Cast Iron is a multi-dimensional experience forged through a unique combination of Japanese and Western cuisine.

Boasting a cold counter that serves only the freshest catches from Japanese fish markets and a custom-made grill counter that creates the juiciest Wagyu cuts, Cast Iron provides diners with the luxury to explore the many possibilities available in the world of gastronomy.

Watch with glee as the chefs delicately prepare your sushi and sashimi with great finesse and be dazzled by the blistering flames rising from the Gaucho Grill. Immerse yourself in a soothing and luxurious atmosphere emanating from the warm and cozy setting at Cast Iron.
STARTERS

Dried Hog’s Ear
lightly torched dried hog’s ear

Fried Chicken Pieces
seasonal chicken meat in salted spice mix

Chilli Lime Crispy Fried Squid
pepper salted baby squid with bird’s eye chili & lime jus

Deep Fried Octopus Tentacle
octopus karaage

Salted Green Soybeans
edamame served warm & tossed with salt

Japanese Onion Salad
tama negi salad

Peanut Sesame Broccolini
baby broccoli, peanut sesame dressing, roasted garlic chips

Caesar Salad
romaine lettuce, croutons, parmesan cheese and caesar dressing

“Haru” Seasonal Salad
chef’s choice of greens in seasonal dressing
**Otsumami**

*Drinking Food*

Otsumami - a Japanese term referring to drinking snacks.

Cast Iron offers a huge range of enjoyable otsumami to complement your evening or afternoon drinks. Our otsumami dishes can also serve as starters that will open up your palates for the delicious mains.

Pair these otsumami with a refreshing glass of Sake, wine, champagne beer or whisky and you are all set for a perfect evening.

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<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Squid with Bonito’s Intestine Sauce</td>
<td>8</td>
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<tr>
<td>Ika shuto-ae</td>
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<tr>
<td>Grilled Fish Cake</td>
<td>9</td>
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<tr>
<td>Jyokoten yaki</td>
<td></td>
</tr>
<tr>
<td>Spicy Scallop Mussel</td>
<td>12</td>
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<tr>
<td>Hota chanja</td>
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<tr>
<td>Fermented Squid</td>
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<tr>
<td>Ika shiokara</td>
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<tr>
<td>Sweet Prawn Paste</td>
<td>13</td>
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<tr>
<td>Ama ebi shio kara</td>
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<td>Low Temperature Cooked Oyster</td>
<td>13</td>
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<td>Gaki tenyon</td>
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<td>Grilled Sting Ray Fin</td>
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<td>Eihore</td>
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<td>Spicy Marinated Cod Innards</td>
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<td>Chanja</td>
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<tr>
<td>Dried Mullet Roe</td>
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<td>Karasumi</td>
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<tr>
<td>Dried Overnight Sea Eel</td>
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<tr>
<td>Anago ichiya hoshi</td>
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<td>Scallop with Mustard Vinegar</td>
<td>18</td>
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<tr>
<td>Hotate su miso-ae</td>
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</table>
Agemono refers to Japanese deep-fried food. It features a wide range of Japanese cuisine that includes many Japanese well-known dishes. Agemono is considered an essential part of a balanced meal even though it is oily and salty as with any other deep-fried food. They are essential in ways like these as they balance out other Japanese staples such as miso and tofu that contain little to no oil.

Popular Agemono dishes include the likes of Karaage, Kaki & Ebi Furai, Korokke, Kushikatsu, Tempura, Tonkatsu, Nanbanzuke, Agedashi Dofu and Kaiseki Agemono.

