

Welcome to Norwoods

We strive to offer you regional products of the highest quality prepared in a professional and innovative style.

We would like to thank the following purveyors for making the pursuit of our craft enjoyable and rewarding.

Farm House Natural Cheeses

Les Amis du Fromage

Green Lady Greens

Tofino/Ucluelet Culinary Guild

J&L Farm

Ian Bryce and the FV Nerka 1

Calvin Clark and the Ocean Ranger

Ryan and Dan Edwards of the FV Helen II

Outlandish Shellfish Guild

John Planes and the FV Ocean Sunset

Finest at Sea Ocean Products

The Vancouver Aquarium and Ocean Wise



The Backyard Gardeners of the West Coast

Sysco Victoria

Rick Downie Specialties

Vancouver Island Brewers

The Wine Syndicate

Blue Mountain Estate Winery

Vertical Wine Consultants

Sedimentary Wines

With Culinary Regards

Richard Norwood, Proprietor

Chad Martin, Chef

Livio Porcellato, Sommelier

Prices do not include Gratuity or Applicable Taxes
A Gratuity of 18% will be Applied to Parties of 6 or More



Responsible Seafood Choice

Appetizers

Sourdough Bread, Fresh Unsalted Butter, Olive Tapenade

5

Two Cauliflower Curry's

Cauliflower and Potato (Aloo Gobi}, Cauliflower and Spinach (Palak Gobi}

Carrot Pickle, Papadum

14

Sage Hills, Gewurztraminer Half Glass 9 Full Glass 18



Steamed Local Gallo Mussels

Chimichurri, Shallots

16

Terra Vista, Albarino/Verdejo, Half Glass 7 1/2 Full Glass 15



Grilled Pacific Octopus

Truffle Potato Puree, Sweet Ginger Chili Sauce

19

Kettle Valley, Pinot Gris, Half Glass 7 Full Glass 14

Beets & Greens

Assorted Beets, Greens

Walnut Tapenade, Ashed Chèvre

14

Clos du Soleil, Capella, Sem/Sauv Half Glass 6 1/2 Full Glass 13

Cheese Selection is Available from the Dessert Menu

Please Order 30 Minutes Ahead for Optimal Results

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Responsible Seafood Choice

Appetizers



A Taste of the West Coast

Cold Smoked Salmon, Island Oysters,
Albacore Tuna Seviche, Marinated Mussels,
Grilled Octopus, Tempura Ling Cod with Chilli Aioli

Great for Sharing

17 ½ per person (minimum 2)

Blue Mountain, Brut, Half Glass 8 Full Glass 16

Moroccan Style Fire Grilled Quail

Orange Marmalade, Saffron Labneh, Arugula and Black Olive Salad

17

Sage Hills, Gewurztraminer Half Glass 9 Full Glass 18



"Cheeks & Chips"

Grilled Vancouver Island Ling Cod Cheeks
Katsuobushi & Sesame Seasoned Vegetable Tempura, Yuzu Hollandaise

18

Clos du Soleil, Capella, Sem/Sauv Half Glass 6 ½ Full Glass 13

Ramen

Locally Made Noodles, Grilled Chili Beef, Bok Choy, Egg, Shitake Mushrooms

14

Sage Hills, Gewurztraminer Half Glass 9 Full Glass 18

Consumption of Raw Shellfish May Increase Your Risk of Foodborne Illness

VIHA

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Responsible Seafood Choice

Main Courses

7 Ounce Grilled Reserve Angus Beef Fillet

Natural Juices, Roasted Fingerling Potatoes, Grilled Seasonal Vegetables, Mushrooms

48

Orofino, Merlot, Half Glass 8 ½ Full Glass 17

Two Method Brome Lake Duck Breast

Lychee Carrot Puree, Cashew Polenta

Grilled Gem Lettuce Hearts, Grilled Beets, Grapefruit

36

Blue Mountain, Pinot Noir, Half Glass 8 ½ Full Glass 17

New Zealand Red Deer Venison Loin

Black Powder Rub, Seasonal Vegetables, Yorkshire Pudding, Blackcurrant Sauce

42

Fontodi, Chianti Classico, Half Glass 10 Full Glass 20



Roasted Vancouver Island Halibut

Prosciutto Wrapped, Romesco Risotto, Grilled Asparagus,

Dried Tomato Tea, Stewed Olives

46

Valpolicella, Ca' Rugate, Half Glass 7 Full Glass 14

Three Little Pigs

Smoked Belly, Braised Shoulder, Fennel Seed Sausage,

Fermented Sauerkraut, Spinach, Broken Knödel, Smoked Apple

36

Blue Mountain, Pinot Noir, Half Glass 8 ½ Full Glass 17

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Responsible Seafood Choice

Dessert

Apple Crème Brûlée
Cinnamon Ice Cream, Oat Crumble
13

Chocolate Brownie Torte
Chocolate Coconut Ice Cream
Coconut Cookie
13

Dessert Taster
Selection of the Kitchens Creations
15

Cheese Selection

3 Selections 20 5 Selections 32

Epoisse
France, Cows Milk, Pungent, Soft Red Wash Rind

Nostrala
Kootenay BC, Unpasteurized Cows Milk, Firm, 18 Month Aged, Nutty

Castle Blue
Agassiz BC, Cows Milk, Mild, Creamy, Acidic

Avonlea Clothbound Cheddar
PEI Canada, Unpasteurized Cows Milk, 14 Month Aged, Firm, Nutty

Chevre
Agassiz BC, Fresh Goats Milk, Mild, Lemony

After Dinner Drinks

Norwood's Signature Espresso Martini
Café Umbria Espresso, Sortilege Maple Whiskey, Galliano, Baileys
13

Good Night
Grand Marnier, Baileys, Frangelico, Steamed Milk, Nutmeg
11

Midnight Chai
Chai Infused Bourbon, Vanilla Syrup, Steamed Milk
11

Pick Me Up
Baileys Irish Cream, Kahlua, Chilled Espresso
11

Pillitteri Vidal Ice Wine	16	Taylor Fladgate 20 Year Port	14
Madeira	6	Taylor Fladgate 10 Year Port	10 ¾
Quails Gate Optima	18	Kettle Valley Caboose	10

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Responsible Seafood Choice