

# THE IRONS

## STARTERS

- Fried Cheese Curds** 10  
chipotle aioli
- 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, pecans, 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
- Reuben** 12  
corned beef, swiss, sauerkraut, 1000 island dressing,  
marble rye
- Mystic Chicken Sandwich** 13  
grilled herb marinated chicken breast, apples, aged  
cheddar, basil & baby arugula 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\*** 28  
new york strip, truffle parmesan fries
- 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 Fra Diavolo** 26  
sautéed shrimp, spicy blistered tomato sauce, crushed red  
pepper, fresh herbs over angel hair pasta,
- Broiled Scrod** 20  
crab & herb cracker topping, roasted vegetables,  
jasmine rice

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

Effective 3/16/2021

\*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.  
Please inform your server if you have any known allergies