



FLAT IRON GRILL

Food & Drinks



BREAKFAST

Breakfast Served All Day

Back 9 \$8

A perfectly fried egg, crispy bacon, melted cheese, and fresh tomato, all between a toasted bun with a touch of mayo - treat yourself to the #1 breakfast sandwich in golf

Add Hashbrowns +2

Coal Miner Breakfast \$16

The ultimate breakfast combo - two eggs, cooked just the way you like, served with crispy hashbrowns, toast, and your choice of sizzling bacon or savory sausage

Craving something extra? Add Steak +10

Hangover Bowl \$17

A hearty bowl of crispy hashbrowns topped with two eggs cooked your way, spicy pork, fresh jalapeños, mixed cheese, and finished with a drizzle of chipotle ranch aioli. The perfect cure for a rough morning—or just a flavorful way to start your day!

Add a Caesar or Mimosa for +5 to really kick things off

APPETIZERS

Wings \$18

A full pound of tender, juicy wings—your choice of bone-in or boneless—served up hot with crisp veggies and your favorite dipping sauce. Perfect for sharing... or not

Sauces: Hot, BBQ, Spicy Dill, HottyYaki, Honey Garlic or Sweet Chili

Rubs: Salt & Pepper, Lemon Pepper, Dill, Cajun, Sriracha or Cowboy

Nachos \$16

A heaping pile of house-fried tortilla chips topped with melted mixed cheese, fresh tomatoes, green onions, black olives, and jalapeños. Served with sour cream and zesty salsa on the side. Great for sharing, even better with a cold drink

Add Chicken +5 Add Bacon +2 Add Beef +4

Dry Ribs \$14

Crispy, golden-fried pork dry ribs tossed in your choice of dry rub. Served with fresh-cut veggies for a satisfying crunch on the side. A clubhouse favorite with plenty of flavor in every bite

Ball Markers \$12

Your choice of three chipotle chicken sliders or classic smash burger sliders—perfectly sized, packed with flavor, and great for a quick bite between rounds

Add an extra slider +2

- | | | |
|----------|----------------------|-------------|
| S | • Coal Miner Chips | \$9 |
| I | • Fries | \$9 |
| D | • Truffle Parm Fries | \$10 |
| E | • Sweet Potato Fries | \$9 |
| S | • Onion Rings | \$9 |

*** All Sides Served With Your Choice of Dip ***

GREENS + BOWLS

Coal Miner Salad \$16

Fresh spring mix lettuce topped with juicy tomato, sweet corn, crunchy red onion, and edamame beans, all garnished with feta cheese. Served with your choice of dressing for a light and flavorful meal.

Add grilled chicken for +5 to make it even more satisfying

Caesar Salad \$16

Crisp romaine lettuce tossed with a rich asiago and parmesan blend, crispy bacon, and crunchy croutons, all served with a side of garlic toast.

Add grilled chicken for +5 to make it even heartier

Buffalo Chicken Salad \$18

Crispy buffalo chicken served over mixed greens, black beans, fresh tomato, cucumber, bacon, and mixed cheese, all finished with a creamy ranch drizzle. A bold and satisfying salad packed with flavor.

Grounds Keeper Bowl \$18

A bed of rice topped with your choice of grilled chicken or crumbled smash burger patty, served with black beans, roasted corn, green onions, mixed cheese, black olives, and crunchy tortilla chips. Finished with salsa and a chipotle ranch drizzle for a bold taste in every bite

Dragon Zen Bowl \$18

Stir-fry chicken or beef served over tender noodles, with sautéed mushrooms, carrots, peppers, onions, edamame beans, and scallions. Topped with sesame seeds and finished with a bold, flavorful dragon sauce that brings it all together

HAND HELDS

All Handhelds served with your choice of French Fries, house salad or soup

Cardiff Smash Burger \$16

A juicy 5oz fresh smashed patty topped with cheese, in-house coal miner sauce, crisp white onions, shredded lettuce, and pickles. A classic combination with bold, irresistible flavors

Add Cheese +1 Add Bacon +2 Add Patty +4

Nashville Chicken \$18

Crispy chicken breast tossed in zesty buffalo sauce, topped with creamy coleslaw and served between a toasted bun with pickles. A spicy, tangy, and crispy treat that's sure to satisfy

The Classics \$15

Choose from a classic BLT, a savory Denver, a stacked Clubhouse, or a comforting Grilled Cheese & Ham sandwich. Perfectly toasted and loaded with your favorite fillings for a satisfying bite every time

