

BREAKFAST DESAYUNO

CONTINENTAL BREAKFAST

Fresh seasonal fruit, basket of bread, fresh juice, coffee, or tea
\$8

AMERICAN BREAK FAST

2 eggs any style, bacon or ham, basket of bread, fresh juice, coffee or tea
\$10

HEALTHY BREAKFAST

Egg white omelet, grilled vegetables
\$7

PANCAKES

Option of gluten free served with honey or syrup, bacon or ham.
\$10

WAFFLES

\$12

FRENCH TOAST

Honey or syrup, bacon or ham.
\$10

HONDURAN BREAKFAST

Refried beans, fried plantain, fried eggs, white Honduran cheese, avocado and tortillas
\$11

BALEADAS

Two flour tortillas stuffed with refried beans, egg, avocado, chorizo, cheese or cream
\$8

DAILY SPECIAL BREAKFAST

Ask for our daily option
\$12

SIDE ORDERS

BACON, HAM, REFRIED BEANS, AVOCADO,
HASH BROWN, CORN OR FLOUR TORTILLAS



LUNCH ALMUERZO

APPETIZERS

BACON SHRIMP \$19

Shrimp wrapped in crispy bacon with pineapple chutney.
Camarón envuelto en tocino crujiente, chutney de piña

IRON SHORE SPECIAL \$22

Shrimp, Conch, Fish, Pineapple, Avocado, Onion, Sweet Peppers, Pineapple Chutney and Lime
Camarón, caracol, piña, aguacate, chile dulce, chutney de piña y jugo de limón

ANAFRE \$14

Refried Beans, Honduras Sausage, Quesillo and Tortillas Chips
Frijoles Refritos, Chorizo, Quesillo y Tortillas

CHIPS, GUACAMOLE, SALSA \$16

Guacamole and island spicy salsa
Guacamole, pico de gallo isleño

CHICKEN OR FISH FINGERS | DEDOS DE POLLO O PESCADO \$15

Panko Crust, French Fries and Honey Mustard
Empanizados con Panko Servido Papas Fritas y Aderezo De Mostaza Y Miel

CHICKEN WINGS | ALAS DE POLLO \$15

Choose from 8 pc BBQ, Buffalo, Sweet and Sour
Opción de 8pc BBQ, Búfalo Y Agridulce

TACOS/QUESADILLAS

BEEF / RES \$17

CHICKEN / POLLO \$15

SHRIMP / CAMARÓN \$18

FISH / PESCADO \$15

All tacos and quesadilla come with grilled cheese, pico de gallo, crema, guacamole

Todos los tacos y quesadillas vienen con queso a la plancha, pico de gallo, crema, guacamole



LUNCH ALMUERZO

SOUPS / SOPAS

GARIFUNA SOUP \$22

Shrimp, Lobster, Fish Fillet, Conch and Coconut Milk.
Camarón, Langosta, Filete de Pescado, Caracol y Leche De Coco.

TORTILLA SOUP \$16

Chicken and Tomatoes Broth, Chipotle Chili, Fresh Cheese, Avocado, Chicken, Tortillas, Cream.
Caldo De Tomate Y Pollos, Chile Chipotle, Queso Fresco, Aguacate, Pollo, Tortillas, Crema.

PASTAS

SEAFOOD PASTA \$20

Fetuccine Shrimp, mussels, conch choose from tomatoes sauce, cream sauce or garlic butter
Camarones, mejillones, caracol escoger entre salsa de tomate, cremosa o mantequilla de ajo

CHICKEN PENNE \$15

Choose from tomatoes sauce, cream sauce or garlic butter
Caracol escoger entre salsa de tomate, cremosa o mantequilla de ajo



SANDWICH & BURGERS

GRAND CLUB SANDWICH \$15

Coconut Bread, Bacon, Ham, Grilled Chicken, Avocado, Lettuce, Tomatoes, Red Onions.

