

A TRIBUTE TO
IOWA'S FARMERS

Mash + MARROW

LOCALLY INSPIRED FARE



SNACKS

HOUSE-MADE BAR NUTS | 8

Sweet and Spicy Roasted Mixed Nuts | **gf**

BAVARIAN PRETZEL STICKS | 10

Cheese Dip and Grainy Mustard

CHIPS & ONION DIP | 8

House Onion dip served with House Kettle Chips | **gf**

BACON AND JALAPENO CORN DIP | 12

Bacon, jalapeno and corn Cheese Sauce served with House Kettle Chips | **gf**

SOUP OF THE DAY | 7

Ask your server about today's soup creation

SALADS

CLASSIC CAESAR | 12

Chopped Romaine, Herb Croutons, Shaved Asiago with Caesar Dressing | **gf without croutons**

CLASSIC COBB* | 14

Chopped Romaine, Bacon, Hard-Boiled Egg, Tomato, Avocado, Blue Cheese Crumbles with Ranch Dressing | **gf**



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.

SIDES

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ALL \$5

Crinkle Fries | Sweet Potato Fries

House-Made Kettle Chips | Side Garden Salad

DESSERT

CLASSIC CHEESECAKE | 9

Strawberry Sauce and Whipped Cream

WHITE CHOCOLATE CRANBERRY BREAD PUDDING | 9

Caramel Sauce and Whipped Cream

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

SHAREABLE

MASH + MARROW WINGS | 16

Traditional Hot, BBQ or Sweet Thai Chili | Blue Cheese or Ranch | Fresh Celery

CLASSIC MARGHERITA FLATBREAD | 16

Pesto, Fresh Mozzarella, Tomato and Basil | **gf crust available +1**

CHICKEN BACON RANCH FLATBREAD | 16

Grilled Chicken, Bacon, Mozzarella, Tomato, Green Onion and Ranch Drizzle | **gf crust available +1**

GRAZIANO HOT SALAMI FLATBREAD | 16

Locally Sourced Graziano Hot Salami, Mozzarella, Arugula, Jalapeno Syrup and Garlic Butter | **gf crust available +1**

PORK BELLY STREET TACOS | 16

Crispy Pork Belly, Slaw, Candied Jalapeno, Avocado, Lime and Jalapeño Syrup | 3 tacos served on warm flour tortillas

FORK + KNIFE

GRILLED SIRLOIN | 34

Local Favorite Deburgo Butter served with Tri-Color Potatoes and Broccolini | **gf**

SEARED SALMON | 30

Citrus Herb Butter served with Tri-Color Potatoes and Broccolini | **gf**

GRILLED IOWA PORK CHOP | 27

Maple Dijon Glaze served with Tri-Color Potatoes and Broccolini | **gf**

CHEESE RAVIOLI | 18

Pesto Cream, Sautéed Mushrooms, Tomato, Shaved Asiago and Pine Nuts | Add Chicken 5

CHICKEN TENDER PLATTER | 18

Crispy Fried Chicken Tenders served with Crinkle Fries | Honey Mustard, BBQ or Ranch

HANDHELDS

M + M BURGER | 19

Bacon, Cheddar, Lettuce and Tomato on a Brioche Bun

BACON + BLUE BURGER | 19

Bacon, Caramelized Onions and Mushrooms with Blue Cheese Crumbles on a Brioche Bun

CLASSIC RUEBEN | 17

Corned Beef, Sauerkraut, 1000 Island Dressing and Swiss Cheese on Rye

TURKEY BLT | 17

Sliced Turkey, Bacon, Lettuce and Tomato on Wheat

All Handhelds served your choice of side:
Crinkle Fries, House Kettle Chips or a Garden

- **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.