Cardiff Cheese Steak \$18

Shaved ribeye, paired with caramelized onions, zesty banana peppers, and melted provolone cheese, all finished with creamy garlic aioli and served between a toasted roll. A savory and satisfying bite you won't forget

Upgrade your side with gravy (+1) sweet potato fries, truffle parm fries, caesar salad, onion rings or coal miner chips (+2)

All pricing includes GST

FLATBREADS

Smash Burger \$16

A juicy smash burger patty crumbled over melted cheese, crispy bacon, pickles, onions, and a drizzle of coal miner sauce. A deliciously bold flatbread that brings all the flavors of a classic burger into one perfect bite

Chipotle Chicken \$16

Shredded chipotle chicken spread over a warm flatbread, topped with melted cheese, green onions, and spicy jalapeños, then finished with a drizzle of creamy ranch. A perfect balance of smoky, spicy, and creamy in every bite

Cardiff Cheese Steak \$16

Shaved ribeye steak piled on a warm flatbread, topped with zesty banana peppers, melted shredded cheese, and a kick of horseradish aioli. A savory and bold flavor combination that’s impossible to resist

COURSE RECORDS

All Course Records served with your choice of French Fries, house green salad or soup

Fish N Chips \$18

A flaky, perfectly fried haddock filet, served with tartar sauce and crisp coleslaw. One bite and you’ll be hooked - this crowd favorite is a true best-seller for a reason

Chicken Tenders \$17

Juicy, large chicken filets fried to golden perfection, served with your choice of dipping sauce. Crispy on the outside, tender on the inside

Steak Sandwich \$23

A grilled 8oz NY strip steak, served atop a slice of garlic toast and topped with sautéed mushrooms. A savory combination that hits all the right notes

Upgrade your side with gravy (+1) sweet potato fries, truffle parm fries, caesar salad, onion rings or coal miner chips (+2)

TACOS

Fish Tacos \$18

Crispy battered fish tucked into soft tortillas with crunchy cabbage, chipotle aioli, fresh mango salsa, and a drizzle of lime crema. Bright, bold, and seriously satisfying

Chicken Tacos \$18

Tender shredded chipotle chicken layered with crisp lettuce, creamy chipotle aioli, crumbled feta, fresh mango salsa, and a touch of lime crema. A perfect balance of smoky, sweet, and tangy in every bite

Pork Tacos \$18

Savory seasoned shaved pork topped with crisp lettuce, chipotle aioli, salsa roja, and melted mixed cheese. Bold, smoky flavor with just the right amount of kick—served taco-style and ready to go

AIMING FLUID

Draft Beer

- Cardiff Emergency-9 \$8.25/21
Lager, Manual Labour Brewery, 5%
- 6 O'clocker \$8.25/21
Lager, Alley Kat, 5%
- The Wolf \$8.25/21
Hazy Pale Ale, Sea Change, 5.5%
- Ultra Fox \$8.25/21
Pale Ale, Parallel 49, 4.6%
- Guinness only available in 20oz \$9
Stout, St. James Brewery , 4.2%
- Rotating Tap \$8.25/21
ask your server for details

20oz/60oz

Bottles and Cans

- Craft Tall Boys 473ml \$7.5
- Domestic Bottles 355ml \$6
- Import Bottles 355ml \$6.5
- Coolers 355ml \$6.5
- Espresso Martini 222ml \$8
- Cosmopolitan 222ml \$8

Wine + Bubbly

White	6oz	9oz	Btl
Canyon Road Pinot Grigio*	6.5	8.5	28
Whitehaven Sauvignon Blanc	7.5	10.5	38
Whitehaven Pinot Gris	7.5	10.5	38
Red	6oz	9oz	Btl
Canyon Road Cab Sauv*	6.5	8.5	28
Alamos Malbec*	6.5	9.5	30
Alamos Seleccion Malbec	8.5	11.5	36
Mark West Pinot Noir	9.5	12.5	36
Louis Martini Prati Cab Sauv	10.5	13.5	45
Bubbles			
La Marca Prosecco 200ml btl			9.5

House Wine

Cardiff Cocktails

Spiked Arnies	1oz	\$7
Cardiff Caesar	1oz	\$7
Greyhound	1oz	\$7
Birdie Juice	1oz	\$7
Paralyzer	2oz	\$9
Coal Miner Water	1oz	\$7
Paloma	1oz	\$7
Well High Balls	1oz	\$6.5

MAKE A
Reservation
OR
Take Out
780.939.6666 ext 3

All pricing includes GST