

A large, light gray illustration of a salmon is positioned in the background, facing left. The salmon is shown in profile, with its scales and fins visible. The text "IRONWOOD RESTAURANT & LOUNGE" is overlaid on the center of the salmon's body.

IRONWOOD

RESTAURANT & LOUNGE

SALMON ARM GOLF CLUB

STARTERS & SIDES

APPETIZERS

IRONWOOD NACHOS | \$21

Fried corn chips layered with shredded cheese, green onion, bell peppers, banana peppers, tomato, black bean corn salsa, olives and jalapeños. Served with sour cream and salsa.

Add Cajun Chicken or Spicy Beef for \$6

Add Extra Cheese for \$3 or Guacamole \$4

SPINACH ARTICHOKE DIP | \$19

Creamy baked dip made in-house served with tortilla chips.

LOADED STREET CORN DIP | \$19

Creamy roasted corn, jalapeños, feta, cheddar, and lime, baked hot and served with tortilla chips.

POTATO SKINS | \$15

Four crispy skins baked with cheese, bacon, tomato and green onion served with sour cream.

BRUSCHETTA | \$13

Fresh diced tomatoes, basil, garlic, capers and served with parmesan crostini.

1 LB CHICKEN WINGS | \$20

Franks Hot | BBQ | Chipotle Honey | Teriyaki
S&P | Lemon Pepper | Honey Garlic | Honey Hot
Add Carrots, Celery & Dip for \$2.50

SPICY WAFFLE FRIES

Loaded \$18 Regular \$13

Loaded is with cheese, bacon, tomatoes & chives.

SOUP OF THE DAY

Add Bread for \$3 Large \$10 Small \$7

ONION RINGS

Large \$13 Small \$9

FRENCH FRIES

Large \$11 Small \$7

ON THE GREENS

SPRING SALAD Large \$15 Small \$7

Mixed Lettuce and greens with tomato, carrots, bell peppers, cucumber, dried cranberries, red onion and avocado (large only) served with your choice of dressing.

Add Prawns, Grilled Chicken or Crispy Chicken for \$6

CAESAR SALAD Large \$16 Small \$9

Romaine lettuce tossed in our caesar dressing with Parmesan cheese and house made croutons.

Add Prawns, Grilled Chicken or Crispy Chicken for \$6

ASIAN NOODLE SALAD | \$20

Crispy chicken, romain, napa cabbage, carrots, green onion, bell peppers, cucumber, cilantro, peanuts with peanut dressing.

GREEK BOWL | \$19

Warm rice topped with chicken, tomato, cucumber, bell peppers, red onion, olives, feta and tzatziki with a grilled pita.

SOUTHWEST CHICKEN BOWL | \$21

Warm rice topped with cajun chicken, black bean corn salsa, avocado, tomato, green onion, roasted jalapenos, romaine, crispy tortilla strips, and a southwest drizzle.

DESSERTS

PEANUT BUTTER BAR | \$7

Peanut butter ice cream on a graham cracker crust with crushed peanuts and chocolate sauce.

FEATURED DESSERT | \$7

Ask your server for our house-made selection.

FEATURED DISHES

*Served with choice of Fries, Spring Salad or Caesar
Substitute Waffle Fries or Onion Rings for +\$2.50*

PULLED PORK SANDWICH | \$20

House-made slow roasted pork in a spicy mustard sauce with coleslaw, cheddar topped with crispy onions on grilled schiacciata.

BEEF DIP | \$24

Slow roasted in-house AAA Canadian beef topped with mozzarella on a crispy hoagie bun with au jus.

BC PRIME RIB BURGER | \$24

6oz prime rib burger with bacon, cheddar, BBQ sauce, crisp lettuce, tomato, red onion on a brioche bun.

IRONWOOD BURGER | \$20

4oz house-made burger with cheddar, our classic burger sauce, crisp lettuce, tomato and red onion on a brioche bun.

CHICKEN BURGER | \$20

Your choice of crispy or grilled chicken breast with pesto mayo, crisp lettuce, tomato and red onion on a brioche bun.

