

The King's Classics

add avocado or fruit | 2



Sweet Treats

FRENCH TOAST two pieces of thick sliced french toast with local maple syrup and your choice of breakfast meat | 11

BUTTERMILK PANCAKES triple stack served with maple syrup & your choice of breakfast meat | 11

RASPBERRY BRIE FRENCH TOAST two pieces of french toast with a spread of melted brie and raspberry jam | 13

STUFFED FRENCH TOAST two slices of thick cut French toast stuffed with a fried egg, cheddar, & your choice of breakfast meat. served with home fries | 13

GRANOLA PARFAIT vanilla yogurt with fresh fruit & Gatherer's Granola | 9

Vegan

add avocado or fruit | 2

ULTIMATE VEGAN BREAKFAST SANDWICH

tempeh, tofu, daiya, tomato, avocado, on toasted sourdough | 11

VEGAN FRENCH TOAST three slices of vegan french toast made with almond milk, cinnamon, & nutmeg. served with fruit and granola | 12

TOFU SCRAMBLE scrambled marinated tofu, kale, green peppers, & onions | 11

add seitan, tempeh, or daiya | 3

BUFFALO SEITAN WRAP marinated seitan tossed in buffalo sauce with carrot, celery, romaine, & vegan ranch. served with chips and a pickle | 12

BLACK BEAN BURGER house made black bean burger, avocado, lettuce, tomato, onion, & vegan ranch on ciabatta. served with french fries | 13

Sandwiches

CHEESEBURGER 1/2 LB. ground beef patty with lettuce, tomato, onion, special sauce, & american, on a brioche. roll. served with french fries | 15

KICKIN' CHICKEN fried chicken with lettuce pickles, & zesty aioli on a brioche roll. served with french fries | 14

TURKEY TERRIFIC house-roasted turkey, bacon, arugula, & horseradish mayo on toasted ciabatta. served with chips & a pickle | 12

LOBSTER ROLL MEAL butter poached lobster meat on a split brioche bun. served with coleslaw & your choice of french fries or onion rings | 21

Salads, Bowls, etc.

P.W.G. sliced pears, walnuts, & gorgonzola over mixed greens with balsamic vinaigrette | 9 add chicken | 4

BUFFALO CHICKEN SALAD breaded fried chicken tossed in buffalo sauce, red onion, carrot, cucumber, tomato, over mixed greens with bleu cheese dressing | 11

BUDDHA BOWL sweet potatoes, avocado, broccoli, quinoa, spinach, & tofu | 12

POWER BOWL kale, garlic broccoli, chickpeas, quinoa, avocado, sunflower seeds, local poached egg, topped with baslamic glaze | 13

THAI SHRIMP BOWL sweet hai chili shrimp, cabbage, quinoa, kale, carrots, cucumbers, avocado, & lime | 15

QUESADILLA pepper jack & cheddar, in a grilled tortilla with a side of sour cream & salsa | 8

add black bean burger or chicken | 4 add shrimp | 5

BACADO OMELET bacon, salsa, fresca, avocado, cheddar, & sour cream. served with home fries | 14

JOHN DENVER bacon & scrambled eggs with pepper jack hollandaise over grilled cornbread. served with home fries | 14

ELVIS' MEMPHIS SCRAMBLE three egg scramble with bacon, Vermont maple sausage, green peppers, & onions topped with melted pepper jack cheese. served with grilled cornbread & home fries | 14

FARMHOUSE HASH local sausage & sweet potato hash topped with local farm poached eggs & pepper jack hollandaise. served with dressed greens (GF) | 14

GARDEN STATE WRAP morningstar sausage, scrambled eggs, avocado, onions, peppers, tomatoes, & Pepper Jack in a wrap, served with home fries | 12

TWO EGGS ANY STYLE with your choice of breakfast meat & toast. served with home fries | 9

Benedicts

served with homefries or greens
add avocado or fruit, seitan, tempeh,
turkey sausage or veggie patty | 3

THE IRON GATE two poached eggs & applewood smoked ham on a toasted English muffin topped with pepper jack hollandaise | 13

PHOENIX RISING two poached eggs with avocado on house-made black bean sliders, topped with pepper jack hollandaise (GF) | 14

LOBSTER BENEDICT two poached eggs with butter-poached lobster meat on a buttermilk biscuit topped with champagne hollandaise. Served with mixed greens | 16

AVOCADO TOAST two poached eggs on top of sourdough toast with smashed avocado & salsa fresca | 13

DRINK SPECIALS

Pumpkin Pie Latte- Our Signature Latte Infused With Notes Of Pumpkin Pie, Cinnamon, Nutmeg & Clove \$6.5

Cold Brew Pumpkin Coffee- House Cold Brew Blended With A Shot Of House Made Pumpkin Cream And Topped With Pumpkin Whip \$6

Apple Cider Mimosa- Made With Fresh Local Cider! \$8

Iron Gate Apple Cider Sangria- Our own special blend made with Indian Ladder Farms fresh cider- \$10

