



Norwood's
EATERY & WINE SHOP
TREEHOUSE BAR
circa 1946

Norwood's Response to Covid-19

Norwood's is investing in the safety of wonderful guests, team members and support staff. After a careful search for the best sanitizing, cleaning, and disinfectants we found saltwater biocides. The saltwater biocides on site generation machine produces Hypochlorous acid (HOCL) which is a less toxic option for sanitizing and disinfecting. This green technology is EPA and FDA approved.

Norwood's Sustainability Initiatives

- "Garbage to Garden" includes diverting preconsumer food waste from landfills to composted soil, used in our raised garden bed.
- Reusing waste, including sweet tea for brining, pulp from juicing fruits, and replanting green onion stalks in our garden.
- Waste Reduction includes eliminating many single use plastic utensils in favor of compostable eco products.
- Purchasing produce, chickens, eggs, bread, and honey from local farmers & bakers

GF - Gluten Free

GFO - Gluten Free Options

VGT - Vegetarian

CHEF SPECIALS

Zucchini Bread

Housemade spiced zucchini bread, served warm with whipped local honey butter 6

Tuna Tartar

Sushi grade tuna diced, dressed in pineapple ponzu. Served with locally produced lavash crackers and avocado buttermilk dressing 12

Truffle Mac & Cheese

Blackened chicken or shrimp tossed in a truffled cheese sauce made up of gouda, white cheddar, and parmesan cheese with macaroni pasta 13

Blackened Grouper w/ Banana Salsa

Blackened grouper topped with banana salsa, served with roasted garlic mashed & vegetables 35.5



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APPS

Bacon Wrapped Scallops

Grilled and glazed with a pomegranate reduction, soba noodle salad **15 GFO**

Spinach Ricotta Dumplings

Spinach ricotta dumplings baked with vodka sauce and mozzarella cheese, served with grilled bread **11 VGT**

Fried Pickles

House pickled pickles served with tiger sauce and ranch **8**

Stuffed Mushrooms

Crab cake stuffed, baked with swiss and mozzarella **10**

Smoked Fish Dip

Smoked mahi mahi fish dip served with local lavash and pickled jalapeno **10 GFO**

Escargot

Broiled in garlic butter, served with hot rolls **11**

Coconut Shrimp

Coconut battered, served with pineapple - mango sweet chili and coconut curry dipping sauces **9**

Shrimp Croquettes

Panko breaded shrimp croquettes, served over smoked corn aioli & chive oil **9**

Shrimp Cocktail

Steamed to perfection, served with cocktail sauce **10 GF**

Calamari

Lightly breaded and fried, served with pineapple thai chili sauce **12**

SOUP AND SALAD

She Crab Soup 5.5/8

French Onion Au Gratin 5/6.5 GFO

Seafood Gumbo File 6.5/8.5 GF

NE Clam Chowder 4.5/5.5

House Salad

Mixed greens, asiago, honey roasted sesame sticks, cucumber, red cabbage, and carrot **4/6 GFO**

Scottish Salmon Salad

Blackened, cashew crusted goat cheese, dried fruit, bell pepper, tomatoes, sunflower seeds, and horseradish louie dressing **16 GF**

Chicken Caesar Salad

Grilled chicken, romaine, caesar dressing, and herbed croutons **11**

All dressings housemade and gluten free

SMALLER GUESTS

12 & Under, \$7 each

Cheese Pizza

Hamburger

Pasta Alfredo

Chicken Tenders **GFO**

Fried Shrimp **GFO**

IBC Rootbeer - \$3

SIDE DISHES

Roasted Garlic Mashed Potatoes **GF**

Mashed Sweet Potatoes **GF**

Sauteed Mushrooms **GF**

Yukon Gold Potato Cake

French Fries

Coleslaw **GF**

LAND

Norwood's Filet

Charbroiled filet medallion, yukon gold potato cake, cabernet demi, chive oil, fried pickled red onion **20 GFO**

Large Filet

8oz Handcut filet mignon grilled to perfection **30 GFO**

Ribeye Gorgonzola

Baked with caramelized onions, house bacon, and gorgonzola cheese **28 GF**

Ask about our surf + turf options!

