

RE-IMAGINED CLASSICS AND MODERN CUISINE MADE FROM SCRATCH.
OUR OFFERINGS ARE SOURCED FROM LOCAL AND REGIONAL PURVEYORS

Celebrating our 10th year!

MAINE TRUE! MAINE PROUD!

HOUSE-MADE BREADS + STARTERS

House-made Soup Bowl....\$11

Taleggio Stuffed Focaccia....\$7

Maple Butter Cornbread....\$7 GF

House-made Yeast Rolls....\$6

Butcher Board....\$22

Seasonal selection of cured meat, smoked seafood, cheeses, dried fruit, olives

Rhode Island Calamari....\$16 GF

Domestic squid, pickled peppers, crispy onion, roasted garlic aioli

Mediterranean Trio....\$16 GF

Tabouli, hummus, htpiti, focaccia

Oaxacan Street Corn Fritters....\$13 GF

Grilled sweet corn, Cotija cheese, green onion, ancho pepper, Jalapeño-lime crema

Crispy Scallion Pancake....\$19

Maine lobster meat, green onion, ginger-ponzu dipping sauce

Ironbound Wings....\$15

Wings and drums with house-made sauce, six pieces

Waukeag Neck Maine Oysters....\$19 GF

Six cold water Maine oysters from Frenchman Bay

FRESH GREEN SALADS

Ironbound Caesar Salad....\$18

Seasonal greens, roasted beet, hard boiled egg, sharp cheddar, croutons, classic Caesar dressing

Seasonal Salad....\$16 GF

Daily selection of fresh greens at the chef's whim

Fresh Greens Salad....\$8 GF

Local sharp cheddar

EVERYDAY FOOD

Mac + Cheese....\$19

Good ol' mac & cheese. Smoked gouda, mascarpone, local sharp cheddar cheese

Maine Lobster Mac + Cheese....\$29

Maine lobster mac & cheese. Smoked gouda, mascarpone, local sharp cheddar cheese

Fish + Chips....\$27 GF

Lightly battered haddock, fries with toasted caper remoulade

Smoked Finnan Haddie....\$29 GF

Classic Maine dish. Richard Penfold's locally smoked Finnan Haddie served as a traditional fish pie

Fish Tacos....\$23

Fried haddock, cabbage slaw, pickled jalapeño, salsa fresca, adobo aioli, cilantro and lime. Two tacos

Mussels + Frites....\$28

Local mussels, roasted fennel, cherry peppers, artichoke, capers, creme fraiche, white wine, fries, toasted baguette, focaccia

Fried Haddock Sandwich....\$24

Fried haddock, shredded greens, tomato + malt vinegar aioli

French Fries....\$8 GF

Ours are great. A Downeast tradition

Cheesy Truffle Fries....\$12

Queso, black garlic aioli and smokey ketchup

ARTISAN SMASH BURGERS

Served with fries

Smash Burger....\$16

Ground beef, cooper sharp cheese, shaved yellow onion, bread and butter pickle, shredded lettuce, special sauce

Smash Burger Deluxe....\$19

Ground beef, cooper sharp cheese, Korean BBQ, oyster mushrooms, bacon jam, pickled onions and peppers, shredded lettuce, Gochujang aioli

LAND AND SEA

Kick it up with one of our featured daily entree specials

Ironbound Cataplana....\$38 GF

Local seafood, Portuguese-style hearty tomato broth, focaccia

Pan Seared Halibut....\$42 GF

White beans, smoked paprika butter, roasted tomatoes, local greens, charred lemon creme fraiche and chive oil

Scallop and Shrimp Pappardelle....\$42

Black truffle-beurre noisette, arugula, shaved pecorino, Maine sea salt

Goan Vegetable Curry....\$29 GF V

Jackfruit, potato, cauliflower, greens, cashew, coconut milk, goan spices, saffron basmati, pappadum

Daily House Steak Special....Market Price

Our Boston beef purveyor cuts to our specifications

1/2 Roasted Lemon Chicken....\$29

Fresh chicken, lemon-parsley glaze, alleppa pepper, roasted garlic-chive, mashed potatoes and candied lemon

GF: Gluten Free

VISIT IB PROVISIONS: MAINE FOODS, BREWS & GIFTS... RIGHT HERE!
NEW! BLACK FLY BEER GARDEN IN THE OUTDOOR BACK GARDEN.