

FIRE & ICE
SINCE 1974



SOUPS

Soup du Jour Cup... 5 Bowl... 7

New England Clam Chowder Cup... 5 Bowl... 7

SALADS

Our Famous Salad Bar | *unlimited trips with something for everyone*

including, but not limited to, shrimp, vegetable sushi, homemade carrot cake, bread bar and Monument Farms milk. Make it your meal with soup du jour or clam chowder... 14

Add to any entrée or appetizer as a first course... 6½

The Wedge | *a quarter head of iceberg lettuce*

grape tomatoes, bacon crumbles, topped with house-made blue cheese dressing, garnished with Blue Ledge Farm "Middlebury Blue" cheese... 8½

Caesar Salad | *crisp romaine lettuce*

seasoned croutons and Parmesan cheese, tossed with our house dressing, garnished with anchovy if you like, just ask! small... 7 large... 9

APPETIZERS

MOOSE CHIPS & SALSA

corn tortillas fried to order & served with a side of salsa... 4

Add guacamole... 2

MOOSE NACHOS

our fried to order chips with cheddar-jack cheese, diced tomatoes, green onions, black beans and jalapeños... 10

Add guacamole... 2

CALAMARI

calamari hand-breaded with a cornmeal crust, served over warm marinara and garnished with balsamic reduction. ... 12

FRIED MOZZARELLA

4 house-made, mozzarella triangles, breaded with panko breadcrumbs and fried until crisp, served with warm marinara... 8½

SALMON CAKES

house-made Atlantic salmon cakes over dressed baby spinach. Finished with a Thai chili aioli... 13

WASABI PANKO TUNA

sushi grade Ahi tuna hand breaded to order with wasabi powder and panko bread crumbs, served crispy on the outside, rare in the middle! Served with house-made citrus-sesame-soy sauce, and a sesame seaweed salad garnish, adorned with wasabi peas... 14

POTATO SKINS

deep-fried potato wedges topped with bacon and Cabot cheddar cheese, served with a side of Cabot sour cream... 7½

ULTIMATE POTATO SKINS

our classic skins topped with bacon and Cabot cheddar cheese with the addition of tomato, red onion and shredded spinach... 9½

FRENCH ONION SOUP

our own recipe of caramelized onions, beef broth, liqueur and herbs, simmered for hours. Baked in a crock with a crouton and Swiss cheese... 8

BLACKENED PRIME RIB STRIPS

tender strips of our famous slow roasted prime rib, dusted with our house blackening spices, sautéed with mushrooms and grape tomatoes, served with a side of ranch dressing... 11



**MOOSE PUB
WINGS**

BUFFALO | CAJUN DRY RUB | CHIPOTLE-HABANERO | SWEET & SOUR

a dozen large wings fried until crispy and tossed with your choice of sauce. Served with blue cheese, celery and carrots. Tell your server if you prefer ranch... 11

ENTRÉES

All entrees include our self-serve bread and cheese board

You may also add vegetable du jour to your entrée for only 1.95!

Add unlimited trips through the Salad Bar for only 6½.

ROAST DUCKLING

our famous semi-boneless half duck. Served plain or your choice of raspberry glaze or au poivre sauce. Served with rice pilaf... 26

GRILLED ATLANTIC SALMON

fresh 8 oz Atlantic salmon filet. Served plain, teriyaki glaze, hollandaise sauce, blackened with a side of hollandaise, raspberry glaze or lemon and butter. Served with rice pilaf...22

CHAMPAGNE CHICKEN

two boneless breasts, sautéed with mushrooms and finished in a rich sauce of white wine, demi glace and Monument Farms cream. Served with homemade mashed potatoes... 22
Half portion available...19

THE FIRE AND ICE STEAK

an 12 oz. USDA Choice ribeye steak, well-marbled, lots of flavor, hand-cut by the chef. Served with homemade mashed potatoes... 27

CHICKEN BOURSIN

a boneless breast pounded thin and wrapped around our house-made garlic herb cream cheese, breaded and baked in the oven, finished with a brandy cream sauce. Served with rice pilaf... 22

SHRIMP SCAMPI

a half dozen shrimp sautéed with garlic, shallots, tomatoes and white wine, tossed with fettuccine in our house-made scampi butter. Served with garlic bread...23

CASHEW & VEGETABLE STIR FRY

cashews & oriental vegetables, served over rice...18
Tell your server you like it hot and spice it up with Sriracha!
Add chicken... 4 Shrimp... 6½ Scallops... 8

BEEF TIPS NANTUCKET

marinated beef tips grilled to medium rare, finished with sautéed mushrooms in a red wine demi glace. Served with homemade mashed potatoes...20

