



**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 7

### **Pork Belly Lettuce Wraps**

Slow roasted and glazed pork belly, pickled daikon & carrot, and srirachi mayo in lettuce cups. Served with soba noodle salad 10 **GFO**  
Substitute diced tuna dressed in poke sauce for \$4

### **Harissa Shrimp Bowl** **GF / Vegan Options**

Shrimp charbroiled with a harissa vinaigrette served over brown rice, quinoa, and sorghum topped with tequila pickled cucumbers, spiced cashews, kimchi, cotija cheese and coconut lime "crema" 15

### **Chicken or Jackfruit Tacos [2]**

Chipotle braised chicken, blackbean & corn salsa, coconut lime "crema", pickled onions, cheddar cheese. Served with tortilla chips 11

**Jackfruit tacos - VEGAN**

### **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



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## APPS

### **Bacon Wrapped Scallops**

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

### **'Woods-Wings**

Deep fried, tossed in either buffalo or sweet tea BBQ, and topped with bacon rinds. Served with celery and choice of blue cheese or ranch **10**

### **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**

### **Cedar Key Clams**

Clams from Cedar Key steamed with blistered cherry tomatoes, corn, and white wine. Served w/ grilled locally sourced focaccia **11 GFO**

### **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

Mushroom Bread Pudding

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**

### Pan Roasted Chicken

Herb brined chicken breast, mushroom bread pudding, gorgonzola fritters, port reduction **17 GFO**

## VEGETARIAN

### Parisian Gnocchi

Sweet potato parisian gnocchi seared with roasted vegetables, pumpkin ricotta, brown butter, and sage **14 VEGAN option available**

### 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 onto 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**

## Hot Chicken

Buttermilk marinated, fried and topped with a **spicy** cayenne pepper sauce OR **hot** honey, served on a toasted kaiser with pickle chips, coleslaw, and romaine lettuce **\$9**

## Turkey Sammich

Smoked turkey breast, swiss, housemade bacon, alfalfa sprouts, tomato, sunflower seeds, housemade mayo on whole wheat bread **\$10**