



CHEF FAVORITES

SERVED 11 AM - 7:30 PM

FAJITA FIRE TRIO 12

GRILLED, JUICY CHICKEN AND SAVORY, TENDER BEEF MEET PLUMP, SAUTÉED SHRIMP, ALL SERVED ON A BED OF VEGGIES WITH A SIDE OF RICE AND BEANS

PABLO'S STEAK SALAD 11

FLANK STEAK, TOMATO, RED ONION, QUESO BLANCO, SPINACH, CARROT AND A LOADED DEVILED EGG COME TOGETHER UNDER A RASPBERRY VINAIGRETTE

LOADED SWEET POTATO 11

A SWEET POTATO FULLY LOADED WITH FLAVORFUL FAJITA VEGGIES AND YOUR CHOICE OF SUCCULENT CHICKEN, PERFECTLY SEASONED STEAK OR DECADENT SHRIMP

BLACKENED CHICKEN STRAWBERRY SALAD 11

EVERYONES' FAVORITE BLACKENED CHICKEN ON TOP OF A BED OF LEAFY MIXED GREENS, RIPE STRAWBERRIES, FRESH MOZZARELLA, CREAMY AVOCADO, CRUNCHY WALNUTS AND SWEET MANDARIN ORANGES WITH AN IRRESISTIBLE RASPBERRY VINAIGRETTE

TELOS TACOS 10

TWO UNRIVALED SHRIMP TACOS FULLY LOADED WITH DELECTABLE SHRIMP TOPPED WITH QUESO BLANCO AND THE IRON GRILL'S FAMOUS SLAW SERVED ALONGSIDE RICE AND BEANS

ANGELICA'S SPICY CHICKEN & SHRIMP 11

A SPICY CHICKEN BREAST TOPPED WITH FRESH AVOCADO, PICO DE GALLO AND SHRIMP SERVED WITH A ROBUST SIDE OF BROCCOLI

 HOUSE FAVORITE

 NEW MENU ITEM

CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS. PLEASE BE AWARE THAT OUR FACILITY PREPARES FOODS AND USES INGREDIENTS IN OUR PRODUCTS THAT CONTAIN NUTS OR NUT OIL. IF YOU HAVE ANY TYPE OF FOOD ALLERGY, PLEASE REFRAIN FROM EATING OUR PRODUCTS

EGG SANDWICH 5

ENGLISH MUFFIN • BRIOCHE • CIABATTA • WHEAT TOAST
EGG + CHEESE WITH YOUR CHOICE OF PROTEIN + ADD-ONS

BREAKFAST TACOS 2

TORTILLA CORN OR WHOLE WHEAT
WHOLE EGGS OR WHITES WITH QUESO BLANCO

ADD PROTEIN

APPLEWOOD SMOKED BACON 2 • CHICKEN APPLE SAUSAGE 2 • CHICKEN 3 • TURKEY CHILI 3 • SHRIMP 4 • STEAK 5

ADD-ONS 75¢

BELL PEPPERS • BLACK BEANS • BROCCOLI • JALAPEÑO • MUSHROOMS • PICO DE GALLO • QUESO BLANCO
RED ONION • SALSA • SPINACH • TOMATO

AVOCADO 2
AVOCADO TOAST 4



BREAKFAST
SERVED 7AM - 11AM

BREAKFAST FAVORITES

TELOS BREAKFAST TACOS 10

TWO LOADED TACOS WITH EGGS, QUESO BLANCO, PICO DE GALLO AND YOUR CHOICE OF MEAT – CHICKEN, CHICKEN SAUSAGE OR BACON

THE IRON GRILL'S FAMOUS OMELET 10

EGG OMELET WITH SPINACH, RED ONIONS, MUSHROOM AND TOPPED WITH QUESO BLANCO AND TENDER STEAK

THE NEW NORMAL 10

TWO PIECES OF BACON, TWO EGGS YOUR WAY, TWO PIECES OF CREAMY AVOCADO TOAST

EGGS YOUR WAY TWO EGGS 4 • THREE EGGS 5 • FOUR EGGS 6
WHOLE OR WHITES SERVED THE WAY YOU LIKE THEM

SWEET POTATO BANANA PROTEIN PANCAKE MINI 5 • REGULAR 6

SWEET POTATO, CINNAMON, BANANA, ALMOND MILK, EGG WHITES, VANILLA EXTRACT & OATS

OATMEAL CUP 2 • BOWL 4

HIGH ENERGY - PEANUT BUTTER & BANANAS 5
HEART HEALTHY- NUTS & BERRIES 5



HOUSE FAVORITE
NEW MENU ITEM

CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOOD-BORNE ILLNESS. PLEASE BE AWARE THAT OUR FACILITY PREPARES FOODS AND USES INGREDIENTS IN OUR PRODUCTS THAT CONTAIN NUTS OR NUT OIL. IF YOU HAVE ANY TYPE OF FOOD ALLERGY, PLEASE REFRAIN FROM EATING OUR PRODUCTS



LUNCH

SERVED 11AM - 7:30PM

CHIPOTLE BACON CHEESEBURGER 12

AMERICAN CHEESE, LETTUCE, TOMATO, ONIONS, CHIPOTLE, GUACAMOLE

SOUP & SALAD DUO 10

YOUR CHOICE OF A CUP OF SOUP AND 1/2 SALAD
VEGGIE PLATE NOT INCLUDED

BBQ CHICKEN SANDWICH 10

TOPPED WITH IRON GRILL WORLD-FAMOUS SLAW

TWO HANDS

SERVED WITH SWEET POTATO CHIPS (NO SUBSTITUTIONS).
YOUR CHOICE OF WRAP OR SANDWICH.