'Woods-burger

8oz of ground beef, charbroiled and topped with goat cheese, caramelized onion, and arugula **13**

Peachy Pork

Sweet tea brined pork tenderloin, topped with peach bourbon jam. Served with roasted garlic mashed **17 GF**

Chorizo Chicken

Herb brined chicken breast, warm corn & chorizo salad, garlic mashed, local honey bbq, and pickled cabbage **17 GF**

VEGETARIAN

Stuffed Portobello Mushrooms

Spinach & parmesan risotto stuffed portobello caps, topped with an arugula salad **14 VGT / GF**

PICK OF THE SEA

Admirals Platter

5oz Lobster tail, grilled mahi, broiled sea scallops and shrimp **33 GF**

Captains Platter

F.O.D. , shrimp, scallops, and a petite crab cake broiled with beurre blanc **25 GFO**
[Also available fried]

Sea Scallops

Broiled with beurre blanc or lightly fried **22 GFO**

Crab Legs

Snow: Half LB **18** / Full LB **26 GF**
King: Half LB **MKT** / Full LB **MKT GF**

Shrimp & Anson Mills Grits

Shrimp and house andouille sausage tossed in etouffee sauce, served with a panfried grit cake and cornmeal fried okra & "bacon rinds" **20**

Shrimp

Buttermilk fried or grilled
DZN **17.5** / Two DZN **24 GFO**

Scallop Alfredo

Seared scallops and shrimp served with roasted tomatoes and fresh basil, tossed in alfredo sauce with fettucini pasta **22**

Seafood Pot Pie

Shrimp, scallops, fresh fish, and blue crab sauteed in a white wine supreme sauce, served in puff pastry **17**

FRESH FISH

Almond Crusted Grouper

Panfried, and served with garlic mashed potatoes and madiera beurr blanc **37**

Tuna Stack

Lightly blackened, stacked ontop a yukon gold potato cake and ginger/soy glazed edamame, topped with srirachi and wasabi aioli **25 GFO**

Mediterranean Mahi Mahi

Charred mahi topped with mediterranean inspired vegetables and feta cheese. Served on roasted garlic mashed potatoes **30 GF**

Grilled, blackened, broiled, or fried
Limited Availability
Grouper **32**
Mahi Mahi **26**
Scottish Salmon **22**
Tuna **20**

Or choose your favorite style:

Stack Style **5**

Mediterranean **4**

Almond Crust **5**

MID-DAY ENTREES

Served 11:30am - 5:00pm

Fish and Chips

Beer battered haddock, french fries **13**

Seafood Pot Pie

Shrimp, scallops, fresh fish, and blue crab sauteed in a white wine supreme sauce, served in puff pastry **13.5**

Stuffed Haddock

Haddock fillet stuffed and baked with blue crab cake and topped with citrus beurr blanc **15**

Angel Hair Seafood Pasta

Fresh fish, scallops, and shrimp, sauteed with mushrooms and tomato in diane butter sauce **14.5**

Shrimp

Grilled or fried to perfection **13 GFO**

Fresh Fish Stack

Blackened FOD topped with wasabi and srirachi aioli. Served on a yukon gold potato cake and ginger soy glazed edamame **16.5**

Mediterranean Mahi Mahi

Charbroiled mahi topped with a mediterranean inspired vegetable saute & feta cheese, served on roasted garlic mashed **15 GF**

Asiago Crusted Chicken

Baked and served with goat cheese mashed potatoes and citrus beurr blanc **13**

Fried Seafood Combo

Shrimp & haddock fried to perfection **15**

SANDWICHES

All sandwiches served with French Fries
Upgrade to truffle fries for 1.5

Angus Beef Burger

1/2lb of ground chuck, shortrib, and brisket. Includes LT, and choice of cheese: American, provo, swiss, cheddar, gorgonzola **\$9**

Norwood's Cuban

Citrus braised pork, ham, and house made bacon & pickles, swiss, and dijon mayo pressed on a cuban roll **\$10**

F.O.D. Sandwich

Grilled, fried, or blackened, with a sundried tomato spread, lemon caper aioli, and arugula on a toasted kaiser **\$13.5**

Chicken Salad Wrap

Blackened chicken salad with smoked corn, avocado buttermilk dressing, and romaine lettuce **\$9**

BBQ Jackfruit

Shredded jackfruit smothered in coconut BBQ sauce, with pickled cabbage & jalapeno on a toasted kaiser bun
\$9.5 Vegan

Turkey Croissant

Smoked turkey breast, swiss, housemade bacon, lettuce, tomato, and avocado buttermilk on a toasted croissant **\$9**