



dinner menu

appetizers

PROSCIUTTO WRAPPED SHRIMP

Jumbo tiger prawns wrapped with aged prosciutto, grilled and topped with a honey mustard glaze :: \$11.95

CAPRESE SALAD

Sliced ripe tomato with fresh buffalo mozzarella, balsamic glaze, extra virgin olive oil, fresh basil, topped with diced red onion and fresh ground black pepper :: \$6.95

IRONS SLIDERS

Our own smoked pulled pork or tri-tip steak and house-made BBQ sauce on Kings Hawaiian Rolls, served with Irons cole slaw :: \$9.95

COOK'S QUESADILLA

Fresh grated jack & cheddar, tomato and green onion, served with fresh salsa :: \$7.95
Add grilled chicken :: \$3.00 Add grilled shrimp :: \$4.00

BACK NINE NACHOS

A bunkerful of homemade tortilla chips topped with black beans, guacamole, fresh salsa, melted jack and cheddar cheese and sour cream :: \$8.50 Add grilled chicken :: \$ 3.00

ONION RINGS

A basket full of beer battered onions, served with ketchup :: \$6.50

IRONS SESAME SEARED AHI

Sushi grade ahi tuna, coated in sesame seeds, seared rare and sliced over a bed of wakame salad, pickled ginger sauce, wasabi and soy sauce :: \$11.95

LUMPIA SPRING ROLLS

Wonton wrapped with ground pork and julienne vegetables, sweet chili sauce and soy sauce :: \$8.95

CHICKEN TENDERS

Three all white meat tenders lightly fried, served with choice of ranch, bbq or sesame dipping sauce :: \$6.95

PORCINI MUSHROOM RAVIOLI

Served with artichoke hearts and marinara sauce :: \$8.50

soups & appetizer salads

NEW ENGLAND CLAM CHOWDER OR

SOUP OF THE DAY

Cup :: \$ 3.50 Bowl :: \$ 5.95

HOMEMADE CHILI

With cheese and onions
Cup :: 3.50 Bowl :: \$ 5.50

GARDEN SALAD

Mixed greens with cucumber, mushrooms, grape tomatoes and red onion, choice of dressing :: \$6.50

CLASSIC CAESAR SALAD

Romaine lettuce tossed in homemade caesar dressing with grated parmesan and croutons :: \$7.95

SPINACH SALAD

Baby spinach, candied pecans, feta cheese, chopped egg and sun-dried tomatoes tossed in a warm bacon vinaigrette :: \$7.95

MESCULIN SALAD

Mesculin greens with candied pecans, sliced pear and goat cheese, raspberry vinaigrette :: \$7.95

entree salads

ASIAN CHICKEN SALAD

Crisp romaine lettuce with mandarin oranges, green onions, water chestnuts, crispy wonton strips and sesame seeds, tossed with an asian vinaigrette and topped with grilled chicken :: \$11.95

COBB SALAD

Fresh greens, Irons' smoked turkey, diced egg, avocado, tomato, crispy bacon and bleu cheese crumbles with your choice of dressing :: \$11.95

BARBEQUE RANCH CHICKEN SALAD

Fresh greens, avocado, tomato, grilled corn, black beans and cucumber all tossed with our bbq ranch dressing, topped with lots of crispy fried onion strings for extra crunch :: \$11.95

STEAK SALAD

Sliced marinated flat iron steak, fanned over mesculin greens with papaya dressing, bleu cheese crumbles and crispy corn tortillas :: \$12.95

sandwiches & more

All sandwiches served with choice of french fries, fresh fruit, side salad, cole slaw or ranch beans

Substitute sweet potato fries :: \$1.95

THE IRON CLASSIC CHEESEBURGER

Premium ground chuck, served open-faced with secret sauce, lettuce, tomatoes and onions :: \$10.95

VAQUERO BURGER

Our own teriyaki burger with fresh avocado, bacon and cheddar, served with lettuce, tomato and onion :: \$11.95

GRILLED CHICKEN AND AVOCADO MELT

Grilled chicken breast with avocado, bacon, tomato, swiss and herb mayo, served on grilled sourdough :: \$10.50

FISH 'N CHIPS

Corona beer battered fresh white fish served with homemade remoulade, coleslaw and french fries :: \$10.95

HAWAIIAN BEEF TERIYAKI PLATE

Teriyaki beef with macaroni salad and white rice. An Island Favorite!! :: \$10.95

MAHI MAHI TACO PLATE

Grilled mahi mahi with fresh pico de gallo, shredded cabbage, grated mixed cheese on warm corn tortillas, served with spanish rice and black beans, chipotle cilantro :: \$11.95

RUEBEN ON RYE

Thinly shaved slow-roasted corned beef grilled on rye with 1000 island, swiss cheese and saurkraut :: \$10.50