Negi Satsuma-age 8
fried fishcake with Japanese onions

Nasu Dengaku 12
deep fried eggplant with soybean paste

Tofu no Tosa-age 12
deep fried tofu coated with fish flakes

Renkon no Hasami-age 15
deep fried lotus root filled with prawn meat

Shiromi Kawari-age 18
deep fried seasonal white fish

Ebi Senbei 18
Japanese prawn rice crackers

Tempura Moriawase 20
assorted tempura

Kaori Aji-age 20
horse mackerel with shiso

Ebi Tempura 25
prawn tempura

Kaki Isobe-age 25
oyster seaweed tempura

Kani Hashi Tempura 28
crab leg tempura

Uni Tempura 38
sea urchin tempura

Tempura Platter
chef’s versatile selection of tempura

78 ~ 108
<table>
<thead>
<tr>
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<th>Price</th>
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<tr>
<td>Ninniku Chahan</td>
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<tr>
<td>Garlic fried rice</td>
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<tr>
<td>Kimchi Udon</td>
<td>18</td>
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<tr>
<td>Salted and fermented vegetables with Japanese noodles in savoury broth</td>
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<tr>
<td>Kimchi Yaki Udon</td>
<td>22</td>
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<tr>
<td>Grilled fermented vegetables with Japanese noodles</td>
<td></td>
</tr>
<tr>
<td>Inaniwa Udon</td>
<td>24</td>
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<tr>
<td>Hand-stretched Japanese noodles in savoury broth</td>
<td></td>
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<tr>
<td>Wagyu Chahan</td>
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<td>Fragrant fried rice with grilled wagyu beef</td>
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<table>
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<tr>
<td>Spicy Salmon Uramaki</td>
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<td>California Uramaki</td>
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<td>Spider Uramaki</td>
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<tr>
<td>Spicy Tuna Uramaki</td>
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</tr>
<tr>
<td>Tuna Avocado Uramaki</td>
<td>26</td>
</tr>
<tr>
<td>Negi Toro Chumaki</td>
<td>38</td>
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</tbody>
</table>
Premium Tuna on Seasoned Rice
sliced tuna sashimi on seasoned hokkaido rice

Hokkaido Favourites Sushi
8 pieces of hand-crafted sushi comprising of tuna, salmon, amberjack and hokkaido scallop

Cube Cut Sashimi on Seasoned Rice
assorted sashimi cubes on seasoned hokkaido rice

Bluefin Tuna Sushi
6 pieces of premium bluefin tuna (hon maguro) sushi comprising of akami, chu toro and otoro

Salmon Sashimi and Red Caviar on Seasoned Rice
sliced salmon sashimi with ikura red caviar on seasoned hokkaido rice

Tsukiji Market Sushi
8 pieces of hand-crafted sushi comprising of tuna, salmon, amberjack

Directly air-flown from various fish markets in Japan (Tsukiji, Chuo, Shimonoseki & Hokkaido), we are dedicated to serving only the freshest and premium quality catches.

Get a glimpse of the chef’s impeccable knife-work over the cold counter as he slices the fishes delicately.

Enjoy a raw and refreshing taste of Japan as the sashimi and sushi touches your palate.

Chef’s Choice

Chef’s Choice
| SUSHI / SASHIMI | 2 PIECES | 4 SLICES | 4 SLICES |
|-----------------|----------|----------|
| Tuna (Akami)    | 12       | 22       |
| Medium Fatty Tuna (Chu Toro) | 22 | 44     |
| Fatty Tuna (Otoro) | 33 | 66     |
| Yellowtail (Hamachi) | 9  | 18      |
| Amberjack (Kanpachi) | 12 | 20     |
| Shipjack (Shima Aji) | 14 | 25     |
| Salmon (Shake)   | 9        | 16       |
| Red Snapper (Tai) | 14 | 25     |
| Hokkaido Scallop (Hotate) | 20 | 30 |
| Ark Shell (Akagai) | 24 | 30     |
| Sweet Shrimp (Ama Ebi) | 12 | 18 |
| Sea Urchin (Uni) | 30       | 60 (30gm) |
| Mackerel (Saba)  | 18       | 34       |
| Black Throat (Nodokaru) | 20 | 40 |
| Striped Beakfish (Ishidai) | 18 | 35     |
| Hokkaido Clam (Hokkigai) | 20 | 40     |
| Horse Mackerel (Aji) | 25 | 45     |
| Black Abalone (Kuro Awabi) | 100 | 160   |
Sushi Platter
8 ~ 12 varietal of hand-formed sushi & roll

Sashimi Platter
6 ~ 10 varietal of market fresh sashimi graded seafood

Combination Platter
variety of nigiri, sashimi and maki

Chef’s Selection of Sashimi
premium sashimi selection
let our chef cater to your preferences & budget

regular | large
68 | 108
88 | 138
168

120 ~ 380
"I will leave it to you" - Omakase is a Japanese tradition of allowing the chef to decide a diner’s food orders. Omakase allows the chef to choose what is best for the diner based on their preferences. It also provides the chef complete freedom to work his creativity in coming up with unique and delectable dishes.

If time permits, take a seat at our cold counter and enjoy a memorable evening with our chefs over fresh and exquisite dishes.