WHISKEY BARREL

an 8 oz. USDA choice sirloin, marinated in Makers Mark Whiskey and Rheaume Family maple syrup. Garnished with Tabasco fried onions. Served with a twice baked potato...23

FETTUCCINE ALFREDO

garlic, black pepper, Monument Farms cream and parmesan cheese tossed with pasta. Served with garlic bread...19
Add chicken... 4 Shrimp... 6½

PASTA PRIMAVERA

our alfredo with snow peas, carrots, mushrooms & broccoli...20

THE BAR ROOM STEAK

an 8 oz. USDA Choice sirloin grilled to your liking. Served with a baked potato...22

- Smothered - topped with sautéed mushroom and onion... 23
- With 4 oz. of broiled sea scallops... 28
- Southport - stuffed with lobster claw and knuckle meat and topped with hollandaise sauce... 28

BROILED SCALLOPS

8 oz. of large North Atlantic sea scallops with garlic, butter and lemon, topped with Ritz cracker crumbs and broiled to golden brown. Served with rice pilaf... 26
Petite 4 oz. broiled scallops... 19

STEAK ROCKPORT

an 8 oz filet mignon stuffed with lobster claw and knuckle meat, topped with hollandaise sauce. Served with a baked potato... 33

THE CHATEAU

our leanest steak, an 8 oz. tenderloin cut by the chef, with béarnaise sauce on the side. Served with a baked potato... 28

STEAK SCAMPI

Fire & Ice ribeye steak with 4 grilled shrimp, topped with house-made scampi butter. Served with a twice baked potato... 32

*Consuming raw or undercooked meats, poultry, seafood, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

PRIME RIB

We are known for this!

USDA Choice Ribeye heavily marbled with fat to maximize flavor, slow roasted over night in our special ovens to medium rare, or thereabouts. Hand carved to order and served with au jus and homemade mashed potatoes. It can go quick, so get it while it lasts! If you don't like fat, we suggest a Bar Room or Chateau.

three sizes to choose...

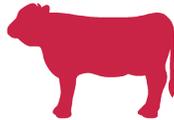
ENGLISH CUT 8 oz. portion...20

MIDDLEBURY CUT 13 oz. portion... 26

KINGS CUT 27 to 30 oz. cut of the roast, bone in... 33

The ultimate beef eating experience!

**If you eat your King's cut and are still hungry, we will bring you an English cut to "top off" your experience! Sorry, no take outs or sharing allowed on this one!*



three ways to order...

DALE'S WAY as it comes out of the oven

DIPPED dipped in au jus to take some of the pink out

GRILLED finished on the grill like a steak, which will result in charring for medium-well and well done orders

**Add great flavor by blackening any steak or rib for just a buck more!*

How would you like your red meat cooked?

recommended → Rare... *red/cool center*
Medium Rare... *red/warm center*
Medium... *pink/warm center*

Medium Well... *trace of pink/very little juice*
Well Done... *cooked throughout/no juice, no pink*

Moose Pub BURGERS

Locally raised beef by Red Stone Farm and Green Pasture Meats.



BIG MOOSE BURGER

1/2 lb. local ground beef, seasoned with our house blackening spices, garlic mayo, lettuce, tomato, red onion, Cabot cheddar cheese. Served with onion rings... 14½

BARTENDERS SPECIAL

1/2 lb. local ground beef, topped with North Country applewood smoked bacon, Cabot cheddar, lettuce, tomato & onion. Served with onion rings... 14½
Just the way our bartenders like!

STEAKHOUSE BURGER

1/2 lb. local ground beef seasoned with Montreal steak seasoning and grilled to your liking. Topped with Swiss cheese, sauteed mushrooms and our steakhouse aioli. Served with onion rings... 15



CAROLINA BURGER

1/2 lb. local ground beef grilled to your liking, seasoned with our house made BBQ rub and topped with Cabot cheddar cheese, red onion, roasted red peppers, and BBQ pulled pork. Served with a side of crispy fries... 16

EPIC BURGER

1/2 lb. local ground beef, grilled to your liking, topped with Blue Ledge Farm Middlebury Bleu cheese, North Country applewood smoked bacon, sauteed mushrooms and Tabasco fried onions. Served on a mountain of our crispy fries and all finished with a drizzle of truffle oil... 17

We also offer all of our burgers prepared with a Gardenburger or a Chicken Breast!

Big Moose Pub

Good food and legal vice!

