



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 watermelon rind kimchi 10 **GF**

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

Weekend Wellingtons

Beef filet topped with prosciutto, mushroom duxelle, and dijon. Baked to perfection in puff pastry 36
-Limited quantities available, only available after 4pm



GF - Gluten Free GFO - Gluten Free Options
VGT - Vegetarian

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**

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**

Shrimp Croquettes

Panko breaded shrimp croquettes, served over smoked corn aioli & chive oil **8**

Shrimp Cocktail

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

Calamari

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

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 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**

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**