FANTASTIC COCKTAILS

MARROW MANHATTAN | 15

Cedar Ridge Bourbon (Swisher, IA), Martini and Rossi Sweet Vermouth

MONK'S OLD FASHIONED | 15

Maker's Mark Bourbon, Muddled Orange, Cherry, Sugar Cube, Orange Bitters and Angostura Bitters

M3 – MELON MOSCOW MULE | 13

Smirnoff Vodka, Midori Melon Liqueur, Lime Juice, Fever Tree Ginger Beer

HEMINGWAY DAIQUARI | 15

Bacardi Superior Rum, Luxardo Maraschino Liqueur, Lime Juice, and Fever Tree Grapefruit Soda

THE AVIATION | 15

Aviation Gin, Luxardo Maraschino Liqueur, Crème de Violette, Lemon Juice, Garnished with Cherry

VIRGIN POLOMA | 8

Fever Tree Grapefruit Soda, Simple Syrup, Lime Juice and a Dash of Salt

BOTTLED BEER

domestics 7

- > Bud light
- > Busch Light
- > Coors light
- > Miller Lite
- > Michelob Ultra
- > Budweiser
- > Truly (Assorted Flavors)

premium 8

- > Blue Moon
- > Corona
- > Corona Light
- > Sam Adam's Boston Lager
- > Modelo Especial
- > Angry Orchard
- > Heineken
- > Guinness
- > Stella Artois
- > Newcastle Brown Ale
- > PeaceTree Blonde Fatale

Non-Alcoholic 5

- > Heineken 0.0
- > O'Douls

WINE LIST

Red (Available in 6oz & 9oz Pours)

G L A S S 6 & 9oz	<u>Columbia Crest "H3" Cabernet Sauvignon</u> .. 11/15
	<u>Hess Collection</u> Cabernet Sauvignon 21/32
	<u>Meiomi</u> Pinot Noir 12/16
	<u>Erath</u> Pinot Noir..... 16/20
	<u>J. Lohr Estates</u> Merlot 14/18
	<u>St. Francis</u> Merlot..... 18/23
	<u>Joel Gott</u> Red Blend..... 12/16
	<u>Troublemaker</u> Red Blend..... 16/20
	<u>Alamos</u> Malbec..... 12/16

White (Available in 6oz & 9oz Pours)

<u>Fleurs de Prairie</u> Rose 12/16
<u>The "Beach"</u> Rose..... 16/20
<u>Chateau St. Michelle</u> Riesling 12/16
<u>Pighin</u> Pinot Grigio..... 14/18
<u>Meiomi</u> Chardonnay 12/16
<u>Sonoma Cutrer</u> Chardonnay..... 17/22
<u>Brancott</u> Sauvignon Blanc 12/16
<u>Kim Crawford</u> Sauvignon Blanc..... 17/22

Red (By the Bottle)

<u>Columbia Crest "H3" Cabernet Sauvignon</u> 45
<u>Hess Collection</u> Cabernet Sauvignon 80
<u>Meiomi</u> Pinot Noir..... 45
<u>Erath</u> Pinot Noir 50
<u>J. Lohr</u> Merlot..... 52
<u>St. Francis</u> Merlot..... 56
<u>Joel Gott</u> Red Blend..... 38
<u>Austin Hope</u> "Troublemaker" Red Blend..... 48

White (By the Bottle)

<u>Fluers de Prairie</u> Rose..... 38
<u>The "Beach"</u> Rose..... 48
<u>Chateau St. Michelle</u> Riesling 38
<u>Pighin</u> Pinot Grigio..... 52
<u>Meiomi</u> Chardonnay 45
<u>Sonoma Cutrer</u> Chardonnay..... 55
<u>Brancott</u> Sauvignon Blanc 45
<u>Kim Crawford</u> Sauvignon Blanc..... 55

Sparkling (By the Bottle)

Mionetto Prosecco Brut (187ml Split) 16
<u>La Marca</u> Prosecco 45
<u>Mionetto</u> Prosecco Brut..... 55
<u>Aria</u> Brut..... 60
<u>Chandon</u> Brut 75
<u>Veuve Clicquot</u> Brut..... 102

16OZ & 20OZ

T A P S DRINK (L)OCAL	Big Grove Easy Eddy 7/9
	Blue Moon 7/9
	Confluence Des Moines IPA 7/9
	Pseudo Sue Pale Ale 10/12
	Exile Ruthie 7/9
Seasonal Selection 7/9	