



simply southern...all day long

MEMBER OF FOOD NETWORK'S DINERS, DRIVE-IN'S & DIVES SINCE JANUARY 2018.

BREAKFAST & BRUNCH Follow us on Facebook for upcoming specials and events.
TUES - SUN
7:30AM - 3:00PM

CLOSED MONDAY Here at Cast Iron Kitchen we strive to bring our patrons the freshest ingredients that North Carolina can offer them. We source 75% of our goods and services from NC farmers, fishermen and businesses.
for valuable family time!!

{ CLASSICS }

- EARLY RISER*** \$5.50
one egg, stone ground grits, choice of meat and toast.
(Tues - Fri 7:30 to 9:30)
- SOUTHERN BREAKFAST*** \$7.50
two eggs, stone ground grits, choice of meat and toast, biscuit or English muffin.
- BREAKFAST BISCUIT OR SANDWICH***
 choice of one egg, meat and cheese \$5.50
 meat & cheese \$4.25
 egg & cheese \$2.50
 add grits or skillet potatoes \$1.75
- BISCUITS AND GRAVY** \$7.75
two fresh made biscuits, smothered in Cast Iron's signature gravy made from fresh ground country sausage and fresh chorizo sausage.
- HOUSE GRANOLA & YOGURT** \$6.50
seasonal fruit and local honey

{ MEATS | CHEESES | BREADS }

- THICK CUT SMOKED BACON, COUNTRY HAM, FRESH COUNTRY SAUSAGE, FRESH TURKEY SAUSAGE, CHORIZO, FRIED CHICKEN TENDERLOIN**
- AGED CHEDDAR, SWISS, PEPPER JACK, MUENSTER, AMERICAN**
- SOUR DOUGH WHITE, HONEY WHEAT, MARBLED RYE, SUNFLOWER WHEAT, ENGLISH MUFFIN**
All Bread is Baked fresh from Neomande Bakery in Moorisville, NC

{ OMELETS }

- all served with skillet potatoes & toast, Egg whites available upon request for a \$1.25 upcharge*
- MEAT & CHEESE** \$8.00
choice of meat and cheese
 - THE VEGETABLE GARDEN** \$9.75
tomato, sweet onion, mushroom, spinach, sweet peppers, roasted root vegetables and choice of cheese.
 - SHRIMP & CHORIZO** \$10.75
sautéed shrimp, fresh chorizo, tomatoes, sweet onion, pepper-jack cheese, and topped with pico de gallo.
 - WESTERN NC OMELET** \$10.00
country ham, smoked bacon, sweet peppers, sweet onions and American cheese

{ PANCAKES & WAFFLES }

All pancakes and waffles served with butter or cinnamon butter, and choice of Agave syrup, honey or Maple Syrup.

- SOUR MILL PANCAKES** single \$3.00/double stack \$5.75
- WAFFLES** single \$3.00 / two \$5.75
add fruit topping for \$2.00
Fruit topping \$1.25 or fresh fruit for \$2.75

{ CAST IRON SPECIALTIES }

- SHRIMP & GRITS** \$12.50 half / \$16.50 full order
shrimp, smoked sausage, bacon, onions, mushrooms, tomato cream sauce with grits and red eye gravy.
- RED EYE PULLED PORK HASH*** \$11.00
slow cooked pork shoulder, skillet potatoes, sweet onion, tomatoes, mushrooms, red eye gravy, 2 sunny eggs, pickled sweet peppers, and Texas Pete hollandaise.
- HOUSE MADE CORNED BEEF HASH*** \$11.25
chopped corned beef, skillet potatoes, 2 runny eggs, pickled cabbage chow chow, white bean relish, and Texas Pete hollandaise.
- DIRTY SOUTH BISCUIT*** \$11.75
Featured on Diners, Drive-in's & Dives, Guy's Favorites
southern fried chicken tenderloin, bacon, runny egg, muenster and pepper jack cheeses with sausage gravy.
- ROOT VEGETABLE HASH** \$11.00
roasted butternut squash, rutabaga, sweet potato, roasted beets, sweet onions, tomatoes, blistered egg, hollandaise & arugula salad.
- CHICKEN & WAFFLES** \$10.75
southern fried chicken tenderloin, crispy waffle, fig-bacon jam, honey-bourbon syrup, granola, and garnished with fresh berries.
- PRIME PUB STEAK BENEDICT*** \$15.00
4 oz. grilled USDA prime pub steak, wilted kale, tomato marmalade, grilled sourdough bread, 2 poached eggs, hollandaise, and arugula chimichurri.

