



Norwood's
EATERY & BAR
TREEHOUSE
circa 1946

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

Norwood's Farmers Market
Shop for homemade goods, organic
vegetables and breads
8AM - 12PM every saturday

GF - Gluten Free

GFO - Gluten Free Options

VGT - Vegetarian

Chef Specials

Shrimp Salad

Steamed shrimp and egg salad blended with spices, served with lettuce, tomato, and onion on a croissant **10**

Lunch time only

Macadamia Crusted Shrimp

Shrimp baked with yuzu aioli and macadamia nut crust, topped with citrus beurr blanc

14 Lunch time only

Local Chicken Curry

Noble Roots Farms braised chicken leg & thighs, shredded, served over coconut cilantro rice and topped with pickled onion **16**

Market Salad

Field Greens, macerated strawberries, heirloom tomatoes, beets, sunflower granola, and burrata cheese served with raspberry vinaigrette **10.75 GF**

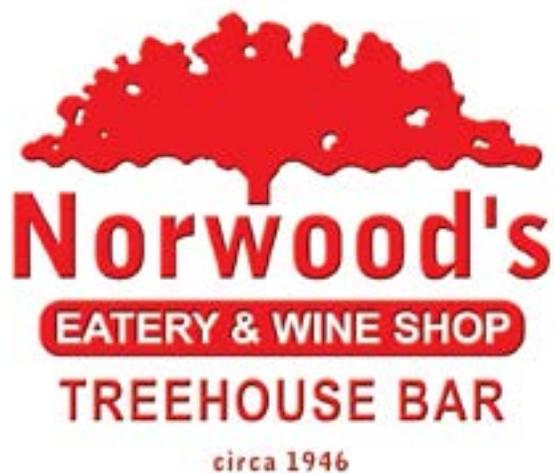
Flat Iron Tacos [2]

Marinated & charbroiled flat iron steak, smoked tomato salsa, cotija, lime crema, cabbage on tortillas served with rice & beans **15.95**

Pork + Gnocchi

Pork carnitas and masa gnocchi tossed in a chipotle tomato sauce, lime crema, pickled red onion, and cotija cheese **15.25 GFO**

*Consuming raw or undercooked meats, poultry, seafood, mollusk, or eggs may increase the risk of foodborne illness



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SOUP AND SALAD

She Crab Soup 6.88/8.93

French Onion Au Gratin 5.25/6.88 **GFO**

Seafood Gumbo File 6.88/8.93 **GF**

House Salad

Mixed greens, asiago, honey roasted sesame sticks, cucumber, red cabbage, and carrot 5.25/7.35 **GFO**

Scottish Salmon Salad

Blackened, cashew crusted goat cheese, dried fruit, bell pepper, tomatoes, sunflower seeds, and horseradish louie dressing 16.8 **GF**

Chicken Caesar Salad

Grilled chicken, romaine, caesar dressing, and herbed croutons 11.55

All dressings housemade and gluten free

Smaller Guests

12 & Under, \$9 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 15.75 **GFO**

Fried Pickles

House pickled pickles served with tiger sauce and ranch 8.4

Stuffed Mushrooms

Crab cake stuffed, baked with swiss and mozzarella 11.55

Smoked Fish Dip

Smoked mahi mahi fish dip served with local lavash and pickled jalapeno 11.55 **GFO**

Escargot

Broiled in garlic butter, served with hot rolls 11.55

Coconut Shrimp

Coconut battered, served with pineapple - mango sweet chili and coconut curry dipping sauces 9.45

Shrimp Cocktail

Large shrimp, steamed and served over a smoked corn & avocado salad with a coconut curry sauce and fried tortilla 12.6 **GFO**

Zucchini Bread

Housemade spiced zucchini bread, served warm with whipped local honey cinnamon butter 8.15 (Made with local zucchini!)

Calamari

Lightly breaded and fried, served with pineapple thai chili sauce 13.5

Side Dishes

Roasted Garlic Mashed Potatoes **GF**

Sweet Mashed Potatoes **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

24 GFO

Large Filet

8oz Handcut filet mignon grilled to perfection, topped w fried pickled onion

39.5 GFO

Ribeye Gorgonzola

Baked with caramelized onions, house bacon, and gorgonzola cheese 32.4 GF

Ask about our surf + turf options!

