

# THE IRONS

## STARTERS

- Sweet & Spicy Pickles (V) (GF)** 4
- Chicken Wings (GF)** 12  
ten chicken wings, choice of sauce:  
buffalo, BBQ, teriyaki, thai sweet chili
- Crispy Calamari** 13  
banana peppers and lemon aioli
- Mezze Plate (V)** 15  
hummus, marinated vegetables, olives, feta,  
tzatziki, naan
- Firecracker Shrimp** 14  
thai slaw, sweet chili sauce

## SOUPS & SALADS

- Tomato Bisque (V) (GF)** 7
- New England Clam Chowder** 9
- IRONS House Salad (VG) (GF)** 5  
side 8  
entree  
baby greens, grape tomatoes, red onion, cucumber,  
choice of dressing
- Caesar Salad** 6  
side 6  
entree 12  
romaine, parmesan, garlic crouton, caesar dressing
- Calamari Salad** 14  
fried calamari rings & tentacles, little leaf farms  
lettuce, shredded carrots, grape tomatoes, bean  
sprouts, sweet and spicy chili vinaigrette
- Chopped Cobb (GF)** 12  
chopped little leaf farms lettuce, house smoked  
bacon, diced cucumbers, crumbled bleu cheese,  
tomatoes, avocado, hardboiled egg
- add to any salad:  
grilled chicken \$6 | shrimp \$8 | salmon \$7 |  
crab cake \$8

## SANDWICHES

All sandwiches and burgers come with choice of fries or coleslaw.  
Gluten free bread available upon request.

- Turkey BLT** 13  
smoked bacon, baby greens, tomato, mayonnaise
- Short Rib Grilled Cheese** 14  
shortrib, aged cheddar, natural jus, sourdough
- Reuben** 12  
corned beef, swiss, sauerkraut, 1000 island dressing,  
marble rye
- Mystic Chicken Sandwich** 13  
grilled herb marinated chicken breast, apples, aged  
cheddar, IRONS slaw, walnut pesto

## BURGER YARD

- All burgers served with fries or coleslaw.  
Gluten free bread available upon request.  
Substitute Beyond Burger patty for an additional \$4.  
add american, cheddar or swiss, \$1
- Classic Burger\*** 14  
half pound burger, lettuce, tomato, onion, brioche bun
- The Hangover\*** 16  
half pound burger, sunny side eggs,  
house smoked bacon, brioche bun
- Black Bean Burger (V)** 13  
black bean and sweet potato patty, lettuce, tomato,  
onion, spicy aioli, brioche bun

## ENTREES

- Steak Frites\* (GF)** 28  
ny strip, truffle herb fries, garlic butter
- Braised Short Rib** 26  
roasted garlic and black pepper mashed potato,  
roasted vegetables, red wine demi
- Brick Chicken (GF)** 23  
herb roasted potatoes, seasonal vegetables,  
garlic butter
- Crispy Skin Salmon\* (GF)** 23  
Faroe Island Salmon, herb whipped potatoes,  
wilted spinach
- Beer Battered Fish & Chips** 17  
coleslaw, IRONS tartar sauce
- Shrimp and Scallop Scampi** 26  
stonington scallops, shrimp, blistered tomatoes, fresh herbs,  
angel hair pasta, white wine lemon garlic butter sauce
- Crab Cake Duo** 24  
little leaf farms salad, fresh garden vegetables,  
lemon vinaigrette
- Broiled Scrod** 20  
crab & herb cracker topping, steamed vegetables,  
jasmine rice

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Vegetarian (V) | Vegan (VG) | Made without Gluten Ingredients (GF)

\*Menu items are cooked to order, and may not be served raw or undercooked.

Consuming raw or undercooked meats, shellfish, poultry, or eggs may increase your chances of contracting food borne illness.

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@MYSTICIRONS