FRENCH DIP

Thinly shaved roast beef au jus on a hoagie with swiss cheese :: \$10.50

pasta & chicken

LIVE MUSIC THURSDAY AND FRIDAY NIGHTS

DINNER STARTS AT 4PM

www.beachfire.com

ROCKY'S PASTA

Penne tossed with fresh basil, mushrooms, oven-roasted tomatoes, garlic and olive oil, topped with grilled chicken, parmesan and pine nuts :: \$14.95

SHRIMP SCAMPI

Lightly seasoned jumbo white shrimp, tomatoes, capers, garlic and fresh herbs, light sherry wine butter sauce, served over angel hair pasta :: \$15.95

DIJON MUSTARD CRUSTED CHICKEN

Dijon mustard-crumb coated chicken breast served with a dijon cream sauce, jasmine rice and fresh seasonal vegetables :: \$15.95

MACADAMIA ENCRUSTED CHICKEN

Double chicken breast coated in macadamia nuts, baked, served with rice and seasonal vegetables, coconut curry sauce :: \$15.95

PENNE PASTA PRIMAVERA

Fresh seasonal vegetables tossed with penne pasta and marinara sauce, topped with grated parmesan cheese :: \$12.95
Add chicken :: \$3.00 Add Shrimp :: \$4.00

CHICKEN MARSALA

Marinated sauteed chicken breast crowned with a marsala wine & mushroom sauce, served with mashed potatoes and seasonal vegetables :: \$14.95

CAJUN CHICKEN PASTA FETTUCCINE

Fettuccine tossed with roma tomatoes, artichoke hearts and sliced mushrooms, light cajun cream, topped with grilled chicken :: \$14.95

Substitute grilled salmon :: \$2.00

seafood, steaks and ribs

CEDAR PLANK SALMON

Fresh filet of salmon, irons smoked on a cedar plank with maple cherry glaze, served with garlic mashed potatoes and seasonal vegetables :: \$18.95

WHOLE GRAIN CRUSTED WHITEFISH

Atlantic Whitefish sauteed with a whole grain mustard crust served with fresh seasonal vegetables, garlic mashed potatoes, lemon butter beurre blanc :: \$15.95

GRILLED TROPICAL MAHI MAHI

Grilled mahi mahi filet topped with a tropical pineapple and papaya fruit salsa, served with jasmine rice and seasonal vegetables :: \$19.95

PANKO CRUSTED TILAPIA

Tilapia filet pan seared with a panko crust, served with garlic mashed potatoes and seasonal vegetables, jalapeno beurre blanc :: \$18.95

GOLDEN TEMPURA SHRIMP

Gently fried and served with jasmine rice, seasonal vegetables and classic cocktail sauce :: \$15.95

BRANDY APPLE PORK CHOP

bone-in pork chop grilled with a brandy and granny smith apple demiglace, served with garlic mashed potatoes and seasonal vegetables :: \$18.95

CHINESE BBQ RIBS

Pork baby back ribs grilled and glazed with Chinese BBQ sauce, served with french fries, Irons slaw and ranch beans 1/2 rack :: \$11.95 full rack :: \$20.95

SANTA MARIA TRI - TIP

Slow roasted in "Woody the Smoker", sliced thin, with crispy onions, mashed potatoes, bbq sauce and seasonal vegetables :: \$14.95

PEPPERED FLAT IRON STEAK

Six ounce Sterling Silver flat iron steak grilled, presented with our cabernet reduction, garlic mashed potatoes and seasonal vegetables :: \$14.95

PEPPERCORN NY STRIP

Eight ounce striploin grilled to perfection topped with a light peppercorn cream, served with garlic mashed potatoes and seasonal vegetables :: \$22.95

IRONS PRIME RIB

Finest angus butcher block prime rib with our own fresh herb and kosher salt rub, served with creamed horseradish and au jus, baked potato and seasonal vegetables :: \$23.95

FRIDAY AND SATURDAY NIGHT ONLY

sides

CHIPS AND SALSA :: \$2.95

CHIPS AND GUACAMOLE :: \$4.95

RANCH BEANS :: \$1.95

MACARONI SALAD :: \$3.50

MASHED POTATOES :: \$ 2.75

BAKED POTATO :: \$ 4.25

JASMIN RICE :: \$ 1.95

VEGGIE OF THE DAY :: \$ 3.95

FRENCH FRIES :: \$3.50

IRONS SLAW :: \$ 2.50

SWEET POTATO FRIES :: \$4.95

*In order to conserve resources, house water is only served upon request :: All recipes featuring local Spiceman spices
All sauces and dressings made from scratch daily*

No microwaves :: No trans fat :: No styrofoam :: Post consumer paper products used

IRONS Dinner 06/10