



# IRONWOOD AMERICAN KITCHEN

established 2013



## FRESH PRESSED JUICE

### LIQUID GOLD

asian pear / turmeric / gala apple / ginger / lemon / celery  
10

### RISE 'N' SHINE

orange / carrot / pineapple / lemon / beet splash  
10

### KALE TONIC

ginger / kale / cucumber / lemon / green apple  
8

## KITCHEN FAVORITES\*

### AMERICAN BREAKFAST \*

choice of bacon / sausage / ham  
two eggs any style / potatoes / toast  
19

### STEAK & EGGS \*

two eggs any style / 8 oz. NY strip  
herb butter / potatoes  
26

### BISCUITS 'N' GRAVY

two eggs any style / two jumbo biscuits  
sausage gravy  
18

### EGGS BENEDICT \*

two poached eggs / Canadian bacon  
toasted house made muffin  
hollandaise  
18

### SMOKED SALMON \*

two poached eggs / smoked salmon / spinach  
American caviar / toasted house made muffin  
hollandaise  
21

### HUEVOS RANCHEROS \*

two eggs any style / re-fried beans / cheddar &  
cotija / tortillas / ranchero sauce / avocado  
chorizo / crema  
19

### BREAKFAST SANDWICH

farmers bread / fried eggs / peppered bacon  
ham / mayo / swiss / heirloom tomatoes  
smashed avocado  
18

### CORNED BEEF HASH

two eggs any style / rustic corned beef / potatoes  
Texas toast  
18

### BREAKFAST BURRITO

scrambled eggs / chorizo sausage /  
pico de gallo / poblano / cheddar cheese /  
potatoes / hollandaise on side  
18

### ADD AN EGG TO ANY DISH

at Ironwood American Kitchen we use only farm fresh, organic, cage free eggs

3



## LIFESTYLE CUISINE

The concept of eating well carries many meanings at our Well & Being Spa -- from nourishing your mind and body, we are committed to providing our guests with a diverse selection of food and beverage offerings in support of their health and wellbeing.

### IRONWOOD FRITTATA

egg whites / spinach / tomato / broccolini / mozzarella / mushrooms  
18

### FRESH FRUIT PLATE

seasonal selection / banana nut bread  
16

### CONTINENTAL BREAKFAST

greek yogurt & granola parfait / seasonal berries  
bran muffin / mini 'whole food smoothie'  
18

### WHOLE FOOD SMOOTHIE

kale blend / strawberry / pineapple / banana  
orange juice / flax seed / chia seed / coconut  
12

## PROTEIN BOWLS

### ANCIENT GRAIN HOT CEREAL

kamut / groats / red rice / quinoa / flax / blueberry lime chutney  
14

### QUINOA BURRITO

wheat tortilla / quinoa / corn / black beans / avocado  
egg whites / cotija / salsa molcajete  
18

### SOUTHWEST HEIRLOOM BEAN BOWL

Rancho gordo beans / roasted pumpkin / corn / heirloom tomato  
black kale / avocado / guajillo salsa / poblano "crema" / corn nuts  
18

### CITRUS QUINOA BOWL

roasted tofu / edamame / quinoa / baby arugula / local citrus  
slivered almonds / yuzu tamari tahini / pickled fresno  
19

## OMELETS\*



### THE DENVER

diced ham / diced bacon / cheddar  
cheese / potatoes  
18

### CREATE YOUR OWN

served with breakfast potatoes  
choose any 3  
bacon / chorizo / ham / chicken sausage / jumbo lump crab /  
aged cheddar cheese / emmental swiss cheese / provolone pepper  
jack / american cheese / tomato / mushrooms  
onion / jalapenos / spinach / avocado / asparagus  
broccolini / pico de gallo  
18  
additional toppings .75 each

### FOREST MUSHROOM

baby spinach / mushrooms  
potatoes  
18

## SWEETS

### BELGIAN WAFFLE

fresh strawberries / sliced banana / whipped cream / powdered sugar  
maple syrup  
18

### BRIOCHE FRENCH TOAST

caramelized banana / toasted pecans / whipped cream / maple syrup  
18

### CRÈME BRULÉE OATMEAL

oats / lemon custard / fresh berries  
12

### BUTTERMILK OR WHOLE WHEAT PANCAKES

cinnamon honey butter / fresh berries / maple syrup  
18

\*These menu items may be served raw or under cooked. Consuming raw or under cooked meats, poultry, seafood, shellfish, or eggs, may increase your risk for food-borne illness