{ SIDES }

- STONE GROUND GRITS** \$1.75 add cheese \$2.00
- CAULIFLOWER "GRITS"** \$2.75
- SKILLET POTATOES** \$1.75
- CHEF'S FRUIT TOPPING** sm \$1.00 / lg \$1.75
- FRESH FRUIT OR BERRIES** \$2.75
- SAUTEED SPINACH** \$2.50
- CHEF'S CHOICE GRILLED VEGGIES** \$3.00
- SLICED TOMATOES** \$2.25
- FRIED GREEN TOMATOES** \$4.00
- BISCUIT/TOAST/ENGLISH MUFFIN** \$1.50
- SINGLE BISCUIT & GRAVY** \$4.00
- SIDE CORNED BEEF HASH** \$4.50
- THICK CUT SMOKED BACON** \$2.75
- COUNTRY HAM** \$2.75
- COUNTRY SAUSAGE, CHORIZO, OR TURKEY SAUSAGE** \$2.75
- SAUSAGE GRAVY** \$2.25
- RED EYE GRAVY** \$1.75
- ONE EGG** \$1.25
- FRIED CHICKEN TENDERLOINS (2)** \$4.25

{ BEVERAGES }

- COFFEE** \$2.75
- SWEET TEA / UNSWEET TEA** \$1.75
- HOT TEA** \$2.50
- FRESH SQUEEZED ORANGE JUICE** sm \$2.50 / lg \$4.75
- APPLE JUICE** sm \$2.50 / lg \$4.75
- TOMATO JUICE** sm \$2.50 / lg \$4.75
- SOFT DRINKS** \$2.25

**These items are cooked to order | Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness*

8024 MARKET STREET UNIT 7 | WILMINGTON | NC | 28411 | 910.821.8461 | CASTIRON-KITCHEN.COM

BREAKFAST

served all day





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BRUNCH

{ BRUNCHIES }

- PIMENTO CHEESE DIP W/ PORK CRACKLINS'** \$5.75
- FRIED GREEN TOMATOES & BUTTERMILK W/ HOUSE PICKLES** \$8.25
- FRIED MT. OLIVE PICKLES** \$6.00
- CIK CHORIZO & NC SWEET POTATO BRAVAS** \$8.00
spicy mayo, arugula chimichurri, cilantro and NC goat cheese
- PIG CANDY, CHOCOLATE & POTATO CHIPS** \$7.75
crumbled candied bacon, spiced chocolate sauce, NC sweet potato chips, fresh strawberries and sea salt

{ SOUP }

- CHICKEN & BISCUITS** Cup \$3.95/ Bowl \$5.95
- VEGETARIAN ROOT VEGETABLE CHILI** Cup \$3.95/ Bowl \$5.95

{ SALADS }

Dressings - *CIK Ranch, Chunky Blue Cheese, Smoked Tomato Vinaigrette, Cracked Pepper & Apple Cider Vinaigrette, Sweet Onion, & Honey Mustard*

- MIXED GREEN GARDEN SALAD** sm \$4.75 / lg \$7.25
cukes, tomatoes, red onion, day old biscuit croutons and toasted pumpkin seeds.
- CHOPPED FARM SALAD** sm \$8.00 / lg \$10.75
cukes, tomatoes, red onion, bacon, roasted beets, boiled egg, and aged cheddar cheese
Add shrimp, grilled or fried chicken tenderloin for \$2.50
Add grilled 4oz. pub steak \$5.00
- CAST IRON CHICKEN SALAD** sm \$7.75 / lg \$10.75
liberal scoop of house made chicken salad, mixed greens, cukes, tomatoes and Rye toast.

{ COMBOS }

Your choice of half BLT, pimento cheese, chicken salad or Ryebein sandwich, cup of soup or side mixed green salad. \$6.75

{ BURGERS AND SANDWICHES }

All burgers and sandwiches served with choice of skillet potatoes, sweet potato chips, macaroni salad, slaw, cukes & tomatoes, or potato salad. Add small salad or a cup of soup for \$2.00

- 8 OZ. BURGER*** \$10.75
All burgers are ground fresh daily and are cooked to order. All burgers come with lettuce, tomato, red onion, and Cast Iron Burger Sauce.
Substitute Grilled or Fried Chicken
Add Cheese for \$.50 | Add fried egg for \$1.00 | Add Bacon for \$1.50
- CIK GRILLED PIMENTO SANDWICH** \$9.75
fried green tomatoes, pickled sweet peppers, arugula and bacon on Sourdough bread
- B.E.I.T. SANDWICH*** \$9.00
bacon, lettuce, tomato, herb aioli and two fried eggs on white/wheat
- PETTY'S PULLED PORK** \$8.50
slaw and Eastern NC style vinegar BBQ sauce on a grilled bun.
- SUNFLOWER GARDEN** \$11.00
cauliflower-cheese spread, mixed greens, pickled peppers, roasted beets, red onion, kale slaw & tomato marmalade on toasted Sunflower wheat bread or corn tortillas
- DOWN HOME REUBEN** \$10.50
corned beef or pulled pork, swiss and pepper-jack cheeses, collard and cabbage kraut, smoked tomato dressing on grilled Rye.
- CREOLE SHRIMP BURGER** \$11.00
fried or grilled shrimp, kale slaw, cajun sauce, house pickle relish on a grilled bun
- SIMPLY SOUTHERN CHICKEN** \$10.75
fried or grilled chicken tenderloin, pimento cheese, bacon, honey mustard, lettuce, tomato, red onion and fig jam on whole grain toast.
- NOT MY MOMMAS MEATLOAF*** \$11.25
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house made meatloaf with ground beef and pork, fried egg, caramelized sweet onion, arugula, tomato, aged cheddar, herb aioli and Texas Pete hollandaise served on a toasted bun
- CIK CHICKEN SALAD MELT** \$10.00
house made chicken salad on toasted English muffin, Muenster, Swiss, bacon, lettuce, tomato and sweet onion aioli

**EAT LOCAL. EAT GOOD.
AND PLEASE COME AGAIN!**

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