Pan De Coco, Bacon, Jamón, Pollo A La Parrilla, Aguacate, Lechuga, Tomates Y Cebolla Morada.

CHEESEBURGERS | HAMBURGUESAS

Lettuce, Tomatoes, Red Onions, Cheddar or Swiss Cheese.

Lechuga, Tomates, Cebolla Morada, Queso Cheddar o Suizo.

100% Angus \$16

Chicken/ Pollo \$15

Fish / Pescado \$15

GRAND ROATAN BURGER \$20

Breaded Chicken Breast, 8oz angus, Blue Cheese Dressing .

Pechuga de Pollo Empanizada, 8oz Carne de Angus, Aderezo Queso Qzul.

QUINOA BURGER \$13

Sweet Corn, Zucchini, Fresh Parsley, Quinoa Patty, Topped with Avocado and Chipotle Mayonnaise.

Maíz, zucchini, Perejil Fresco, Quinua, Aguacate y Mayonesa de Chipotle.



LUNCH ALMUERZO

MAIN

WHOLE SNAPPER | PARGO ROJO \$25

Grilled, Deep Fry or Steamed Fried plantains, pickled onions, rice and beans.
A La Parrilla, Frito o Al Vapor Plátano frito, encurtido de cebolla y rice and beans.

SHRIMP (CHOOSE ONE STYLE - ELIGE UNA OPCIÓN) \$24

Panko, Coconut Breaded, Garlic, White Wine Sauce, Grilled with Chimichurri or Jerk Sauce
Tostones and Grilled Vegetables.

Empanizado Con Panko, al Coco, Ajo, Vino Blanco, a la Parrilla con Chimichurri o Salsa Jerk
Tostones y Vegetales al Grill.

SEAFOOD CAZUELA \$24

Clams. Mussels, Calamari, Shrimp, White Wine, Garlic, Onions Peppers, Casabe
Alamejas, Mejillones, Calmares, Camarones, Vino Blanco, Ajo, Cebolla y Chiles, Casabe.

HONDURAN CHURRASCO | CHURRASCO HONDUREÑO \$22

Beef Tenderloin, Refried Beans, Plantain, Avocado and Pico De Gallo.
Filete De Res, Frijoles Refritos, Plátano, Aguacate Y Pico De Gallo.

BABY BACK RIBS | COSTILLAS DE CERDO \$21

Cajun BBQ Sauce, Cole Slaw and French fries.
Cajun Y Salsa BBQ, Cole Slaw y Papas Fritas.

CHICKEN BREAST | PECHUGA DE POLLO \$17

Grilled Balsamic Glaze. Seasonal Vegetables, Green Salad.
A la parrilla Glaceado con Balsámico. Vegetales de la temporada, Ensalada Verde.

SEA BASS \$20

Sautéed Sea Bass, Creamy Parmesan and Coconut White Wine Sauce. Tostones, rice and Beans.
Salteado con Salsa Cremosa de Coco Y Vino Blanco. Tostones, Rice and Beans.

PORK CARNITAS \$19

Island Style Fried Pork, Plantain, Rice and Beans, Cabro Sauce.



KIDS CORNER | MENÚ INFANTIL

CHICKEN FINGERS | DEDOS DE POLLO
\$9

FISH FINGERS | DEDOS DE PESCADO
\$9

GRILLED CHEESE SANDWICH | DERRETIDO DE QUESO
\$9

MAC AND CHEESE | MACARRONES CON QUESO
\$9



APPETIZERS / ENTRADAS

MIXED KEBABS \$15

Grill Beef, Shrimp and Pork, Almond Coconut Butter.

Res, Cerdo, Camarón A La Parrilla Con Mantequilla de Almendras y Coco.

SHRIMP COCKTAIL \$22

Traditional Cocktail Sauce with Plantain Chips.

Tradicional con Salsa Coctel y Chips de Plátano.

