



IRONWOOD AMERICAN KITCHEN

established 2013



FRESH PRESSED JUICE

LIQUID GOLD

asian pear / turmeric / gala apple / ginger / lemon / celery
10

RISE 'N' SHINE

orange / carrot / pineapple / lemon / beet splash
10

KALE TONIC

ginger / kale / cucumber / lemon / green apple
8

KITCHEN FAVORITES*

AMERICAN BREAKFAST *

choice of bacon / sausage / ham
two eggs any style / potatoes / toast
19

STEAK & EGGS *

two eggs any style / 8 oz. NY strip
herb butter / potatoes
26

BISCUITS 'N' GRAVY

two eggs any style / two jumbo biscuits
sausage gravy
18

EGGS BENEDICT *

two poached eggs / Canadian bacon
toasted house made muffin
hollandaise
18

SMOKED SALMON *

two poached eggs / smoked salmon / spinach
American caviar / toasted house made muffin
hollandaise
21

HUEVOS RANCHEROS *

two eggs any style / re-fried beans / cheddar &
cotija / tortillas / ranchero sauce / avocado
chorizo / crema
19

BREAKFAST SANDWICH

farmers bread / fried eggs / peppered bacon
ham / mayo / swiss / heirloom tomatoes
smashed avocado
18

CORNED BEEF HASH

two eggs any style / rustic corned beef / potatoes
Texas toast
18

BREAKFAST BURRITO

scrambled eggs / chorizo sausage /
pico de gallo / poblano / cheddar cheese /
potatoes / hollandaise on side
18

ADD AN EGG TO ANY DISH

at Ironwood American Kitchen we use only farm fresh, organic, cage free eggs

3



LIFESTYLE CUISINE

The concept of eating well carries many meanings at our Well & Being Spa -- from nourishing your mind and body, we are committed to providing our guests with a diverse selection of food and beverage offerings in support of their health and wellbeing.

IRONWOOD FRITTATA

egg whites / spinach / tomato / broccolini / mozzarella / mushrooms
18

FRESH FRUIT PLATE

seasonal selection / banana nut bread
16

CONTINENTAL BREAKFAST

greek yogurt & granola parfait / seasonal berries
bran muffin / mini 'whole food smoothie'
18

WHOLE FOOD SMOOTHIE

kale blend / strawberry / pineapple / banana
orange juice / flax seed / chia seed / coconut
12

PROTEIN BOWLS

ANCIENT GRAIN HOT CEREAL

kamut / groats / red rice / quinoa / flax / blueberry lime chutney
14

QUINOA BURRITO

wheat tortilla / quinoa / corn / black beans / avocado
egg whites / cotija / salsa molcajete
18

SOUTHWEST HEIRLOOM BEAN BOWL

Rancho gordo beans / roasted pumpkin / corn / heirloom tomato
black kale / avocado / guajillo salsa / poblano "crema" / corn nuts
18

CITRUS QUINOA BOWL

roasted tofu / edamame / quinoa / baby arugula / local citrus
slivered almonds / yuzu tamari tahini / pickled freso
19

OMELETS*



THE DENVER

diced ham / diced bacon / cheddar
cheese / potatoes
18

CREATE YOUR OWN

served with breakfast potatoes
choose any 3
bacon / chorizo / ham / chicken sausage / jumbo lump crab /
aged cheddar cheese / emmental swiss cheese / provolone pepper
jack / american cheese / tomato / mushrooms
onion / jalapenos / spinach / avocado / asparagus
broccolini / pico de gallo
18
additional toppings .75 each

FOREST MUSHROOM

baby spinach / mushrooms
potatoes
18

SWEETS

BELGIAN WAFFLE

fresh strawberries / sliced banana / whipped cream / powdered sugar
maple syrup
18

BRIOCHE FRENCH TOAST

caramelized banana / toasted pecans / whipped cream / maple syrup
18

CRÈME BRULÉE OATMEAL

oats / lemon custard / fresh berries
12

BUTTERMILK OR WHOLE WHEAT PANCAKES

cinnamon honey butter / fresh berries / maple syrup
18

*These menu items may be served raw or under cooked. Consuming raw or under cooked meats, poultry, seafood, shellfish, or eggs, may increase your risk for food-borne illness