## SHAREABLES

### DEVILED EGGS

*crispy prosciutto / chive / pimento*  
10

### DRUNKEN CLAMS

*spanish chorizo / negra modelo / chick peas*  
*herb salad*  
20

### CARAMELIZED CAULIFLOWER

*pine nuts / raisins / capers / garlic*  
12

### CALAMARI

*graham cracker crumb / lime aioli / peanuts*  
*sweet fish sauce / pickled chilies / napa cabbage*  
14

### CHARCUTERIE BOARDS

*angels Salumi / Beehive Cheeses*  
*Small 3 pieces / Large 6 pieces*  
16 / 28

### CHICKEN WINGS

*louisiana hot sauce/blue cheese*  
*carrots/ celery / ranch*  
16

### SHEET PAN NACHOS

*braised short rib / guacamole / salsa del arbol*  
*crème / pickled jalapenos / creamy queso*  
16

### CHEF V. MEATBALLS

*waygu beef / pork/ orzo pasta / tomato sauce /*  
*basil*  
*shaved romano*  
16

### BAKED RICOTTA

*fresh herbs / brie/ truffle honey*  
*black pepper / lavosh*  
14

## SALADS & PROTEIN BOWLS

### LOBSTER COBB

*blue cheese / smoked bacon / avocado*  
*tomato / cucumber / HB egg*  
*citrus vinaigrette*  
22

### CAESAR\*

*romaine lettuce / parmesan cheese*  
*pear tomatoes / croutons*  
*classic dressing*  
14

### AHI TUNA\*

*butter lettuce / olives / green beans*  
*baby potatoes / piquillo peppers*  
*herbal dressing*  
18

### SOUTHWEST CHOP

*bacon / roasted corn / tomato*  
*olives / bbq chicken*  
*chipotle ranch dressing*  
18

### CHICKEN COBB

*blue cheese / smoked bacon / avocado*  
*tomato / cucumber / HB egg*  
*citrus vinaigrette*  
18

### HEIRLOOM CHICKPEA & MANCHENGO

*apples / red quinoa / pumpkin seeds*  
*broccoli / apple vinaigrette*  
16

### KITCHEN SINK SALAD

*edamame / spring peas / avocado*  
*white endive / all veggies from our garden*  
*heirloom popcorn / sweet mustard vinaigrette*  
16

### CITRUS QUINOA BOWL

*roasted tofu / edamame / quinoa / baby arugula / local citrus*  
*slivered almonds / yuzu tamari tahini / pickled fresno chilis*  
18

### BIRYANI RICE BOWL

*organic wehani rice / garnet yams / bloomsdale spinach*  
*garbanzo / green harissa / masala yogurt / crushed pistachio*  
17

### SOUTHWEST BEAN

*rancho gordo beans / corn / black kale / heirloom tomatoes*  
*avocado / guajillo salsa / poblano crema / corn nuts*  
18

### KALE TABOULEH

*quinoa / black kale / parsley & mint / cucumber / tart cherries*  
*flame grapes / sunflower seeds / grilled halloumi cheese*  
17

*natural chicken 5 hanger steak\* 8 seared salmon\* 9 wild caught shrimp 9 tuna\* 9*

## BURGERS & SAMMIES

*served with house made chips*

### TEX-MEX TURKEY

*ground turkey / chimichurri / habanero slaw*  
*avocado / house made bbq / pepper jack*  
18

### CLASSIC FRENCH DIP

*shaved Kobe top round*  
*caramelized onions / comte / aujus*  
20

### SALMON\*

*togarashi spiced salmon / cabbage slaw*  
*furikake aioli / asian pickles*  
19

### RANCHERS BLEND CHEESEBURGER\*

*american cheese/ seeded roll / pickle*  
*tomato / shaved lettuce / red onion/ special sauce*  
20

### TURKEY CLUB

*roasted turkey / smoked bacon / avocado / lettuce*  
*pesto aioli / tomato / swiss cheese*  
18

## STONE OVEN PIZZAS

### MEATBALL

*pork and waygu meatball / ricotta / mozzarella*  
20

### ARTISAN MEAT

*pepperoni / fennel sausage & la quercia / cured meat*  
*borsellino salami / pancetta / prosciutto*  
22

