

# THE IRONS

## STARTERS

- shredded pork egg rolls** 12  
house smoked pork | roasted corn | cabbage | bbq sauce
- firecracker shrimp** 13  
thai slaw | asian zing sauce
- crispy point judith calamari** 13  
peppadew | banana peppers | lemon aioli
- mystic mussels** 15  
mussels | onions | garlic | tomatoes | fresh herbs  
mystic bridge ipa broth | garlic herb toast point
- stuffed clams** 10  
two large new england clams  
herb and clam bread stuffing | melted butter
- buffalo chicken dip** 10  
soft baked pretzels
- mediterranean plate** (V) 12  
hummus | marinated vegetables | naan bread
- potato bites** 12  
house cured bacon or pulled pork | cheddar  
roasted garlic paprika aioli
- wings - chicken wings or hog wings**  
buffalo | bbq | teriyaki | asian kick | jalapeño honey garlic  
10 chicken or 3 hog wings 12  
20 chicken or 6 hog wings 22

## SOUPS & SALADS

- bacon bourbon chowder** 9  
*Award-Winning Chowder*
- tomato bisque** 7
- the irons house salad**  
side 5  
regular 7  
romaine | cherry tomatoes | croutons | shredded cheddar | red onion  
chicken +6 salmon +7 shrimp +8
- caesar salad**  
side 8  
regular 12  
chopped romaine | caesar dressing | crouton | shaved parmesan  
chicken +6 salmon +7 shrimp +8
- spinach blue cheese salad** (GF) 15  
baby spinach | onion bacon dressing | smoked blue cheese  
caramelized onion | roasted red pepper | toasted almonds  
chicken +6 salmon +7 shrimp +8 steak +8
- chopped cobb salad** (GF) 14  
lettuce | applewood smoked bacon | tomatoes | avocado  
hard boiled egg | grilled chicken  
salmon +7 shrimp +8
- avocado and toasted cashew salad** (GF) 14  
mixed greens | goat cheese | sweet potato | warm bacon vinaigrette

## SANDWICHES

- All sandwiches served with fries or coleslaw.  
Gluten free bread available upon request.*
- reuben** 12  
traditional corned beef | swiss | sauerkraut | thousand island dressing
- pork belly banh-mi** 14  
braised pork belly | kimchi | korean pickles | charred deli roll
- portobello stack** 15  
two portobello caps | marinated grilled vegetables | garlic  
herb goat cheese | mixed greens | balsamic dressing
- bacon, apple, brie, and chicken** 13  
grilled chicken | brie cheese | shaved apples | pepper jelly  
mixed greens | bacon | ciabatta
- classic turkey blt** 13  
applewood smoked bacon | lettuce | tomato
- salmon blt\*** 16  
grilled salmon | bacon | lettuce | tomato  
lemon garlic aioli | sourdough
- grown up grilled cheese** 14  
pulled pork | maple smoked cheddar | house made pickles

## BURGER YARD

- All burgers served with fries or coleslaw.  
Gluten free bread available upon request.*
- the irons burger\*** 20  
2 - 8 oz. patties | house cured bacon | aged cheddar  
truffle leek aioli
- grinnell burger\*** 17  
6 oz. grass fed beef patty | mixed greens | sautéed onions  
roasted red peppers | maple smoked cheddar
- onion bacon compote burger\*** 16  
½ lb. burger | brie | onion bacon compote
- classic\*** 14  
½ lb. burger | lettuce | tomato | onion  
local cheddar, american or swiss +1
- beanie burger** 13  
black bean and sweet potato patty | lettuce | tomato  
onion | spicy aioli

## ENTRÉES

- steak frites\*** (GF) 28  
12 oz. ny strip | herb parmesan truffle fries | bourbon butter
- baby back ribs**  
smoked baby back ribs | house bbq sauce | slaw | fries  
half rack 18  
full rack 25
- crispy skin salmon\*** 24  
pan seared salmon | sweet potato and spinach hash  
citrus cream sauce
- pan seared scallops\*** 26  
herb seared scallops | browned butter | long grain rice | spinach  
onions | toasted almonds | roasted red peppers
- local crispy fish and chips** 17  
coleslaw | irons tartar sauce
- pan seared cod\*** 18  
pan fried potato | spinach | toasted almonds  
blistered tomatoes | citrus cream sauce
- seafood risotto** 28  
creamy citrus risotto | pan fried scallops | shrimp  
chives | shaved parmesan
- brick chicken** (GF) 23  
roasted potatoes | seasonal vegetables | garlic butter
- crispy pork tacos** 15  
crispy fried pork | cucumber radish slaw | corn tortillas | cilantro  
jalapeño lime crème.

