

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

- 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

