



IRON HEN

C A F E

SALADS

SERVED WITH A "VERY GOOD" DEVILED EGG

House-made Dressings: Balsamic Vinaigrette, Fresh Buttermilk Herb, Red Wine Tarragon Vinaigrette, Creamy Blue Cheese, Sesame Lime, and Honey Mustard

Classic Wedge

Crisp iceberg, blue cheese crumbles, peppered bacon, diced tomato, blue cheese dressing

Holly Grove Goat Cheese Salad

Crispy goat cheese, pickled beets, oven roasted sweet potatoes, mixed greens, and our red wine tarragon vinaigrette

Sliced Apple Salad

With crumbled blue cheese, caramelized pecans and applewood smoked bacon, over mixed greens

Root Salad

Assorted chilled root veggies, with Holly Grove goat cheese, and hoisin vinaigrette

Iron Hen Chicken Salad Plate

A generous scoop of our red delicious chicken salad, with fresh fruit and house-made farmer's cheese [GF]

Extra Fixings:

Grilled Chicken [GF]

Grilled Shrimp [6] [GF]

Marinated Portobello [V] [GF]

Red Delicious Chicken Salad [with bacon] [GF]

Fried Goat Cheese

AND MORE

Mini Crab Cakes

With roasted corn salsa and spicy-garlic aioli

Grits & Greens

Creamy Old Mill of Guilford grits with sautéed spinach and Holly Grove goat cheese [GF]

North Carolina Shrimp & Grits

Sautéed shrimp, Cajun cream gravy and spicy Hickory Nut Gap Farm ground breakfast sausage, served over creamy Old Mill of Guilford grits

Whole Grain Hash

Quinoa, black-eyed peas, spinach, roasted sweet potato, your choice of chicken or tofu, and our sesame lime vinaigrette [V] [GF]

SOUP

Black-Eyed Pea & Onion Stew

Stewed black-eyed peas, caramelized onions and green onions

SANDWICHES

SERVED WITH ONE SIDE AND A "VERY GOOD" DEVILED EGG

*Hickory Nut Gap Farm Grass-Fed Burger

Grilled to order on an Annie's brioche roll with lettuce, tomato, onion, and your choice of provolone, American, cheddar, or Swiss [smoked Gouda or blue cheese \$1, pimento cheese \$2]

Black Bean Burger

House-made vegan black bean patty on an Annie's brioche roll with lettuce, tomato, onion and our vegan spicy-garlic aioli

Roasted Turkey & Provolone

Slow roasted turkey with lettuce, tomato, and cranberry mayo on an Annie's brioche roll

PBLT

House-made pimento cheese, seared tomato, lettuce and applewood smoked bacon on toasted Annie's white bread

Red Delicious Chicken Salad Sandwich

Grilled chicken, apples, and applewood smoked bacon with lettuce and tomato on your choice of bread

Rueben

Giacomo's corned beef, sauerkraut, Swiss cheese, and Russian dressing on Annie's white bread [Tofu Rueben or Turkey Rueben available]

Fried Chicken Sandwich

Fried chicken, house-made garlic and dill pickles, with vegan herb mayo on an Annie's brioche roll

Hickory Nut Gap Farm Bacon Meatloaf Sandwich

Seared bacon wrapped meatloaf, caramelized onions, lettuce, tomato, and Imladris Farms smoked ketchup on grilled Annie's white bread

Beer Battered Catfish

North Carolina catfish on an Annie's brioche roll with lettuce, tomato and our vegan herb mayo

Pork Belly Banh Mi

Seared pork belly with cilantro, carrots, cucumbers, Sriracha and herb aioli on an Annie's sub roll

Shrimp Po Boy

Grilled shrimp, lettuce, tomato, onion, and spiced remoulade on a grilled Annie's sub roll

Grilled Portobello Burger

Grilled portobello, lettuce, tomato, provolone, caramelized onions, and vegan herb mayo on an Annie's brioche roll

Chopped Brisket Sandwich

Slow roasted brisket sandwich with provolone, and fig and onion jam served on grilled Annie's white bread with hand-cut fries

[V] VEGAN [GF] GLUTEN FREE

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

Although we use a great deal of care when preparing all of our foods, inherent in natural cuisine is the potential for the inclusion of shell fragments and/or natural particles. Please keep this in mind while consuming our products.

Fresh. Local. Good.



IRON HEN

C A F E

STARTERS

Fried Green Tomato Stack

Carolina BBQ sauce, pickled peach relish, goat cheese, and green onion on a bed of mixed greens

Southern Rice Aranchini

Carolina Gold rice risotto with bacon, stuffed with pimento cheese, fried and served with tomato bacon jam

Mini Crab Cakes

Roasted corn salsa and spicy-garlic aioli over mixed greens

Fried Chicken Potstickers

Pulled fried chicken in a dumpling wrap, seared and steamed, with spicy-garlic aioli and vegan herb mayo

Fried Black-Eyed Pea Ravioli w/ Tomato Jam

Fried black-eyed pea & bacon ravioli, served with our sweet & spicy tomato jam

Cheerwine Bacon Jam Sliders

Hickory Nut Gap Farm ground beef sliders, on an Annie's brioche bun with chopped slaw and Cheerwine bacon jam

SIDES

Brussel Sprout Hash

Hand-Cut French Fries

Fresh Hand-Cut Sweet Potato Chips

"Very Good" Deviled Eggs [3]

Smoked Gouda Mac n Cheese

Vegan Dill Potato Salad

Collard Green Egg Roll [with bacon]

Hen House Salad

Side Plate: Choose 3

Side Plate: Choose 4

DESSERTS

Banana Pudding

With house-made whipped cream

Seasonal Fruit Cobbler

Seasonal fruit, house-made short bread topping, and Homeland Creamery vanilla bean ice cream

Homemade Bourbon Pecan Ice Cream

Kentucky bourbon, southern pecans, and vanilla ice cream with caramel syrup

LITTLE CHICKS FEED

12 YEARS AND UNDER PLEASE! CHILDREN'S MEAL COMES WITH 1 SIDE & FOUNTAIN DRINK

Fried Chicken Tenders

Whole Grain Hash [no side]

Grilled Cheese

Kid Burger [4oz]

SUPPER

Chicken Pie Turnover

Roasted chicken stuffed in a buttery flaky dough with chicken gravy, smashed red potatoes and sautéed green beans

Brisket & Fries

Slow cooked brisket with hand-cut fries, tri-color slaw, beef gravy

Black-Eyed Pea Ravioli

Pasta stuffed with black-eyed pea and bacon puree, served with collard greens and pork jus

North Carolina Shrimp & Grits

Sautéed shrimp, Cajun cream gravy, spicy country sausage, served over creamy Old Mill of Guilford grits

Catfish & Chips

Beer battered and fried NC catfish with our hand-cut fries, served with remoulade and a lemon wedge

Hickory Nut Gap Farm

Bacon Wrapped Meatloaf

Grass-fed beef and spicy country sausage meatloaf wrapped in applewood bacon, smashed red potatoes, sautéed green bean and tomato salad and Imladris Farms smoked ketchup

Espresso Rubbed Fried Chicken

Our signature dredged chicken, with your choice of two sides

Seared Locally Raised Trout

Seared local trout with low country herb butter, and mashed celery root

Root Veggie Hash

Sautéed root veggies and celery root mash, with a sunny side up egg or local tofu

Pork Belly Hoppin John

Slow roasted and seared Cheshire Pork Belly, with traditional Hoppin John, and a low country herb butter

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