'Woods-burger

8oz of ground beef, charbroiled and topped with goat cheese, caramelized onion, and arugula 13.65

Sweet Tea Brined Pork

Sweet tea brined and seared, served over brussel sprout + grannysmith hash, sweet mashed potato, and apple cider glaze

16.75 GF

Local 1/2 Chicken

Noble Roots Farms 1/2 roasted chicken, lemon & rosemary brined, duck fat roasted potatoes, garlicky haricot vert, and apple sage chutney 33 GF

Pimento Mac & Cheese

Blackened chicken and house vegetables tossed in a pimento cheese sauce with penne pasta 15

Vegetarian

Spaghetti Squash

Roasted spaghetti squash "noodles" tossed in tomato sauce, with roasted vegetables, toasted pumpkin seeds and pumpkin "ricotta" (cashew based)

14.75 VEGAN GF

Stuffed Acorn Squash

Couscous and brussel hash stuffed, topped with lime "crema"

14.75 VEGAN

Pick of the Sea

Admirals Platter

5oz Lobster tail, grilled mahi, broiled sea scallops and shrimp 37.65 GF

Captains Platter

Mahi, shrimp, scallops, and a petite crab cake broiled with beurre blanc 26.25 GFO
[Also available fried]

Sea Scallops

Broiled with beurre blanc or lightly fried 23.1 GFO

Crab Legs

Snow: Half LB 21.9 / Full LB 30.3 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" 21

*Rice Grits sourced from
Congaree & Penn in Jacksonville

Shrimp

Buttermilk fried or grilled
DZN 18.38 / Two DZN 25.2 GFO

Scallop Alfredo

Seared scallops and shrimp served with roasted tomatoes and fresh basil, tossed in alfredo sauce with fettucini pasta 23.1

Seafood Pot Pie

Shrimp, scallops, fresh fish, and blue crab sauteed in a white wine supreme sauce, served in puff pastry 18.85

Fresh Fish



Mahi Mango

Panko fried mahi mahi served with mango salsa, garlic mashed, and house veg 33.5

Grouper Stack

Blackened grouper, served over a yukon gold potato cake and miso lime glazed edamame. Topped with yuzu kosho aioli and fried rice noodles 38.85 GFO

Mediterranean Salmon

Charbroiled, topped with mediterranean inspired vegetables and feta cheese. Served on roasted garlic mashed potatoes 30.5 GF

Almond Crusted Grouper

Panfried, and served with garlic mashed potatoes, house veg, and citrus beurr blanc 38.85

MID-Day Entrees

Served 11:30am - 5:00pm

Fish and Chips

Beer battered haddock, french fries **13.65**

Seafood Pot Pie

Shrimp, scallops, fresh fish, and blue crab sauteed in a white wine supreme sauce, served in puff pastry **15.75**

Stuffed Haddock

Haddock fillet stuffed and baked with blue crab cake and topped with citrus beurr blanc **15.75**

Angel Hair Seafood Pasta

Fresh fish, scallops, and shrimp, sauteed with mushrooms and tomato in diane butter sauce **15.75**

Shrimp

Grilled or fried to perfection **13.65 GFO**

Mediterranean Mahi

Grilled mahi topped with a mediterranean inspired vegetable saute & feta cheese, served on roasted garlic mashed **17 GF**

Mahi Stack

Blackened mahi, served over a yukon gold potato cake and miso lime glazed edamame. Topped with yuzu kosho aioli and fried rice noodles **17 GFO**

Asiago Crusted Chicken

Baked and served with goat cheese mashed potatoes and citrus beurr blanc **13.65**

Fried Seafood Combo

Shrimp & haddock fried to perfection **15.75**

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 **10**

Norwood's Cuban

Citrus braised pork, ham, and house made bacon & pickles, swiss, and dijon mayo pressed on a cuban roll **10.5**

Fried Catfish

Farm raised catfish, crackermeal fried and topped with tartar sauce, pickles and LTO **11.55**

Jalapeno Turkey Melt

Smoked Turkey, housemade bacon, swiss, pickles, and jalapeno ranch pressed on brioche **11**

Chicken Salad Wrap

Blackened chicken salad with smoked corn, avocado buttermilk dressing, and romaine lettuce **9.45**

Smoked Meatloaf Burger

House blend of beef, pork, and chicken seasoned, smoked, and chipotle ketchup glazed. Topped with LTO and served on a toasted brioche bun **10.5**

Fried Green Tomato BLT

Buttermilk marinated & fried green tomatoes, housemade bacon, alfalfa sprouts, and bacon aioli on toasted multigrain **10.5**