

THE IRON FORK

AT FROSTY VALLEY

STARTERS

Oysters	Half Dozen 18 • Dozen 30	Fried Calamari	16
watermelon rind mignonette, hot sauce, lemon		pecorino romano, butter, served with garlic aioli	
Cheese Curds	13	Shrimp Wonton Tostada	16
hand-breaded cheddar curds with marinara		chili crisp oil, mixed greens, plum sauce	
Onion Rings	12	Loaded Crab Fries	16
hand-battered onions with house petal sauce		swiss, scallion, smoked paprika, garlic aioli	
Chicken Tenders	13	Smoked Salmon Dip	14
hand-breaded, buttermilk-brined chicken breast		scallion, house chips	
Teriyaki Bao Buns	14	Confit Garlic Hummus	12
pineapple teriyaki marinated chicken, pineapple, scallion		olive oil, herbs; served with house-made flatbread	

SMALL PLATES

Ceviche	shrimp, avocado, tomato, cucumber, lime, tostadas	20
Coconut Curry Mussels	house bread	18
Chili Lime Shrimp Skewers	grilled onion	20
Scallops & Basil Gremolata	seared scallops with basil, grapefruit, crispy leeks	19
Lamb Chops	grilled plum, red wine reduction	21
Grilled Watermelon	prosciutto, feta vinaigrette	12
Charred Brussels Sprouts	pancetta, shallots, whole-grain mustard dressing	13
Confit Leeks	confit tomato, hummus, chili crisp oil	12
Tempura Asparagus	charred scallion ranch	12
Chimichurri Potatoes	cilantro, parsley, sherry vinaigrette, garlic aioli	10

SALADS

add crispy or grilled chicken for +\$5

Southwest Cobb	16	Ahi Tuna Salad	22
mixed greens, romaine, cheddar, roasted corn, tomatoes, black beans, cucumber, avocado, tortilla strips, bacon, chipotle ranch		mixed greens, spinach, cucumber, scallion, corn, thai chili vinaigrette	
Summer Salad	16	Beet & Berry	15
mixed greens, watermelon, honeydew, supremed oranges, feta, microgreens, arugula, cherry tomatoes, sunflower seeds, feta vinaigrette		mixed greens, spinach, roasted red beets, strawberries, goat cheese, blueberry vinaigrette	
		Caesar	15
		romaine, radicchio, caesar dressing, parmesan crisps, sourdough croutons	

V vegetarian GF gluten-free

Consuming raw or undercooked meat, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness

THE IRON FORK

AT FROSTY VALLEY

ENTREES

- Ribeye & Summer Vegetables** sliced steak, chimichurri butter, zucchini, broccoli, red onion **38**
- Pistachio-Crusted Lamb Rack** parmesan risotto, asparagus **36**
- Grilled Salmon Curry** panang curry broth, broccoli, carrot, bell pepper, mushroom, steamed rice **28**
- Ahi Tuna** yellowfin tuna, tabbouleh, zucchini **28**
- Shrimp Étouffée** shrimp, bell peppers, onion, lobster stock, white rice **28**
- Scallops & Pea Risotto** parmesan, chili oil **28**
- Shrimp Scampi** house-made linguine, grilled shrimp, confit tomato, parsley **28**
- Pollo Asado** grilled chili & lime marinated chicken, creamed corn & asparagus **26**
- Chicken Parmesan** house-made linguine, marinara, fried cutlet with fresh mozzarella **26**
- Pesto Gnocchi Chicken Cutlet** house-made gnocchi, basil emulsion, confit tomatoes **26**

SANDWICHES

- served with chips • substitute fries or salad +\$2
- Club Sandwich** **18**
ham, turkey, swiss, lettuce, tomato, bacon,
onion, mayo; on sourdough
- Crispy Fish Tacos** **18**
corn tortillas, avocado, mixed greens, tomato,
cucumber, chipotle ranch
- Nashville Hot Chicken** **18**
pickles, white onion, hot oil; on brioche roll
- Brisket Sandwich** **19**
onion rings, bourbon glaze; on brioche roll
- Sliced Ribeye Sandwich** **19**
provolone, caramelized onion, horseradish
mayo; on sourdough

BURGERS

- served with chips • substitute fries or salad +\$2
- Oklahoma Smash Burger** **18**
two 4-oz. smash patties, sliced onions, burger
sauce, pickles, american cheese
- Chef's Special Burger** **18**
two 4-oz. smash patties, white cheddar,
american, onion jam, garlic aioli, pickles
- Bacon Burger** **18**
half-pound burger, american cheese, bacon,
lettuce, tomato, onion, mayo
- Mushroom Swiss Burger** **16**
half-pound burger, swiss, cremini mushrooms,
comeback sauce

DRINKS

- Fountain Drinks** **3**
coca-cola, diet coke, coke zero, dr. pepper,
ginger ale, sprite, orange fanta
- House-made Lemonade** **4**
raspberry, peach
- Iced Tea** **3**
unsweetened, sweet, raspberry, peach
- Coffee** **3**

V vegetarian GF gluten-free

Consuming raw or undercooked meat, poultry, seafood, shellfish, or eggs
may increase your risk of foodborne illness