



IRON & SALT

## Appetizers

**BISCUITS & CHEESE \$8**  
cheddar & green onion

**MUSHROOMS & TOAST \$12 GF**  
hot sauce & blue cheese

**BEEF MEATBALLS \$12 GF**  
tomato & parmesan

**MUSSELS & BREAD \$12 GF**  
garlic herb butter & wine

**BELLE RIVER CRAB FLATBREAD \$15**  
garlic, chili & pickled onion

**SCALLOPS & BRUSSELS \$16 GF**  
bacon & lemon hollandaise

**LOBSTER CROSTINI \$16 GF**  
brown butter & capers

## Soups

**COCONUT SOUP \$10 GF**  
tomato, chickpea, corn & cauliflower

**LOBSTER CHOWDER \$18 GF**  
lobster, haddock, mussel, celery & potato

## Salads

**ORZO, LENTIL & BEAN \$10**  
cumin, coriander, olive oil, lemon & herbs

**SQUASHED DATE \$13 GF**  
butternut squash, goat cheese, dates & cashews

**MOZZARELLA \$15 GF**  
tomato, herbs, navy bean & lemon

## Handhelds

*choice of fries, potato salad, orzo salad  
or greens*

**VEGETABLE SANDWICH \$15 GF**  
mushroom, sesame carrot, herb mayo & pickled  
cucumber salad on focaccia

**FISH SANDWICH \$15 GF**  
citrus slaw & tomato on a sesame bun

**PORK BELLY TACOS \$15 GF**  
spicy garlic sauce, greens & pickled onions

**ROAST BEEF SANDWICH \$16 GF**  
garlic mushroom, gouda, gravy & onion  
on focaccia

**LOBSTER SANDWICH \$22 GF**  
iron & salt lobster mix on focaccia

## Knife & Fork

**CHICKEN OR VEGETABLE CURRY \$22 GF**  
tomato, coconut milk, rice & Bala bread

**PAN FRIED HADDOCK \$26 GF**  
brown butter, tomato, capers, dill & rice

**STEAK & FRIES \$28 GF**  
7oz flank & PEI potato

## DIETARY SUBSTITUTIONS

*Please inform your server.*

*For our customers with celiac disease or wheat  
allergies: substitutions for the bread ingredients  
will be made for certain dishes.*



# 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**

