

THE IRONS

STARTERS

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

SOUPS & SALADS

New England Clam Chowder	9
Soup of the Day	
IRONS House Salad (VG) (GF) side	5
entree	8
baby greens, grape tomatoes, red onion, cucumber, choice of dressing	
Caesar Salad side	6
entree	12
romaine, parmesan, garlic crouton, caesar dressing	
Baby Spinach	12
baby spinach, grape tomatoes, pickled ginger red onions, candied walnuts, fried goat cheese medallions, bacon herb 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	

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	
Smoked Beef Brisket	15
smoked beef brisket, house smoked bacon, carolina style slaw, sweet & spicy pickles, fried onions, cheddar, sriracha ketchup aioli, ciabatta	
Mystic Chicken Sandwich	13
grilled herb marinated chicken breast, apples, aged cheddar, walnut pesto	

BURGER YARD

All burgers served with fries or coleslaw. Gluten free bread available upon request. add american, cheddar or swiss, \$1	
Classic Burger*	14
half pound burger, lettuce, tomato, onion, brioche bun	16
The Hangover* 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	
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