**OMAKASE**

**Tetsu-jin**
- Appetiser
- Sashimi
- Robata / Tempura
- Cooked Dish
- Sushi
- Soup
- Dessert

120

**Tetsu-ryū**
- Seasonal Appetiser
- Sashimi
- Tempura
- Robata
- Cooked Dish
- A4 Wagyu Beef
- Sushi
- Collagen Soup
- Dessert

180

**Chu-tetsu**
- Amuse Bouche
- Sashimi
- Agemono
- Robata
- Kagoshima / Miyazaki (A5 Wagyu)
- Abalone
- Nigiri
- Maki
- Collagen Soup
- Japanese Fruit / Dessert

240
Historically, Gauchos are referred to as fearless and skilled horsemen in South America. A Gaucho grill takes on the traditional Argentinian way of wood-fire cooking most notably practiced by cowboys.

Our custom-made “Monster” Gaucho Grill weighs over 500kg by itself. From the land to the sea, the grill is able to tackle even the toughest meats.

Bite into the juiciest beef cuts and the incredibly tender lamb racks.

**Lamb Rack**
- 4-rib NZ baby lamb rack with bone, rosemary salt, olive oil

**Grilled Lobster Tails**
- Grilled lobster tails (2 pieces, ideal for sharing)

**Bone-in Sirloin (700g)**
- USDA prime grade A bone-in sirloin, charred exterior with medium doneness paired with butter and sea salt

**Angus Porterhouse (1 KG)**
- Flame grilled prime steak with ‘chino bone’ (portion of striploin & tenderloin) paired with butter and sea salt

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Lamb Rack 60
Grilled Lobster Tails 60
Bone-in Sirloin (700g) 80
Angus Porterhouse (1 KG) 120
ROBATA GRILL
焼き
Iberico pork is a meat that can be considered a staple in Spain since a long time ago. Similar to the kurobata in Japan, Iberico pork is a premium ingredient used in many top-tier restaurants in Spain.

Its breeding method allows the pigs to roam freely in the dehesa (Spanish for grasslands), which in turn gives the meat a moist and firm texture.
**KUSHIYAKI**

**BAMBOO SKEWER DELIGHTS**

- **King Oyster Mushroom**
  grilled king oyster mushrooms
  - Price: 8

- **Shishito**
  sweet green peppers
  - Price: 8

- **Cheese Sausage**
  skewered cheesy sausage
  - Price: 10

- **Tebasaki**
  middle wings in spicy teri sauce
  - Price: 10

- **Yakitori**
  skewered chicken meat in tare sauce
  - Price: 12

- **Chicken Tsukune**
  chicken meat balls with pineapple salsa
  - Price: 12

- **Char Siew**
  skewered grilled char siew
  - Price: 14

- **Iberico Pork**
  iberico buta in tare sauce
  - Price: 16

- **Ocean Prawn**
  skewered prawns grilled with sea salt
  - Price: 18

- **Sous Vide Beef**
  skewered "tei-on" beef
  - Price: 18

- **Tenderloin Beef**
  skewered grilled tenderloin beef
  - Price: 18

- **Hokkaido Scallop**
  skewered hotate
  - Price: 22
Robata, also known as fire-side cooking in Japanese, is a style of cooking that employs the use of slow-grilling of food over charcoal to allow the juices within to flow out so that every bite turns out flavourful.

Enjoy a plethora of robata-grilled meats ranging from beef to seafood. Grilled vegetable options are also available for the less carnivorous.

**ROBATA GRILL**

**PREMIUM MEAT**

- Middle Wings (Tebasaki)
- Iberian Pork Loin (Lomo Costilla)
- Iberian Pork Jowl (Papada)
- Iberian Boneless Pork Collar (Aguja)
- Prime Ribeye (Zabuton)
- Chicken Thigh (Kashiwa)
- Iberian Pork Belly (Pancetta)
- Iberian Galbi (Secreto)
- Ribeye (Zabuton)
- Beef Tongue (Gyutan)

**SALT & PEPPER WITH LEEK**

- Chicken Thigh (Kashiwa) 14
- Iberian Pork Belly (Pancetta) 14
- Iberian Galbi (Secreto) 16
- Ribeye (Zabuton) 18
- Beef Tongue (Gyutan) 22

**MISO MARINATION**

- Chicken Thigh (Kashiwa) 14
- Iberian Pork Belly (Pancetta) 16
- Beef Skirt (Harami) 18
- Lamb Chop (Hitsuji) 24

**YUZU CHILLI PASTE**

- Middle Wings (Tebasaki) 14
- Iberian Pork Loin (Lomo Costilla) 14
- Iberian Pork Jowl (Papada) 14
- Iberian Boneless Pork Collar (Aguja) 16
- Prime Ribeye (Zabuton) 26

Robata, also known as fire-side cooking in Japanese, is a style of cooking that employs the use of slow-grilling of food over charcoal to allow the juices within to flow out so that every bite turns out flavourful.

