

Mash + MARROW

Snacks

- House-Made Bar Nuts GF** 8
Sweet and Spicy Roasted Mixed Nuts
- Bavarian Pretzel Sticks** 10
Served with Cheese Dip and Grainy Mustard
- Chips & Onion Dip GF** 8
House-made Onion Dip Served with House Kettle Chips
- Bacon & Jalapeno Corn Dip GF** 12
Bacon, Jalapeno, Corn Cheese Sauce Served with House Kettle Chips

Salads & Soup

- Classic Caesar Salad** 12
Chopped Romaine, Herb Croutons, Shaved Asiago with Caesar Dressing
GF WITHOUT CROUTONS
- Classic Cobb Salad GF** 14
Chopped Romaine, Hard-Boiled Egg, Tomato, Bacon, Avocado, Blue Cheese Crumbles with Ranch Dressing

Add Chicken +\$5
Steak+\$9
Salmon +\$9

- Soup of the Day** 4/7
Ask your server about today's house-made creation

Fork & Knife

- Grilled NY Strip Steak ~ GF** 40
House Red Wine Demi Served With Horseradish Mashed Potatoes & Roasted Baby Carrots
- Grilled Iowa Pork Chop GF** 27
Maple Dijon Glaze Served with Tri-Color Potatoes & Broccolini
- Seared Salmon ~ GF** 32
Citrus Compound Butter Served with Jasmine Rice & Grilled Asparagus
- Chicken Tender Platter** 18
Crispy Fried Chicken Tenders Served With Crinkle Fries & Your Choice of Honey Mustard, BBQ or Ranch
- Cheese Ravioli** 18
Pesto Cream, Sautéed Mushrooms, Tomato, Shaved Asiago, Pine Nuts
*Add Chicken +\$5

Shareables

- Graziano Hot Salami Flatbread *** 16
Locally Sourced Graziano Hot Salami, Mozzarella, Arugula, Jalapeno Syrup, Garlic Butter
- Classic Margherita Flatbread *** 16
Pesto, Fresh Mozzarella, Tomato, Basil
- Chicken Bacon Ranch Flatbread *** 16
Grilled Chicken, Bacon, Mozzarella, Tomato, Green Onion, Ranch Drizzle
- Buffalo Chicken Flatbread *** 16
Grilled Chicken, Buffalo Sauce, Mozzarella, Blue Cheese Crumbles, Shaved Red Onion, Ranch Drizzle
- Burrata** 16
Pesto, Blistered Grape Tomatoes, Olive Oil, Cracked Black Pepper Served with Crostini
- Mash + Marrow Wings** 16
Traditional Hot, BBQ or Sweet Thai Chili Fresh Celery with Choice of Ranch or Blue Cheese
- Pork Belly Street Tacos** 16
Crispy Pork Belly, Slaw, Avocado, Candied Jalapeno, Lime, Jalapeno Syrup Served on 3 Warm Flour Tortillas

***GF Crust Available**
+\$1

Handhelds

- M+M Burger * ~** 19
Bacon, Cheddar, Lettuce, Tomato on a Brioche Bun
- Bacon & Blue Burger * ~** 19
Bacon, Caramelized Onions, Mushrooms with Blue Cheese Crumbles on a Brioche Bun
- BBQ Bacon Burger * ~** 19
Bacon, Cheddar, BBQ, Crispy Onions on a Brioche Bun
- Classic Rieben** 17
Corned Beef, Sauerkraut, 1000 Island Dressing, Swiss Cheese on Rye Bread
- Turkey BLT *** 17
Sliced Turkey, Bacon, Lettuce, Tomato on Wheat Bread
- Fried Cod** 17
House Remoulade, Tomato, Lettuce on a Toasted Hoagie
- Pork Belly Bahn Mi** 18
Crispy Pork Belly, Hoisin, Cilantro, Pickled Vegetable Salad, Sriracha Mayo on a Toasted Hoagie

***GF Buns & Bread Available**

Handhelds served with your choice of: Crinkle Fries, House-Made Kettle Chips or a Garden Salad & House-Made Pickle Upgrade to Sweet Potato Fries +\$2

Sides

- Crinkle Fries** 5
- Sweet Potato Fries** 5
- House-Made Kettle Chips** 5
- Side Garden Salad** 5