BACON CHICKEN RANCH WRAP

two crispy chicken tenders, shredded iceberg lettuce, bacon, chopped tomatoes, cheddar-jack cheese and ranch dressing in a grilled wrap. Served with crispy fries.... 14½

QUESADILLA

a flour tortilla topped with scallions, red onions, jalapeños, blackbeans, tomatoes, bacon, and cheddar jack cheese. Toasted in the oven and marked on the grill, served with salsa and Cabot sour cream... 15

Add guacamole... 2

Add grilled chicken breast... 4

WHEN PIGS FLY

Chef Mike's BBQ pulled pork, cole slaw, Cabot cheddar and crispy fried onions, stuffed into a wrap and grilled. Served with sweet potato fries... 15

THE PHILLY

trimmings of our famous roast prime rib, warmed in the oven and served on a French baguette with garlic mayo, topped with caramelized onions and Cabot cheddar cheese. Served with fries... 15

CHICKEN FINGERS

5 crisp fingers served plain with your choice of sauce: sweet and sour, BBQ, honey mustard, ranch or have them tossed in buffalo sauce with blue cheese. Served with fries... 14½

FISH AND CHIPS

an 8 oz. beer battered cod filet with house-made tartar sauce. Served with fries and coleslaw... 16

BIG MOOSE PUPU PLATTER

a sampler platter big enough for the whole gang! Blackened prime rib strips, chicken fingers, fried mozzarella, fries and onion rings, served with ranch and marinara... 18

SOUTHWEST CHICKEN

grilled chicken breast topped with cheddar-jack cheese, salsa, crispy tortilla strips, and guacamole. Served on a burger bun with a side of fries... 14½

VEGGIE COWBOY

refried beans, dirty rice, cheddar-jack cheese, spinach, wrapped up with tomatoes, scallions, red onions, jalapeños, and cilantro aioli. Served with tortilla chips and salsa... 14½

CHICKEN AND CHEESE CHIMICHANGA

a flour tortilla stuffed with chicken, cheddar cheese, green chili peppers, fresh roasted poblano and jalapeño peppers, fried until crispy. Topped with refried beans and cheddar cheese and served over lettuce and tomato with a side of salsa... 15½

Add guacamole... 2

FIRE AND ICE SHEPARD'S PIE

marinated beef tips grilled to medium, sauteed mushrooms, caramelized onions, roasted red peppers, and our house gravy topped with mashed potatoes and Cabot cheddar cheese, then finished in the oven... 19

STEAK FAJITA WRAP

fajita style steak strips with sauteed onions, green peppers, shredded lettuce, chopped tomatoes, cheddar jack cheese, salsa and sour cream wrapped up in a warm tortilla. Served with fries... 15

Paris' Satisfaction Guarantee:

When your dinner arrives, look, smell and taste. If it does not meet your expectations, we will cheerfully take it back. All of our products and service are 100% guaranteed!

We want you to eat, drink, have fun and come back often. If we can do anything to improve your visit, please ask. We are here to serve you! Do you want lobster with that? Substitutions? Yes, we will if we can!



FIRE & ICE CATERING

Plan your next event with us!

Fire and Ice specializes in creating menu options catered to your requests. Our culinary staff provides consistent, high-quality dishes for groups of any size.

802.388.7166

TAKE-OUT ALWAYS AVAILABLE

FIRE & ICE RESTAURANT

~Locally owned since 1974~



We serve many Vermont local products!

Green Pasture Meats
Lewis Creek Farm
Vermont Coffee Company
Norris Berry Farm
Rays Seafood
Cabot Creamery
Monument Farms
The Bakery at Roots
Black River Produce
Maple Meadow Farm
Otter Creek Brewing

Lincoln Peak Vineyards
Switchback Brewing
Drop-In Brewing
Rheume Sugar Works
Mountain Creamery
Blue Ledge Farm
Woodchuck Cider
Long Trail Brewing
Vermont Spirits Gold
KO'S Farm
North Country Smoke House



TAKE A PIECE OF FIRE & ICE WITH YOU!

22 oz. souvenir beer mugs, Fire & Ice t-shirts & bumper stickers are available!

Our casually elegant and fun atmosphere includes an original 1921 Hackercraft motorboat, WWI wooden airplane propellers and nearly 1000 black and white photos (many from our family, many more gifts from our guests). We also have original paintings, antique wooden skis, snow shoes, tennis rackets and our library is filled with beautiful old books. Fishing and boating are our family traditions – look for fly rods, canoes, mounted fish, oars, paddles and, of course, photos of the ones we let get away!

Since opening Fire & Ice in 1974, Dale Goddard has honed a uniquely personal style for Fire & Ice that sets us apart from the anonymous chain formulas that are common today. We believe

a restaurant is primarily measured by its staff and patrons. In these two areas we are blessed with the best. Many of you reading our story have been coming since the mid-70's. We applaud you – you make us what we are and keep us going. Our name, Fire & Ice, comes from the work of a local poet. The words seem to inspire the fire for cooking and the ice for the drink mixing that goes on here. Please enjoy this visit, come back often and bring your friends to share our special restaurant. You will always be welcome here.

Sincerely,
Paris, Todd, Mike and the Fire & Ice family