



GF - Gluten Free

GFO - Gluten Free Options

VGT - Vegetarian

CHEF SPECIALS

Zucchini Bread

Housemade spiced zucchini bread, served warm with whipped local honey cinnamon butter 7

Fried Green Tomatoes

Buttermilk marinated, deep fried green tomatoes topped with a grilled green tomato chowchow and pimento ranch 9

Pork Belly Lettuce Wraps

Slow roasted and glazed pork belly, pickled daikon & carrot, and srirachi mayo in lettuce cups. Served with housemade kimchi 10 **GFO**
Substitute diced tuna dressed in poke sauce for \$3

Cilantro Shrimp Grain Bowl

Charbroiled shrimp served over brown rice & sorghum dressed in a lemon chickpea dressing. Topped with housemade kimchi, kale, pickled red onion, cotija cheese 16 **GF**
VEGAN OPTION - Marinated tofu

Filet (beef) Tacos [2]

Blackened filet tips, blackbean & corn salsa, coconut lime "crema", pickled onions, cheddar cheese. Served with tortilla chips 18

Pimento Mac & Cheese

Blackened chicken or shrimp tossed in a pimento cheese sauce with penne pasta 13



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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 **12 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**

Cedar Key Clams

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

Rock Shrimp Fritters

Cape Canaveral rock shrimp fritters deep fried, served with remoulade sauce **10**

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 **5/7 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

C & P Cheddar Grits **GF**

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**

Pecan Crusted Pork Chop

Sweet tea brined pork chop seared, topped with a pecan crust. Topped with bourbon apple glaze and pan seared okra. Served over roasted garlic mashed **17**

Pan Roasted Chicken

Herb brined chicken breast topped with cranberry apple jam, seved over brie mashed potatos **17 GF**

VEGETARIAN

Stuffed Sweet Potato

Curried chickpea stuffed sweet potato baked with herbed greek yogurt

15 GF / 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 & Local Rice Grits

Shrimp and house andouille sausage tossed in etouffee sauce, served with cheddar cheese grits and cornmeal-fried pickled okra & "bacon rinds" **20**

*Rice Grits sourced from **Conagree & Penn** in Jacksonville

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**

Fried Catfish

Farm raised catfish, crackermeal fried and topped with tartar sauce, green tomato chowchow and LTO **\$11**

Turkey Rachel

Smoked Turkey, housemade kimchi, 1,000 island dressing, and swiss cheese pressed on rye bread **\$10**

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**