

IRON GRIZ

AMERICAN BISTRO

APPETIZERS

- IRON GRIZ BLT BITES*** 10
Fried local green tomatoes, Kurobuta pork belly, pimento cheese, tomato jam, Campus Dining micro radish greens.
- FRIED CRAWFISH TAILS AND ALLIGATOR BITES*** 18
Breaded crawfish tails and alligator tail meat, lemon, remoulade sauce.
- FRIED OKRA** **v** **vgn** option 8
Crispy buttermilk-breaded okra, creamy herbed buttermilk dressing.
- JALAPEÑO WHITE CHEDDAR CORN STICK** **v** 5
Two cornstick muffins with sweet sorghum butter.
- IRON GRIZ BOIL** **gf** 21
Spicy crawfish broth, whole crawfish, jumbo shrimp, corn on the cob, poached red potatoes, andouille sausage. Served with garlic drawn butter. A perfect sharable dish or entrée!

SOUP & SALAD

Add fried crawfish* (\$6), grilled or sweet-tea-fried chicken* (\$5), grilled salmon* (\$6), grilled mushroom* (\$4), or grilled or fried shrimp* (\$6) to any salad.

- SHE CRAB SOUP*** **gf** 15
Creamy sherry leek broth, Dungeness crab meat.
- SOUP DU JOUR** 8/5
Served with half a jalapeño white cheddar corn stick.
- BLACKENED CHICKEN SALAD*** **gf** 14
Spring mix greens, blackened chicken, white cheddar, dirty rice, trinity vegetables, grape tomato, charred corn, grit crouton, creamy herbed buttermilk dressing.
- SOUTHERN GREENS AND CORNBREAD PANZANELLA** **v** **vgn** option 12
Crystal hot sauce vinaigrette, marinated greens, roasted butternut squash, corn bread, dried cherries, red onion, pumpkin pepitas.
- APPALACHIAN SALAD** **v** **gf** **vgn** option 12
Sweet potato puree, mixed greens, fresh blueberries, goat cheese, BBQ pecans, sorghum vinaigrette.
- SOUTHERN GRILLED CAESAR** **v** **gf** option 12
Grilled romaine heart, Mayfair dressing, grit croutons, crispy okra, shaved Parmesan cheese, grilled lemon.

ENTRÉES

- SHRIMP & GRITS*** **gf** 18
Six blackened shrimp, white cheddar polenta, sautéed trinity veggies, Creole sauce.
- CRAWFISH ÉTOUFFÉE*** 12
Four ounces peeled crawfish tails simmered in a classic etouffee sauce and trinity veggies, served over dirty rice.
Or make it crispy crawfish +\$2
- NASHVILLE HOT CHICKEN 'N' WAFFLES*** 15
Sweet-tea-brined chicken thigh fried to perfection and dipped in Nashville hot oil, served on a sweet potato waffle with Bourbon pecans, fried Brussels sprouts and malted bacon maple glaze.
- "BANDY BEEF" STEAK CUT OF THE MOMENT*** MARKET PRICE 18-25
Whiskey jus, beef boulangère potatoes, herb-roasted carrots.
- BUTTERNUT SQUASH GNOCCHI** **v** 15
Local mushrooms, fried Brussels sprouts, butternut squash gnocchi, braised greens, roasted pecan oil, pumpkin pepitas, tomato and red pepper pesto sauce.

SANDWICHES

Served with a choice of side:
House-cut seasoned fries, fresh-fried potato chips.
Soup du jour +\$1

Side salad +\$1
Spring mix, white cheddar, tomato, red onion, grit crouton, and herbed buttermilk dressing.

- BEET REUBEN** **v** **gf** **gf** option 12
Roasted garden beets, Swiss cheese, Thousand Island dressing, sauerkraut, Le Petit Outre rye bread.
- CAJUN GRINDER*** **gf** option 13
Grilled chicken and andouille sausage, trinity vegetables, Cajun butter sauce, house-made hoagie.
Add shrimp, crawfish, or both* 4
- FRIED GREEN BLT** **v** **gf** option 12
Fried local green tomatoes, pork belly, pimento cheese, tomato jam, microgreens, Le Petit Outre sourdough bread.
- PO' BOYS***
Shredded lettuce tossed in remoulade sauce, tomato, on a house-made hoagie. Choice of protein:
Fried crawfish (\$15), grilled or fried shrimp (\$14),
Grilled or blackened salmon (\$15),
Grilled or sweet-tea-fried chicken breast (\$15),
Grilled Cajun marinated portabella mushroom (\$12). **v**

- BLACKENED CHICKEN SANDWICH*** **gf** option 13
Blackened chicken breast, shredded lettuce and pickled red onion tossed in herbed buttermilk dressing, tomato, white cheddar polenta, potato chip, wheat Montana brioche bun.
(20 minute cook time)

BURGERS

Burgers are served on a Wheat Montana brioche bun.
Udi's Gluten-friendly bun or sliced bread available upon request.

#1: CHOOSE YOUR SET UP

- IRON GRIZ*** **gf** option 14
White cheddar, pork belly, fried egg, lettuces, pickled red onion.
- RAGIN' CAJUN*** **gf** option 13
Lettuce, tomato, pickled red onion, dill pickle, American cheese, grinder sauce.
- BACON JALAPEÑO*** **gf** option 14
Bacon jam, fried onions, fried jalapeño, roasted garlic aioli, lettuce, tomato.
- ESPRESSO BBQ*** **gf** option 14
Espresso-rubbed burger patty, Kettlehouse BBQ sauce, sautéed onions, bacon, lettuce, tomato, garlic aioli, and white cheddar.
- BURGER OF THE WEEK*** **gf** option 14
Ask your server for this week's toppings!

#2: PICK YOUR PROTEIN

Six-ounce Bandy Beef patty
House-made alligator and pork belly patty (add \$2)
Grilled chicken breast
Cajun marinated portabella mushroom

#3: CHOOSE YOUR SIDE

House-cut seasoned fries Fresh-fried potato chips

A service fee of 18% will be charged to parties of 6 or more.

v = vegetarian **vgn** = vegan **gf** = gluten-friendly

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