## SIDES

- cole slaw** 4
- seasonal vegetables** 6
- gorilla fries** 6
- truffle herb fries** 9
- street corn** 6
- potato salad** 6

*If you have any special dietary restrictions, please ask a member of our service team and we will be happy to accommodate your request.  
\*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.*

**Booking a party, wedding, or reunion? Please inquire with a member of our team and it will be our pleasure to arrange a personal consultation and tour of our property.**



made without gluten



vegetarian



vegan



## ROTATING LOCAL TAPS 9

Try some great local CT and RI beers right here in the heart of Mystic. All brewed within 70 miles.

**beer'd brewing** stonington, ct | 4.7 miles  
ask your server what we have on tap from our neighbor in stonington village

**outer light brewing** groton, ct | 7 miles  
ask your server what we have on tap from the area's newest brewery right off exit 87

**grey sail** westerly, ri | 11 miles  
ask your server what's fresh from westerly, ri

**cottrell brewing co.** pawcatuck, ct | 7.3 miles  
ask your server what we have on tap from our neighbor in pawcatuck

**stony creek brewery** branford, ct | 50 miles  
ask your server what we have on tap from this shoreline brewery in branford

**two roads brewing co.** stratford, ct | 70 miles  
ask your server about our current selection from two roads

## FROM EVERYWHERE ELSE

**allagash white** american witbier | me 8

**guinness** stout | ireland 9

**downeast cider house** hard cider | ma 8

**narragansett** american lager | ri 6

**stella artois** pilsner | belgium 8

**seasonals** ask your server  
we leave three taps open to highlight some of the season's best brews

## BEER FLIGHTS 11

**make your own** choose 4 brews

## WINE

### white and rose glass / bottle

**villa sandi** prosecco | it 9 36

**barone fini** pinot grigio | it 9 36

**kim crawford** sauvignon blanc | nz 11 44

**simi** chardonnay | ca 11 44

**sonoma-cutrer** chardonnay | ca 14 56

**vista point** chardonnay | ca 8 32

**notorious pink** rose | fr 9 36

**ruffino rose** | prosecco 10 n/a

### red glass / bottle

**meiomi** pinot noir | ca 14 56

**gerard bertrand** pinot noir | fr 9 36

**estancia** merlot | ca 10 40

**sterling vintners** cabernet sauvignon | ca 12 48

**vista point** cabernet sauvignon | ca 8 32

**gougenheim** malbec | ar 9 36

## BEER BY THE BOTTLE

**budweiser** 4

**bud light** 4

**coors light** 4

**miller lite** 4

**michelob ultra** 5

**yuengling** 5

**heineken** 5

**corona** 5

**omission** 5

**o'doul's amber n.a.** 5

## SPECIALTY COCKTAILS 12

**irontini**  
deep eddy grapefruit vodka | aperol  
pink grapefruit juice | prosecco

**pomegranate mule**  
skyy vodka | pom juice | ginger beer | rosemary

**lavender lemonade**  
skyy vodka | lemonade | blueberry lavender syrup

**mystic green tea**  
skyy vodka | bombay gin | bacardi rum | sauza tequila  
midori | blue curaçao | orange juice

**the heart of mystic** 14  
brockman's gin | st. germain | lime juice | basil | cucumber

**cucumber basil gimlet**  
stoli cucumber vodka | ginger | lime | basil | sugar

**fuego mango margarita**  
herradura tequila infused with jalapeños | cointreau  
pineapple | mango | agave | luxardo

**bee the gin**  
botanist gin | cointreau | lemon | honey | ginger beer

**ain't it a dandy?**  
brockman's gin | st. germain | pomegranate | basil  
lemon | prosecco

**ok toki**  
toki whisky | cointreau | orange bitters | lemon | brown sugar

**feelin' no pain**  
mount gay rum | orgeat | coconut cream | pineapple | blue curaçao

**wanna mango?**  
bumbu rum | cointreau | mango | strawberry

## ZERO PROOF CREATIONS 9

**orange fizz**  
ginger beer | orange marmalade | fresh oj | orange peel

**black and blue**  
blackberries | blueberries | fresh lemon | simple syrup  
soda water | mint

**tea time**  
green tea | royal jelly honey | lemon caviar

**bubbly pear**  
pear juice | lemon juice | simple syrup | ginger ale | lemon twist

**i'll drive**  
red bull | lavender-blueberry simple syrup | micro flower garnish