ANAFRE \$14

Refried Beans, Honduras Sausage, Quesillo and Tortillas Chips.

Frijoles Refritos, Chorizo, Quesillo y Tortillas.

IRON SHORE SPECIAL \$22

Shrimp, Conch, Fish, Pineapple, Avocado, Onion, Sweet Peppers, Pineapple Chutney and Lime.

Camarón, Caracol, Piña, Aguacate, Chile Dulce, Chutney de Piña y Jugo de Limón.

SALADS / ENSALADAS

HOUSE SALAD | ENSALADA DE LA CASA \$15

Mixed Lettuce and Arugula, Fresh Green Peppers, Carrots, Cherrie Tomatoes, Crunchy Onions, Balsamic Vinaigrette, Casaba Crumble, Grilled Cheese.

Lechugas Mixtas y Arrúgala, Chiles Verdes Dulces, Zanahorias, Tomates Cherries, Cebollas Crujientes, Vinagreta Balsámica, Casabe y Queso A La Parrilla.

COB SALAD

Mixed Lettuce, Arugula, Eggs, Bacon, Avocado, Blue Cheese, Tomatoes, Ranch Dressing, Fried Onions.

Lechugas Mixtas, Huevo Tocino, Aguacate, Queso Azul, Tomates y Aderezo Ranch.

Chicken / Pollo \$15

Beef / Res \$17

Shrimp / Camarón \$19



DINNER CENA

PASTAS

SEAFOOD PASTA \$20

Fetuccine Shrimp, mussels, conch choose from tomatoes sauce, cream sauce or garlic butter
Camarones, mejillones, caracol escoger entre salsa de tomate, cremosa o mantequilla de ajo

CHICKEN PENNE \$15

Choose from tomatoes sauce, cream sauce or garlic butter
Caracol escoger entre salsa de tomate, cremosa o mantequilla de ajo

MAIN

SEABASS \$20

Sautéed Sea Bass, Creamy Parmesan and Coconut White Wine Sauce .
Salteado con Salsa Cremosa de Coco Y Vino Blanco.
Tostones, rice and beans.

SALMON \$25

Grilled, curry sauce | A la Parrilla , Salsa de Curry.
Baby Potatoes and Spinash | Papas Bebe y Espinacas .

GRILL OCTOPUS \$22

Rosted Potatoes, Onion Rings.
Papas Rostizadas Aros de Cebolla.

SHRIMP | CAMARONES \$24 (CHOOSE ONE STYLE-ELIGE UNA OPCIÓN)

Panko , Coconut Breaded, Garlic, White Wine Sauce, Grilled with Chimichurri or Jerk Sauce
Tostones and Grilled Vegetables.
Empanizado Con Panko, al Coco, Ajo con Vino Blanco, a la Parrilla con Chimichurri o Salsa Jerk
Tostones y Vegetales al Grill.

WHOLE SNAPPER | PARGO ROJO \$25

Grilled, Deep Fry or Steamed.
Fried plantains, pickled onions, Rice and Beans.
A La Parrilla, Frito o Al Vapor.
Plátano Frito, Encurtido de Cebolla y Rice and Beans.

PORK CARNITAS \$19

Island Style Fried Pork, Plantain, Rice and Beans, Cabro Sauce.



DINNER CENA

IRON SHORE GRILL

CHICKEN BREAST | PECHUGA DE POLLO \$19

Grilled Balsamic Glaze

A la Parrilla Glaceado con Balsámico

TOMAHAWK \$ 50 PER POUND

30oz Steak USDA Prime

Corte de 30 oz USDA Prime

PORK LOIN CHOPS | LOMO DE CERDO \$18

Caramelized Balsamic and Balsamic Reduction.

Caramelizado con Reducción de Balsámico.