CHICKEN PESTO 8

CHICKEN BREAST, CARAMELIZED RED ONION, LETTUCE, TOMATO, BASIL PESTO

STEAK WRAP 9

STEAK, GREENS, TOMATO, BLEU CHEESE CRUMBS, CHIPOTLE LIME DRESSING

LATT 9

LETTUCE, AVOCADO, TURKEY, TOMATO

TURKEY SLOPPY JOE 8

TURKEY CHILI, BRIOCHE BUN

CHEESEBURGER 9

AMERICAN CHEESE, LETTUCE, TOMATO, ONIONS

GREENS UNDER 500 CAL

ADD PROTEIN

CHICKEN • TURKEY CHILI 3

TILAPIA • SHRIMP 4

STEAK 5

CAESAR 8

ROMAINE, ROASTED TOMATOES, PARMESAN

SPINACH 8

BABY SPINACH, DRIED CRANBERRIES, WALNUTS, HEARTS OF PALM, MANDARIN ORANGES, RASPBERRY VINAIGRETTE

SOUTHWESTERN 8

BABY GREENS, ROASTED CORN, BLACK BEANS, TOMATOES, QUESO BLANCO, RED ONION, AVOCADO, CHIPOTLE LIME DRESSING

BLT WEDGE 8

ICEBERG LETTUCE, TOMATO, RED ONION, BACON, BLUE CHEESE CRUMBLES, RANCH DRESSING

VEGGIE PLATE 9

YOUR CHOICE OF FOUR VEGETABLES

TACOS

CORN OR WHOLE WHEAT TORTILLA, GREENS, TOMATO, CHARRED CORN, BLACK BEANS AND AVOCADO

VEGGIE • TURKEY CHILI 4

CHICKEN • CHIPOTLE CHICKEN 4

FISH • SHRIMP • STEAK 5

SOUP CUP 5 • BOWL 6

VEGETABLE BEEF OR THE SOUP DE JOUR

TURKEY CHILI CUP 6 • BOWL 7



HOUSE FAVORITE

NEW MENU ITEM

CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOOD-BORNE ILLNESS. PLEASE BE AWARE THAT OUR FACILITY PREPARES FOODS AND USES INGREDIENTS IN OUR PRODUCTS THAT CONTAIN NUTS OR NUT OIL. IF YOU HAVE ANY TYPE OF FOOD ALLERGY, PLEASE REFRAIN FROM EATING OUR PRODUCTS



ENTRES & APPETIZERS

SERVED 11AM -7PM

 **DEVILLED EGGS 6**
SIX DEVILLED EGGS

 **CHIPS & SALSA 4**
ADD GUACAMOLE 4
ADD SPINACH DIP 4

SLIDERS 7
THREE SLIDERS WITH CARMALIZED ONION ON KAISER BUN
ANGUS BEEF OR BBQ CHICKEN

QUESADILLAS
VEGETARIAN 8 • CHICKEN 9 • SHRIMP 10 • STEAK 10

THE PERFECT PLATE UNDER 500 CAL

CHOOSE YOUR PROTEIN

ROASTED CHICKEN 9 • BAKED TILAPIA 10 • SAUTEED SHRIMP & VEGGIES 10 • STEAK 11

CHOOSE TWO SIDES

ASPARAGUS • BAKED SWEET POTATO • BLACK BEANS • BROWN RICE
BRUSSELS SPROUTS • FORBIDDEN RICE • MAC AND CHEESE • SAUTEED SPINACH
STEAMED BROCCOLI • VEGGIES • CHIPOTLE COLESLAW

KIDS

KIDS PLATE 5
CHICKEN, BROCCOLI, MAC AND CHEESE

MAC AND CHEESE 4
GRILLED CHEESE 4

TREAT YOURSELF

COOKIE 1
PEANUT BUTTER
DOUBLE CHOCOLATE
WHITE MACADAMIA



CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOOD-BORNE ILLNESS. PLEASE BE AWARE THAT OUR FACILITY PREPARES FOODS AND USES INGREDIENTS IN OUR PRODUCTS THAT CONTAIN NUTS OR NUT OIL. IF YOU HAVE ANY TYPE OF FOOD ALLERGY, PLEASE REFRAIN FROM EATING OUR PRODUCTS