### MARGHERITA

*roasted tomato sauce / mozzarella / basil*  
18

### MUSHROOM

*béchamel sauce / truffle oil / goat cheese / caramelized onion*  
18

### PEPPERONI

*roasted tomato sauce / mozzarella / pepperoni*  
20

## SUPPER

### ROAST HALF CHICKEN

*butter whipped potatoes / natural jus*  
24

### BEER BATTERED FISH AND CHIPS

*true cod / local Arizona craft beer batter*  
*tartar sauce*  
24

### SPAGHETTI & MEATBALLS

*tomato / basil / spaghetti alla chitarra*  
24

### STEAK & FRITES\*

*roasted garlic aioli / port demi*  
*herbed butter / hand-cut fries*  
32

### SALMON\*

*asparagus / wild mushrooms*  
*yellow pepper butter sauce / apple radish salad*  
28

### CHICKEN POT PIE

*chicken / spring vegetables / broccoli*  
*pastry crust / mushrooms / carrots*  
24

### 1/2 RACK BBQ RIBS

*super food slaw*  
*carolina style bbq sauce*  
28

## SIDES

*honey roasted carrots*  
6

*daily mac n' cheese*  
8

*super food slaw*  
6

*steak fries*  
5

*butter whipped potato*  
7

*side salad*  
6

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*Chef- Michael Dei Maggi*

• **MINI PARFAIT \$5**  
Granola- Yogurt- Berries

• **LIL AMERICAN BREAKFAST \$6**  
One egg- bacon or sausage- potatoes

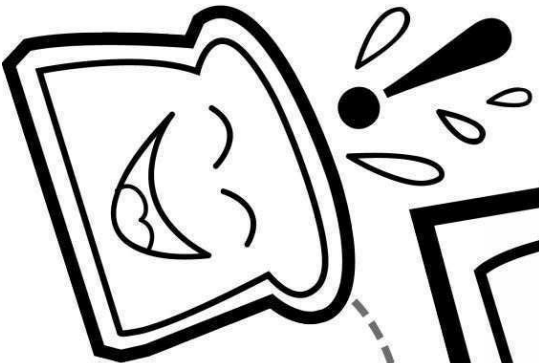
• **THE LIL FRUIT PLATE \$5**  
Melon- berries

• **MUFFIN OF THE DAY \$2**  
Inquire with your server

• **SHORT STACK \$5**  
Pancakes- maple syrup

• **TOAST OR BAGEL \$3**  
Butter- cream cheese

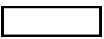
**Ironwood  
American  
Kitchen  
Lil  
Chefs**



**Q:** does a  
what of toast  
slice to bed?  
wear



A. Jammies



# Kid's MENU

Ironwood American Kitchen

Ages 12 and under

## Entrees

**Mac N Cheese**  
Noodles- Cheese  
\$7

**Little Beef Sliders**  
Lettuce- Tomato-Onion- Pickle- Chips  
\$8

**Homemade Chicken Tenders**  
Ranch Dressing- Lil Veggies- Chips  
\$8

**Wood Oven Flatbread**  
Tomato Sauce- Mozzarella- Add Pepperoni  
\$8

**Cheesy Quesadilla**  
Sour Cream- Pico De Gallo  
Add Grilled Chicken or Beef  
\$8

**Oven Baked BBQ Salmon**  
Roasted Potatoes- Lil Veggies  
\$10



## WORD SEARCH

### Drinks

\$2.50

Milk or Chocolate Milk

Apple or Orange Juice

Lemonade

Soft Drink

Y	A	C	D	I	N	N	E	R	X
C	Q	D	B	A	K	E	U	U	Z
C	M	E	A	L	Y	X	F	L	U
C	F	S	I	H	M	E	O	U	E
K	Z	S	F	W	H	A	Z	N	N
H	Q	E	Y	C	J	E	O	C	T
V	S	R	O	Z	L	R	O	H	C
W	D	T	V	E	P	V	M	T	I
B	U	I	E	A	B	M	A	V	G
S	L	W	N	T	M	N	X	G	N

APRON  
BAKE  
CHEF  
COOK  
DESSERT  
DINNER  
LUNCH  
MEAL  
OVEN