Desserts

- Classic Cheesecake** 9
Strawberry Sauce & Whipped Cream
- White Chocolate Cranberry Bread Pudding** 9
Caramel Sauce & Whipped Cream
- Decadent Chocolate Cake** 9
Chocolate Drizzle & Whipped Cream

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

**GF* indicates gluten friendly or can be made gluten friendly with modifications
18% Gratuity for Parties of 6 or Larger**



515-245-5558

Des Moines Marriott Downtown | 700 Grand Ave., Des Moines, IA, 50309

WINE BY THE GLASS

6 OZ / 9 OZ / BOTTLE

Fleurs de Prairie Rose	\$12/18/50
Daou Rose	\$17/26/61
Voga Moscato	\$10/15/41
Chateau St. Michelle Riesling	\$9/13/35
Pighin Pinot Grigio	\$14/21/58
Santa Margherita Pinot Grigio	\$16/25/68
Wente Riva Ranch Chardonnay	\$14/21/60
Sonoma Cutrer Chardonnay	\$19/28/78
Kim Crawford Sauvignon Blanc	\$14/21/60
Justin Sauvignon Blanc	\$15/23/64

Joel Gott Red Blend	\$11/17/49
J Lohr Pure Paso Proprietary Red	\$16/23/66
Alamos Malbec	\$11/17/48
Meiomi Pinot Noir	\$12/18/52
Argyle Pinot Noir	\$15/23/64
J Lohr Merlot	\$16/24/68
St. Francis Merlot	\$17/26/73
Chateau St. Michelle Indian Wells Cabernet Sauvignon	\$14/21/60
Roth Cabernet Sauvignon	\$16/24/70
Hess Collection Cabernet Sauvignon	\$27/32/95

Mionetto Brut Prosecco (187ml)	\$16
Mionetto Brut Prosecco (750ml)	\$37
Chandon Brut	\$54
Veuve Clicquot Brut Champagne	\$102

BEERS ON TAP

16 OZ OR 20 OZ

Big Grove Easy Eddy Hazy IPA	\$10/12
Blue Moon	\$7/9
Confluence Des Moines IPA	\$7/9
Pseudo Sue Pale Ale	\$10/12
Exile Ruthie	\$7/9
Seasonal Selection	\$7/9

DRINKS

FANTASTIC COCKTAILS

Marrow Manhattan	\$15.00
Cedar Ridge Bourbon (Swisher, IA) & Martini and Rossi Rosso	
Mulberry Cosmopolitan	\$14.00
Revelton Mulberry Gin (Osceola, IA), Simple Syrup & Lime Juice	
Monk's Old Fashioned	\$17.00
Maker's Mark Bourbon, Muddled Orange, Cherry Sugar Cube, Orange & Angostura Bitters	
M3- Melon Moscow Mule	\$13.00
Smirnoff Vodka, Midori Melon Liqueur, Lime Juice & Fever Tree Ginger Beer	
Hemingway Daiquiri	\$15.00
Bacardi Superior Rum, Luxardo Maraschino Liqueur, Lime Juice & Fever Tree Grapefruit Soda	
The Aviation	\$15.00
Aviation Gin, Luxardo Maraschino Liqueur, Creme de Violette & Lemon Juice Garnished with a Cherry	
Lemon Drop	\$15.00
Absolut Citron Vodka, Triple Sec, Lemon Juice & Simple Syrup with a Sugar Rim	
Mash Margarita	\$17.00
Casamigos Blanco Tequila, Zing Zang Margarita Mix, Orange Juice & Topped with Grand Marnier & a Salt Rim	
Virgin Poloma	\$8.00
Fever Tree Grapefruit Soda, Simple Syrup, Lime Juice & a Dash of Salt	

BOTTLED BEER

Domestics \$7

- Bud Light
- Busch Light
- Coors Light
- Michelob Ultra
- Budweiser
- Truly Berry
- Truly Strawberry Lemonade

Non-Alcoholic \$5

- Heineken 0.0

Premium \$8

- Corona
- Corona Light
- Dos Equis
- Modelo Especial
- Sam Adams Boston Lager
- Angry Orchard
- Heineken
- Guinness
- Stella Artois
- Newcastle Brown Ale
- PeaceTree Blonde Fatale