Enjoy a plethora of robata-grilled meats ranging from beef to seafood. Grilled vegetable options are also available for the less carnivorous.
**ROBATA GRILL**

**SEAFOOD**

- **Salmon**
  - robata-style grilled salmon
  - $22

- **Grilled Squid**
  - robata-style grilled squid
  - $26

- **Hokkaido Scallop**
  - grilled fresh hokkaido scallop
  - $30

- **Kama Shio Yaki**
  - grilled hamachi collar with fried shallots, soy and prik nam pla
  - $32

- **Saikyo Miso Cod**
  - grilled cod with yuzu sake foam, crispy kale and edamame
  - $38

**VEGETABLES**

- Asparagus
  - 6

- Mushroom
  - 6

- Lady’s Fingers
  - 6

- Japanese Sweet Potato
  - 10

- Hokkaido Corn
  - 10

- Truffle Grilled Seasonal Vegetable
  - 18
### Wagyu Harami – Skirt
Harami, or skirt steak, comes from the diaphragm area so it has a bolder flavour than other cuts of meat. These cuts often come marinated in miso or soy sauce due to their strong flavour. Extra marbled and tender harami is sometimes sold as "jo-harami" or "special harami".

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<thead>
<tr>
<th>Price per 80gm</th>
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### Wagyu Gyutan – Tongue
Tongue requires a long cooking time to become tender, so it's usually sliced carpaccio-thin for yakiniku, and grilled quickly until rare or medium-rare. Gyutan has a rich, deep flavour but also tastes surprisingly clean, making it a delicacy in yakiniku.

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<th>Price per 80gm</th>
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### Wagyu Karubi – Boneless Short Rib
Juicy and exceptionally marbled. Normal beef short ribs are usually braised or slow-cooked to render the chewy meat tender, but wagyu short ribs are still tender after being quickly grilled. For an even more marbled piece of meat, go for the karubi sankaku, or ‘three corners’.

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<tr>
<th>Price per 80gm</th>
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<td>32</td>
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Wagyu Sirloin (Cube Cut) / (Steak Cut)
One of the most popular cuts for steak for both steaks and yakiniku, and for good reason – the meat is cut from the back of a cow, and is a balance of tender, juicy and flavourful.

Wagyu Zabuton – Ribeye Steak / (Steak Cut)
The natural richness of our wagyu beef makes this the steak that can’t be beaten for its taste. These steaks are also called “Zabuton Steaks”. This is the thin flap of meat around the rim of the ribeye steak which is the The Zabuton is cut from the chuck roll.

Wagyu Hire – Tenderloin / (Steak Cut)
Hire being the most tender and leanest part of the beef. Heavily sought after as it is the smallest portion of meat encased within the striploin stretching to the rib bone. It’s also known as “Fillet Mignon” in western steak houses.

Wagyu Sirloin (Cube Cut) / (Steak Cut) 42 per 100gm
Wagyu Zabuton – Ribeye Steak / (Steak Cut) 48 per 120gm
Wagyu Hire – Tenderloin / (Steak Cut) 68 per 140gm
和牛ステーキ
DIRECT IMPORT FROM JAPAN

<table>
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<tr>
<th>Region</th>
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<td>Ohmi</td>
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<tr>
<td>Tochigi</td>
<td>110 / 100g</td>
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<tr>
<td>Kagoshima</td>
<td>120 / 100g</td>
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<td>Miyazaki</td>
<td>120 / 100g</td>
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<tr>
<td>Hokkaido Snow Age</td>
<td>130 / 100g</td>
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<tr>
<td>Saga</td>
<td>140 / 100g</td>
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JAPANESE WAGYU STEAK CUT
Dessert of the Day  12
Vanilla Ice Cream  6 / scoop
Matcha Ice Cream  8 / scoop
Yuzu Sorbet  8
Black Sesame Ice Cream  8
Matcha Ice Cream with Red Bean  12
Matcha Monaka  12
Assorted Fruits  18
Muskmelon  18