CALIFORNIA CHICKEN BURGER | \$23

Your choice of grilled or crispy chicken breast with avocado, ranch sauce, bacon, mozzarella, crisp lettuce, tomato, and red onion on a brioche bun.

CLUBHOUSE WRAP | \$19

Roast chicken, bacon, lettuce and tomato with honey chipotle wrapped in a spinach tortilla.

GREEK WRAP | \$19

Roast chicken, lettuce, cucumber, tomato, bell peppers, red onion, olives with tzatziki & feta wrapped in a spinach tortilla.

BIRDIE BLT | \$18

Loaded with crisp bacon, lettuce, tomato and mayo on a croissant butter bun.

CHICKEN STRIPS | \$17

Four crispy chicken strips and your choice of plum or house made creamy honey mustard.

CHICKEN QUESADILLA | \$20

Fresh spinach flour tortilla filled with cheese, caramelized onions, bell peppers, chicken and our house-made honey chipotle. Served with sour cream & salsa.

TERIYAKI STIR FRY | \$21

Seasonal vegetables sautéed to perfection, served with your choice of rice or noodles, and your choice of chicken or prawns.

BAKED PENNE | \$16

House-made marinara with penne, peppers, onions and baked with cheese.

Add Meatballs, Chicken or Prawns for \$6

T-TIME TACOS | \$18

Three flour tortillas filled with coleslaw, crispy battered haddock, pico de gallo and a lime crema.

HADDOCK & CHIPS | \$21 / \$27

1 or 2 pieces of house-battered haddock deep-fried, served with tartar sauce & coleslaw.

SLICES

HOT HONEY PEPPERONI

12" Pizza \$19 Flatbread \$15

Pepperoni, mozzarella, and a hot honey drizzle.

CHICKEN BACON RANCH

12" Pizza \$23 Flatbread \$19

Ranch base with chicken, bacon, mushrooms, cheddar/mozza blend with a sweet chile drizzle.

THE GREEK

12" Pizza \$22 Flatbread \$18

Maranaria base, chicken, bell peppers, artichoke, red onion, olives, mozzarella and greek feta.

IRONWOOD PIZZA

12" Pizza \$26 Flatbread \$22

Maranaria base, ham, pepperoni, bacon, taco beef and mozzarella.

DRINKS

BEER

DOMESTIC

Regular 355mL Tallboy 473mL

Bud Light	\$6.20	\$7.50
Budweiser	\$6.20	\$7.50
Kokanee	\$6.20	—
Lucky Lager	\$5.00	\$7.00

PREMIUM

Regular 355mL Tallboy 473mL

SPB Trail Hopper IPA	—	\$7.39
SPB Sunsetter Wheat Ale	\$6.00	—
SPB Parklandia Hazy IPA	—	\$7.39
SPB Windstorm Pale Ale	—	\$7.39
Moosehead Radler	—	\$7.39
Michelob Ultra	\$6.80	\$8.00

IMPORT

Regular 355mL Tallboy 473mL

Stella	—	\$8.20
Corona	\$7.25	\$8.20
Guinness Can* 440mL	—	\$8.50
Corona Bottle* 330mL	\$7.25	—

DRAUGHT

16oz Pitcher 60 oz

Budweiser	\$7.50	\$25.41
Michelob Ultra	\$7.95	\$26.05
SPB Amber Ale	\$7.50	\$25.41
SPB Parklandia Hazy IPA	\$7.50	\$25.41
Stella	\$9.45	\$31.45
OK Cider, Apple	\$9.45	\$31.45

WINE

REDS

6 oz 9oz Bottle

Peller Cabernet Sauvignon	\$6.85	\$10.25	\$19.95	500mL
Peller Merlot	\$6.85	\$10.25	\$19.95	500mL
Stone Road Red	—	—	\$28	750mL

WHITES

6 oz 9oz Bottle

Peller Chardonnay	\$6.85	\$10.25	\$19.95	500mL
Peller Pinot Grigio	\$6.85	\$10.25	\$19.95	500mL
Peller Sauvignon Blanc	\$6.85	\$10.25	\$19.95	500mL
Red Rooster Pinot Grigio	\$13.00	\$17.00	\$39	750mL
Stone Road White	—	—	\$28	750mL

