

THE IRON FORK

AT FROSTY VALLEY

SHARE PLATES

Mushroom Flatbread mushroom cream, mushrooms, pecorino, madeira wine reduction, pickled shallots	13	Colcannon Croquettes breaded potato, carrot, and cabbage croquettes, mustard cream sauce (4)	14
Pork Belly & Fig Flatbread crispy pork belly, fig preserves, blue cheese, arugula, fig balsamic glaze	15	Korean Fried Chicken Bao chicken karaage, mild soy-gochujang sauce, bok choy (3)	15
Miso Duck Flatbread miso butter, confit duck, arugula, pickled shallots, duck jus	14	Smoked Wings house-smoked wings, choice of dry rub or garlic buffalo sauce (6)	12
Pork Belly & Pierogi house-made pierogi, pork belly, sauteed onions, butter (4)	14	Falafel Platter crispy fried chickpea fritters, pita, tomato and cucumber salad, fresh herbs, tzatziki	12
Rye Pretzels butter, beer cheese (2)	12	Crispy Buffalo Cauliflower battered cauliflower, buffalo sauce, ranch	12

SMALL PLATES

King Oyster Mushroom Tart	seared king oyster mushrooms, puff pastry, cognac cream	12
Parmesan-Horseradish Potatoes	crispy yukon gold potatoes, parmesan, fresh horseradish	12
Orange-Ginger Carrots	grilled orange-ginger carrots, pepita salsa	12
Fall Vegetable Medley	turnips, orange-ginger carrots, delicata squash, golden beets, red onion	12
Chile Relleno	fried poblano, chorizo, queso fresco, mole, queso blanco	12
Creamed Spinach	sauteed spinach, cream, feta, house sourdough bread	10
White Bean Ragout	gigante beans, tomato, onion, garlic, house sourdough bread	10
Shoyu Deviled Eggs	soy and mirin marinated egg, chives, umami powder	12

BOWLS

add crispy or grilled chicken +\$5

Mushroom Grain Bowl sauteed mushroom medley, farro, quinoa, barley, bok choy	18	Fall Tuna Poke soy-marinated tuna, grains, steamed sweet potato, braised daikon, edamame	20
Chorizo & Poblano Salad chorizo and mozzarella stuffed poblano, spring mix, grains, smoky adobo dressing, pepitas	18	Shoyu Duck Ramen house-made noodles, daikon radish, ramen egg, bok choy, pickled shiitake, thai basil	20
Fall Kale Caesar kale, shaved brussels sprouts, parmesan, fried anchovies, croutons, dried cranberries, house caesar dressing	16	Spicy Chicken Ramen house-made noodles, coconut & fermented garlic broth, ramen egg, pickled shiitake, bok choy	18

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

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ENTREES

available after 4 pm

- Short Rib Pot Roast** root vegetables, celery root & potato puree, red wine reduction **29**
- Seared Duck Breast** celery root & potato puree, fall root and squash medley **28**
- Cider Braised Pork Chop** fennel, celery root & potato puree **24**
- Chicken Cutlet & Gnocchi** sweet potato gnocchi, onions, carrots, mustard cream sauce **24**
- Short Rib Pappardelle** short rib, pappardelle, mushrooms, shallots, garlic, cognac cream **28**
- Salmon Florentine** house-made farfalle, spinach cream sauce, shallots, parmesan, white wine **28**
- Mole Enchiladas** ribeye steak, house mole, pepper sauce, queso blanco, spanish rice **26**
- Fish & Chips** english-style fried haddock, french fries, mushy peas **24**
- Pumpkin & Squash Risotto** grilled golden beets, shallots, ginger, parmesan, mascarpone **20**

SANDWICHES

served with chips • substitute fries or salad +\$2

- Turkey, Bacon & Apple** **16**
roasted turkey, bacon, white cheddar, fresh apple, arugula, stone-ground cranberry mustard, house sourdough bread
- Chicken Bacon Swiss Club** **16**
chicken cutlet, bacon, swiss, honey mustard, lettuce, tomato, house-made sourdough
- Pot Roast Sandwich** **18**
slow-braised beef au jus, onion, pepperoncini, swiss, cranberry mustard, house sourdough
- Duck Confit** **18**
confit duck, duck jus, herbed goat cheese, pickled fennel, seeded roll
- Reuben** **16**
corned beef, sauerkraut, swiss, russian dressing, grilled house rye bread

BURGERS

served with chips • substitute fries or salad +\$2

- Patty Melt** **16**
two 4-oz. smash patties, pickles, swiss and american cheese, mayo, caramelized onions, grilled house-made rye
- Oklahoma Smash Burger** **16**
two 4-oz. smash patties, sliced onions, burger sauce, pickles, american cheese
- Chef's Special Burger** **17**
two 4-oz. smash patties, white cheddar, american, bacon jam, garlic aioli, pickles
- Mushroom Swiss Burger** **17**
half-pound burger, swiss, sauteed mushrooms, comeback sauce
- Dagwood Burger** **17**
half-pound burger, american cheese, cheddar, caramelized onions, ham, bacon, lettuce, tomato

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**

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