

IRON
MUG

BREAKFAST

Served all day!

BREAKFAST BURRITOS

Ham & Cheese

Two eggs, sliced ham, and American cheese grilled inside our garden vegetable wrap. 4.95

Veggie Burrito

Two eggs, Swiss cheese, peppers, onions, mushrooms, and tomatoes grilled inside our garden vegetable wrap. 4.95

Sausage, Eggs, & Cheese

Two eggs, Swiss cheese, peppers, onions, mushrooms, and tomatoes grilled inside our garden vegetable wrap. 4.95

Bagel 2.00

TOAST 1.75

Sausage, Egg, & Cheese Bagel 3.75

Bacon, Egg, & Cheese Bagel 3.75

Egg, & Cheese Bagel 3.00

Check out our bakery selections!

TAKE OUT MENU • 218.464.5408 • 1096 88TH AVE WEST, DULUTH, MN 55808

IRON MUG

ESPRESSO
DRINKS

Americano
Breve

Cappuccino

RED EYE

Espresso

LATTE

Macchiato

MOCHA

	12 OZ.....	16 OZ.	20 OZ.
Americano	1.75	2.00	2.25
Breve	3.75	4.25	4.75
Cappuccino	2.70	3.15	3.55
RED EYE	2.25	2.45	2.65
Espresso	1.60	1.90	2.10
LATTE	2.70	3.15	3.55
Macchiato	2.90	3.20	3.70
MOCHA	3.10	3.55	3.95
	Extra shot or syrup .50		

COLD
DRINKS

12 OZ. 16 OZ. 20 OZ.

BIG TRAIN ICED COFFEE

Blended 3.10 3.60 4.00
(Mocha, Vanilla, Caramel, Heath, Cookies n' Cream)

BOTTLED WATER 1.25

FRUIT SMOOTHIES 3.00 3.50 ... 3.90

ICED COFFEE 1.80 2.00 ... 2.20

ICED LATTE 2.70 3.10 ... 3.40

ICED MOCHA 3.10 3.50 ... 3.80

JUICE 2.00

POP 1.75

MILK 2.00

ITALIAN SODA 2.25

CREAM SODA 2.75

Extra shot or syrup .50

HOT
DRINKS

12 OZ. 16 OZ. 20 OZ.

CHAI TEA

Spiced or Vanilla 2.80 3.20 3.50

COFFEE 1.60 1.80 2.00

HOT COCOA

With whipped cream 2.30 2.55 2.80

STEAMER

With whipped cream 2.00 2.50 3.00

TEA

..... 1.40 1.60 1.80

IRON MUG SPECIALTY
DRINKS

12 OZ. 16 OZ. 20 OZ.
3.50 3.80 4.25

ALMOND JOY
ANDES MINT
BLACK FOREST

CHERRY CHEESECAKE
SNICKERDOODLE
TURTLE



IRON MUG

DELI

All sandwiches and wraps served with chips and pickle.
Add bacon for .75 extra.

Chicken Bacon Ranch Wrap Chicken, bacon, lettuce, tomato, and ranch all wrapped up in our garden vegetable tortilla. ... 7.00

Turkey Bacon Wrap Turkey, bacon, lettuce, tomato, and mayo all wrapped up in our garden vegetable tortilla 6.50

B.L.T. Wrap Bacon, lettuce, tomato, mayo all wrapped up in our garden vegetable tortilla 5.00

Turkey & Provolone Turkey, Provolone cheese, lettuce, tomatoes, mayo served on our cranberry wild rice bread 7.00

HOT HAM & SWISS Ham, Swiss cheese, and bistro sauce panni grilled on multi-grain bread. 6.50

B.L.T. Bacon, lettuce, tomato, and mayo on multi-grain bread..... 5.00

Grilled Cheese American cheese panni grilled on multi-grain bread 4.50

ROAST BEEF & CHEDDAR Roast beef, cheddar cheese lettuce, tomato, and bistro sauce served on multi-grain bread. 7.00

House Salad Small / 4.00 • Large / 5.00 • With chicken / 6.95
Lettuce, grape tomatoes, cucumber, shredded cheddar, red onion, and croutons with side of dressing.

Caesar Small / 4.00 • Large / 5.00 • With chicken / 6.95
Lettuce, shredded Parmesan, croutons with a side of Caesar dressing.

SOUP / 4.25
Call for the days selection.

Chips / 1.50
Traditional, Salt & Vinegar, Parmesan & Garlic

IRON MUG

PIZZA

FLAT BREAD 12" 14" 16"

Edward

Pepperoni, sausage, peppers, onions, black olives, and mushrooms 5.75 15.25 20.00 22.00

THE ARBOR

Chicken, bacon, and ranch dressing 5.00 14.00 16.25 18.25

The Idaho

Sausage, pepperoni, and cooked beef 5.75 15.25 17.25 19.00

THE FALCON

Chicken, cheddar cheese and BBQ sauce 4.25 12.75 14.00 16.50

THE CONCORD

Canadian bacon and pineapple 5.00 14.00 16.75 18.25

The Grace

Peppers, onions, tomatoes, black olives, and mushrooms 5.75 15.25 17.50 19.00

Build Your Own Flatbread 3.25 12.00 14.50 16.75

TOPPINGS: Pepperoni, Sausage, Hamburger, Bacon, Canadian Bacon, Chicken, Onions, Mushrooms, Peppers, Pineapple, Black Olives, Jalapeños, and Tomatoes.

ADDITIONAL TOPPINGS75 1.25 1.50 1.75

