham, bacon or sausage.

EGGS YOUR WAY \$8.99

2 eggs any style, served with choice of sausage, ham or bacon. Served with hash browns and toast choice.

BISCUITS AND GRAVY \$8.99

Half Order \$6.99

Buttermilk biscuits doused in homemade sausage gravy, served with 2 eggs any style.



CAST IRON SKILLET \$10.99

Fried potatoes, cheese, peppers, onions, tomatoes, bacon and ham tossed with scrambled eggs.

BREAKFAST SANDWICH \$9.99

Bacon, cheese and 2 eggs between 2 slices of toasted sour dough. Served with hash browns.

EGGS BENEDICT \$10.99

Ham, basted eggs, cheese and Hollandaise sauce served on English muffin toast with a side of hash browns.

FRENCH TOAST \$8.99

Two thick slices of battered toast served with bacon, ham or sausage.

BREAKFAST BURRITO \$8.99

Eggs, sausage, bacon and cheese rolled in a flour tortilla.



SOUTH BY SOUTHWEST (SXSW) OMELET \$10.99

Onions, peppers, fresh jalapeño, pepper jack cheese and spicy Italian sausage. Served with a side of our homemade SXSW dressing.



CAST IRON OMELET \$10.99

Onion, peppers, bacon, ham, tomato and cheese.

GARDEN OMELET \$8.99

Mushrooms, tomato, onion, peppers, broccoli and cheese.

HAM & CHEESE OMELET \$9.99

Diced smoked ham and cheddar cheese.

TACO OMELET \$9.99

Your choice of beef or chicken taco meat, tomatoes, onions and cheddar cheese. Served with salsa and sour cream.

MEAT LOVER'S OMELET \$10.99

Bacon, ham, sausage and cheese.

All omelets made with 3 eggs, served with hash browns and side of toast.



= Signature item

BEVERAGES

COFFEE | TEA | MILK \$2.25

JUICES Orange, Cranberry, Pineapple, Grapefruit, or Tomato \$2.25