

A TRIBUTE TO
IOWA'S FARMERS

Mash + MARROW

LOCALLY INSPIRED FARE



SHAREABLE

BAVARIAN PRETZEL STICKS 8

warm ranch cheese dip, whole grain mustard

MILTON CREAMERY CHEESE CURDS 9

smoked paprika, peppercorn ranch

MASH + MARROW WINGS 12

traditional hot or bbq, blue cheese dressing, celery

SMOKED CHICKEN FLATBREAD 11

smoked chicken, bacon, gouda, arugula, ranch

*GF flatbread available 4

VEGGIE FLATBREAD 11

zucchini, tomato, house made lemon ricotta, fresh basil

*GF flatbread available 4

CAESAR 10

house dressing, house croutons, lemon

*add chicken 5 / shrimp 6 / steak 7

CHOPPED SALAD 12

mixed greens, broccolini, pickled cucumbers, **Prairie breeze** cheddar, radish, hearts of palm, toasted pine nuts, Dijon vinaigrette

*add chicken 5 / shrimp 6 / steak 7

FORK + KNIFE

*AVAILABLE AFTER 4PM DAILY

NEW YORK STRIP 33

cabernet demi, broccolini, arugula, potato wedges

FISH + CHIPS 24

Exile Ruthie beer batter, caper remoulade, fries

IOWA PORK CHOP 25

grilled zucchini and peppers, port reduction, tomato relish, polenta fries

GEMELLI PASTA AL FORNO 18

sausage, kale, tomato cream sauce, house ricotta, parmesan pangritata

MUSHROOM BOLOGNESE 15

rigatoni, san marzano tomatoes, shaved parmesan, fresh herbs

*add sausage 4 / chicken 3



We're committed to honoring the work of as many local farmers as possible, making sure Iowa is proud of it's ingredients & the folks that prepare them.

HANDHELDS

M + M BURGER 15

bacon, cheddar, lettuce, tomato, brioche bun, fries

FRIED CHICKEN SANDWICH 15

siracha aioli, lettuce, pickles, pretzel bun, fries

GRILLED CHICKEN SANDWICH 15

sundried tomato mayo, arugula, sliced mozzarella, tomato, ciabatta bun, fries

HOT PASTRAMI MELT 14

sliced pastrami, swiss, caramelized onions, side mustard, marble rye, fries

DESSERT

MAPLE CRÈME BRULEE 6

Served with short bread cookies

BROWNIE SUNDAE 6

warm brownie, blue bunny ice cream, whipped cream

NO. 700 GRAND AVE DES MOINES, IOWA
50309 UNITED STATES
OF AMERICA

- GF indicates gluten friendly or can be made
gluten friendly with modifications
- 18% Gratuity for parties of 6 or larger

*Consuming raw/undercooked meats, poultry, seafood, shellfish or eggs may increase
risk of foodborne illness, especially if you have certain medical conditions.