BEVERAGES

FRESH FRUIT SMOOTHIES 16oz SMALL 8 • 24oz MEDIUM 9 • 32oz LARGE 10



VERY BERRY

FRESH BLUEBERRIES, STRAWBERRIES, ALL-NATURAL HONEY AND ONE SCOOP OF WHEY PROTEIN (VANILLA OR CHOCOLATE) WITH A WATER, FRESH ORANGE JUICE OR ALMOND MILK BASE



STRAWBERRY BANANA

FRESH STRAWBERRIES, BANANA, ALL-NATURAL HONEY AND ONE SCOOP OF WHEY PROTEIN (VANILLA OR CHOCOLATE) WITH A WATER, FRESH ORANGE JUICE OR ALMOND MILK BASE



PEANUT BUTTER BANANA CHOCOLATE

PEANUT BUTTER, BANANA, ALL-NATURAL HONEY AND ONE SCOOP OF WHEY CHOCOLATE PROTEIN WITH A WATER, FRESH ORANGE JUICE OR ALMOND MILK BASE



GREEN MACHINE (ONLY AVAILABLE IN MEDIUM AND LARGE)

SPINACH, AVOCADO, BLUEBERRIES, BANANA, PEANUT BUTTER, ALL-NATURAL HONEY AND ONE SCOOP OF WHEY PROTEIN (VANILLA OR CHOCOLATE) WITH A WATER, FRESH ORANGE JUICE OR ALMOND MILK BASE

COKE

COKE ZERO

DIET COKE

DR. PEPPER

DIET DR. PEPPER

SPRITE

HOT TEA

ICED TEA

LEMONADE

ORANGE JUICE

CRANBERRY JUICE

PINEAPPLE JUICE

CUP OF COFFEE 2

BOTTOMLESS COFFEE 5



HOUSE FAVORITE

NEW MENU ITEM

CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOOD-BORNE ILLNESS. PLEASE BE AWARE THAT OUR FACILITY PREPARES FOODS AND USES INGREDIENTS IN OUR PRODUCTS THAT CONTAIN NUTS OR NUT OIL. IF YOU HAVE ANY TYPE OF FOOD ALLERGY, PLEASE REFRAIN FROM EATING OUR PRODUCTS



HAPPY HOUR

SERVED 3PM - 7:30PM

BEER

BUD LIGHT 5
CORONA 6
DOS XX 6
HEINEKEN 6
DALLAS BLONDE 5
DEEP ELLUM IPA 5
SHINER BOCK 6
GUINNESS 6

WINE

MEIOMI PINOT NOIR 10 / 40
ECCO DOMANI PINOT GRIGIO 7 / 28
MENAGE WHITE 6 / 24
ST. VINCENT BRUT 7 / 28
MENAGE RED 6 / 24
MEIOMI CHARDONNAY 10 / 40
14 HANDS CABERNET 7 / 28
DOMAINE ROSE 7 / 28

LIQUOR



WHISTLEPIG 15
HIGH WEST 11
KNOB CREEK 10
CROWN ROYAL 9
MAKER'S MARK 10
JAMESON 8
JACK DANIEL'S 8
LARCENY 12
GREY GOOSE 10
KETTLE ONE 9
THREE OLIVES BERRY 8
TITO'S 7
DON JULIO 10
1800 SILVER 8
1800 REPOSADO 10
JOSE CUERVO GOLD 7
WRAY & NEPHEW 8
CAPTAIN MORGAN 9
BACARDI 8
RUMCHATTA 6
HENDRICK'S GIN 10
TANQUERAY 9

 HOUSE FAVORITE
 NEW MENU ITEM

MONDAY

STEAK PERFECT PLATE 8
 BACON CHEESEBURGER 8
HIGH WEST, MAKERS 8
WHISTLE PIG WHISKEY 8
 STIFF OLD FASHIONED 6
DOMESTIC BEER 4
TITO'S 5

TUESDAY

 THREE FOR TWO TACOS
 CHIPS AND GUACAMOLE 5
STEAK OR CHICKEN QUESADILLAS 8
1800 REPOSADO & DON JULIO TEQUILA 8
1800 SILVER MARGARITA 5
IMPORT BEER 4
TITO'S 5

WEDNESDAY

CHICKEN PESTO WRAP 6
SOUTHWESTERN SALAD + CHICKEN 8
CHICKEN PERFECT PLATE 7
 SPINACH DIP 5
MEIOMI WINE BOTTLE 25
ALL WINE 6
 FRESH STRAWBERRY KETEL ONE MARTINIS 6
TITO'S 5

THURSDAY

SLIDERS 5
SLOPPY JOE 7
DOMESTIC BEER 4
IMPORT BEER 4
 HENDRICKS & JUICE 8
JACK & COKE 6
TITO'S 5

CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS. PLEASE BE AWARE THAT OUR FACILITY PREPARES FOODS AND USES INGREDIENTS IN OUR PRODUCTS THAT CONTAIN NUTS OR NUT OIL. IF YOU HAVE ANY TYPE OF FOOD ALLERGY, PLEASE REFRAIN FROM EATING OUR PRODUCTS