'Endless Bummer' Strawberry Mint Lemonade- \$6 add Prosecco! \$9

'Original House Wines' Limited-Edition Sparkling Rainbow Rosé- Two Dollars Of Every Case Sold Are Donated To The Human Rights Campaign! Drink For The Cause \$10

Nine Pin Peach Tea Hard Cider (6.3%) \$7

Truly Hard Seltzer Sparkling Black Cherry Lemonade Or Wild Berry \$6

Dr. Brew Kombucha- Choice Of: Clear Mind, Love, Superberry, Uplift, Island Mango or Watermelon \$5

Crossroads Brewing 'Lager' – 5.2 % - Athens, Ny \$5 (16oz)

Souther Tier 'Pumking' Imperial Ale – 8.6% - Lakewood Ny \$7 (12oz)

Jack's Abby 'Copper Legend' Octoberfest – Framingham, Ma \$7 (16 Oz)

Two Roads 'Roadsmary Baby' Pumpkin Ale - 5.7%- Stratford, Ct \$7 (12oz)

Ommegang 'Rare Vos' Amber Ale – 6.5% - Cooperstown Ny \$8 (12oz)

SPECIALS

SOUP OF THE DAY: Lemon Ginger Chicken and Rice OR Pumpkin Bisque | Cup 4.50 Bowl 5.50

APPLE PANCAKES- Made with fresh apples from Indian Ladder Farms. Served with maple walnut butter, apple-bourbon compote and choice of breakfast meat | 12

RAMONA OMELETTE- Indian Ladder Farms apples, bacon, and brie. Served with home fries and choice of toast. | 12

HARVEST HASH- Butternut squash, rutabaga, zucchini and farro hash topped with two poached eggs and curry sauce. Served with dressed field greens. | 14

FARMERS PLATE- House made sausage served with two sunny side up eggs from Meadowbrook Farms with home fries and choice of toast | 11

GRILLED CHEESE ON RYE WITH SOUP- Toasted rye with cheddar cheese and served with your choice of soup | 10

CAFFEINE

Iron Gate Signature Coffee- \$2.50

Cold Brew Coffee -\$5

Iced Coffee - \$3

Iced or Hot Latte -\$6 Choice of Almond, Oat or Whole Milk (Meadowbrook Farms)

Cappuccino- \$6

Iron Gate Signature Blend Espresso -Single \$3 -Double \$4

*Add A Shot Of Your Favorite Torani Syrup To Your Coffee, Cappuccino or Latte! \$.50

Vanilla, Caramel, Hazelnut, English Toffee, Brown Cinnamon And Sugar, Almond, Raspberry Or Tiramisu

Tea- The Whistling Kettle, Troy, NY. Please Select: English Breakfast, Sencha Green, Lavender Earl Gray, Blueberry Pomegranate Goji Berry Green, Chamomile Bilberry, Peppermint Or Happy Tea - \$3

Black or Green Iced Tea's- \$3

Chai Tea- \$5 / Dirty Chai -\$7

Hot Chocolate - \$3.50 *Try it with a shot of Irish Cream ☺ \$3

MILKS AND JUICES

Meadowbrook Farms Whole or Chocolate Milk (Clarksville NY) – Small \$2.50 Large \$3.50

Orange, Cranberry, Pineapple, Apple, Grapefruit, Tomato – Small \$3.00 Large \$4.50

ADULT REFRESHMENTS

La Luca Prosecco – Glass \$10 Bottle \$25

Canard-Duchene Champagne -\$55

Mimosa/ Peach Bellini/ Poinsettia/Morning Madras -\$9

Bloody Mary-\$9

Irish Cream And Coffee- \$6.00

BEERS

Crossroads Brewing 'Greens Fees' - Pilsner -5.4% - Athens, NY \$6.00 (12oz)

Saranac Brewery Utica Club - Pilsner-Lager -5.0% - Utica, NY \$3.50 (12oz)

Crossroads Brewing 'New Normal' – IPA - 6.2% - Athens, NY \$8 (16oz)

Crossroads Brewing 'Outrage' - IPA – 7% - Athens, NY \$8 (16oz)

Sloop 'Juice Bomb' – New England IPA -6.5% - Athens, NY \$6.50 (12oz)

Tecate - Cerveza – 4.5% - Baja, Mexico \$4 (12oz)

Guinness Draught - Irish Stout - 4.2% - Dublin, Ireland \$7 (16oz)

Crossroads 'Black Rock' - Stout – 6.8% - Athens, NY \$6 (11.2oz)

Flying Embers Hard Komboucha – Grapefruit, Black Cherry, Pineapple Chili Or Lemon 4.5% - Ventura, CA \$6 (12oz)

HARD CIDER

Nine Pin Hard Cider - Albany, NY (12oz) Choice of: Signature (6.7%) Or Ginger (6.9%) \$6

DownEast Cider - 5.1% - East Boston, MA (12oz) Original Blend Unfiltered Cider \$6