ROSÉ

Bottle

Laylow Rosé	—	—	\$25	750mL
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COOLERS + CIDER

Absolut Vodka Cranberry Vodka	\$7.75	355mL
Cottage Springs Transfusion	\$7.75	355mL
Cutwater Margarita	\$7.75	355mL
Tempo Gin Smash	\$7.75	355mL
Palm Bay Pineapple Orange	\$7.75	355mL
Palm Bay Ruby Grapefruit	\$7.75	355mL
Nude Pink Lemonade	\$7.75	355mL
Mott's Caesar Tall Can	\$8.50	458mL
Mike's Hard Lemonade	\$8.15	473mL
Hires Root Beer	\$8.15	473mL
Nude Raspberry Lemon	\$8.15	473mL
Nude Blackberry Lime	\$8.15	473mL
Dock Day	\$8.15	473mL

CIDER

OK Cider, Apple	\$8.15	473mL
OK Cider, Pear	\$8.15	473mL
Strongbow	\$8.70	440mL

DRINKS

LIQUOR/MIXED DRINKS

LIQUOR	1oz	2oz
Vodka	\$7.40	\$12.30
Gin	\$7.40	\$12.30
Spiced Rum	\$7.40	\$12.30
White Rum	\$7.40	\$12.30
Scotch Whiskey	\$7.10	\$12.60
Rye Whiskey	\$7.40	\$12.30
Dark Rum	\$7.83	\$12.30
Tequila	\$7.75	\$12.65

PREMIUM SPIRITS	1oz	2oz
Havana Club 7 Yr	\$9.56	\$13.91
Olmecca-Altos Reposado/Plata	\$11.00	\$20.75
Grey Goose	\$9.56	\$13.91
Chivas Regal 12 Yr	\$9.56	\$13.91
JP Wiser's 10 Yr/ Crown Royal	\$9.56	\$13.91
Malfy Gin Con Rosa	\$8.75	\$14.60

COCKTAILS	1oz	2oz
Caesar	\$8.50	\$14.29
John Daly	\$8.10	\$13.10
Moscow Mule	\$8.10	\$13.10
Long Island Iced Tea	\$8.10	\$13.10
Margarita	\$8.10	\$13.10
Old Fashioned	\$8.10	\$13.10
Paralizer	\$8.10	\$13.10
Gin Bucket	\$8.10	\$13.10
Fresca Spritz	\$8.10	\$13.10
Shaft	—	\$13.10
Baileys & Coffee	\$9.00	—
Spiked Apple Cider	\$9.00	—
Blueberry Tea	\$9.00	\$13.10

NON-ALCOHOLICS

NON-ALCOHOLIC BEER		
Michelob Ultra 0.0	\$4.50	355mL
Cero, <i>Can</i>	\$5.00	355mL
Cero, <i>Bottle</i>	\$5.00	330mL
SPB Trail Hopper IPA	\$5.84	355mL
SPB Sunsetter Wheat Ale	\$5.84	355mL
Budweiser 0	\$5.84	473mL
Guinness 0.05	\$8.50	440mL

NON-ALCOHOLIC COCKTAILS		
Moscow Mule	\$6.00	16oz
Caesar	\$6.00	16oz
Arnold Palmer	\$3.57	16oz
Cranberry & Soda	\$3.57	16oz
Farming Karma Mellow Mimosa	\$4.00	285mL
Farming Karma Conscious Cosmo	\$4.00	285mL

STANDARD BEVERAGES	
Tea	\$2.86
Coffee	\$2.25
Hot Chocolate	\$2.86
Cafe Mocha	\$2.86
Juice	\$4.00
Fountain Pop	\$3.57
<i>Fresca, Sprite, Ginger Ale,</i>	
<i>Coke, Coke Zero, Diet Coke,</i>	
<i>Root Beer, Lemonade, Ice Tea</i>	