



IRON & SALT

Dietary Substitutions

Please inform your server.

For our customers with **celiac disease or wheat allergies**, all menu items can be made gluten free except for the biscuits, vegetable dumplings and fish bites. Substitutions for the bread ingredients will be made for certain dishes.

(V) vegan dishes

For our **vegan** customers, some substitutions of ingredients are necessary.

Share Plates \$8

BISCUITS

garlic butter | cheddar cheese | green onion

POTATO SKINS (V)

tomato | parmesan | herbs

GOUDA POUTINE

potato | beef gravy | gouda | green onion

VEGETABLE DUMPLINGS

ginger | sesame | spicy garlic

FISH BITES

beer batter | peanut chili sauce

Soups & Salads

COCONUT SOUP \$8 (V)

cauliflower | chickpea | corn

FISH CHOWDER \$10

potato | haddock | salmon

SQUASHED DATE \$10 (V)

butternut squash | date | goat cheese
cashew | onion & date balsamic

CAESAR SALAD \$10

pork belly | gouda | garlic crumb

Sandwiches \$12

CHICKEN

tomato | parmesan | arugula dressing

BEEF

gouda | gravy | mushroom | onion

VEGETABLE (V)

mushroom | carrot | cucumber | onion
herbs | tamari | sesame

On the Side \$3

FRIES

garlic hellmann's

GREEN SALAD (V)

tomato | cucumber | onion | choice of green
sauce or date balsamic

CAESAR

pork belly | gouda | garlic crumb

Please ask your server about our evening features.



IRON & SALT

Prince Edward Island... a land rich in iron surrounded by a vast salty sea. IRON & SALT is island inspired, peppered with influences of personal taste & experiences. ENJOY!

 @ironsaltsummerside

We source the best ingredients.

Island Taylored Meats Inc.



WATER STREET BAKERY