SIDES / ACOMPAÑANTES

PURE DE PAPAS

MASHED POTATOES

PAPAS BEBE

BABY POTATOES

VEGETALES AL GRILL

GRILLED VEGETABLES

PAPAS FRITAS

FRENCH FRIES

GREEN SALAD

ENSALADA VERDE

DESSERTS | POSTRES \$9

GRANDMA CAKE | PASTEL DE LA ABUELA

CARROT CAKE | PASTEL DE ZANAHORIA

LIME PIE | TARTA DE LIMÓN

COCONUT FLAN | FLAN DE COCO

TRES LECHES

COCKTAILS & BEERS

COCKTAILS

\$9	MONKEY-LALA
\$9	MIAMI VICE
\$9	MARGARITA
\$9	PIÑA COLADA
\$6	CUBA-LIBRE
\$7	CAIPIROSKA
\$7	CAIPIRIÑA
\$7	TROPICAL SANGRIA
\$8	ILLUSION
\$7	MOJITO
\$7	BELINI
\$9	TROPICAL BLUE PASSION
\$7	TEQUILA SUNRISE
\$7	BLOODY MARY
\$10	CAMPARI SPRITZ
\$8	CHAMPAGNE-MARGARITA

VIRGIN COCKTAILS (PIÑA COLADA,
MARGARITA AND DAIQUIRIS).

DAIQUIRI

\$8	LEMON DAIQUIRI
\$8	STRAWBERRY DAIQUIRI
\$8	MANGO DAIQUIRI
\$8	PASSIONFRUIT DAIQUIRI

MOJITO

\$8	WATERMELON
\$8	TRADITIONAL
\$8	PASSION FRUIT
\$8	PINEAPPLE

MIMOSA

\$7	TRADICIONAL MIMOSA
\$8	MELON MIMOSA
\$9	SUNSET MIMOSA
\$9	PEACH MIMOSA

IMPORTED BEERS

\$5	CORONA
\$5	MILLER LITE
\$5	COORS LITE
\$5	MICHELOB ULTRA
\$5	HEINEKEN
\$5	ESTELLA ARTOIS
\$5	TOÑA LITE

LOCAL BEERS

\$4.50	PORT ROYAL
\$4.50	BARENA
\$4	IMPERIAL
\$4	SALVA-VIDA

DRAFT BEERS

\$7.50	CITRUS IPA
\$7.50	AMBER ALE

**\$2.50
SODAS AND
JUICES**



DRINKS & WINES

GIN

\$6	BOMBAY
\$6	TANQUERAY
\$11	HENDRIX
\$7	THE LONDON No 1.

RUM

\$10	ZACAPA 23
\$5	FLOR DE CAÑA 4
\$6	FLOR DE CAÑA 7
\$10	FLOR DE CAÑA 18
\$5	CAPITAN MORGAN

WHISKY

\$10	CHIVAS REGAL
\$8	CROWN ROYAL
\$8	BLACK LABEL
\$8	JACK DANIELS
\$10	OLD PARR
\$10	BUCHANAN'S 18YRS
\$10	DOUBLE BLACK

VODKA

\$5	ABSOLUT
\$8	TITO'S VODKA
\$10	GREY GOOSE
\$5	HOUSE VODKA

TEQUILA

\$7	1800
\$12	PATRON
\$7	JOSE CUERVO
\$11	MILAGRO

WINES

	GLASS	BOT.
IRON SHORE CHARDONNAY	-	\$55
IRON SHORE SAUVIGNON BLANC	\$7	\$40
IRON SHORE PINOT NOIR	-	\$65
IRON SHORE HOUSE RED	\$7	\$35
VALLEY FLOOR CABERNET	\$10	\$40
CHAMPAGNE ANDRE	\$10	\$45



COFFEE

\$2.50	AMERICANO
\$2	ESPRESSO
\$3	MACCHIATO
\$4	LATE
\$4	CAPUCCINO
\$3	ICED COFFEE



PRICE PLUS TAX AND SERVICE | PRECIO MÁS IMPUESTOS Y SERVICIO