

## 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

Adrianas 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 De Cuisine

Prices do not include Gratuity or Applicable Taxes  
A Gratuity of 18% will be Applied to Parties of 5 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 8    Full Glass 16



### Steamed Local Gallo Mussels

Chimichurri, White Wine, Shallots

18

Terra Vista, Albarino/Verdejo    Half Glass 7 ½    Full Glass 15



### Seared Scallops

Truffle Potato Puree, Sweet Ginger Chili Sauce

19

Tantalus, Riesling    Half Glass 7    Full Glass 14

### Warm Spinach Salad

Grilled Fennel, Artichoke Hearts, Lentils, Smoked Bacon Lardons, Goat Feta

Orange & Hazelnut Dressing

14

Clos du Soleil, Pinot Blanc    Half Glass 5 ½    Full Glass 11

Cheese Selection is Available from the Dessert Menu

Please Order 30 Minutes Ahead for Optimal Results

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## Appetizers



### A Taste of the West Coast

Cold Smoked Salmon, Island Oysters,  
Albacore Tuna Seviche, Marinated Mussels  
Seared Scallop, Daily Fish Tempura with Chilli Aioli

Great for Sharing

18 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 8    Full Glass 16

### Braised Fraser Valley Pork Cheek

Brown Butter Spätzle

Celeriac Puree, Sour Apple Gel

16

Nikolaihof, Gruner Veltliner    Half Glass 9    Full Glass 18



### Grilled Cod Cheek Steamed Bao

Cucumber & Sesame Slaw, Kimchi,  
Black Garlic Aioli, Crispy Shallots

17

Tantalus, Riesling    Half Glass 7    Full Glass 14

Consumption of Raw Shellfish May Increase Your Risk of Foodborne Illness

VIHA

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## Main Courses



### Prosciutto Wrapped Pacific Halibut

Dungeness Crab Risotto and Bisque

Seasonal Vegetables

48

Jean-Marc Brocard, Chablis    Half Glass 9½    Full Glass 19

### Two Method Brome Lake Duck Breast

Lychee Carrot Puree, Cashew Polenta

Grilled Gem Lettuce Hearts, Szechuan Pepper, Grilled Beets, Grapefruit

39

Blue Mountain, Pinot Noir    Half Glass 7½    Full Glass 15

### Indonesian Inspired "Dirt Candy"

Fermented Chickpea Tempeh, Sunchoke Rendang Puree

Sesame Bok Choy, Roasted Mushrooms, Marinated Carrot, Coconut Lemongrass Cream

28

Nikolaihof, Gruner Veltliner    Half Glass 9    Full Glass 18

### 7 Ounce Grilled Reserve Angus Beef Fillet

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

48

Orofino, Merlot    Half Glass 9½    Full Glass 17

### Guanajuato Influenced Fillet of Pork

Hickory Crust, Salsa Verde, Masa "Gnocchi", Grilled Pineapple

Burnt Bread Black Bean Puree, Avocado Mousse, Corn and Peppers

38

Fontodi, Chianti Classico,    Half Glass 9    Full Glass 18

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## Dessert

### **Cashew, Lemon & Poppy Seed Tart**

Pea and Chia Ice Cream, Walnuts, Dates, Mint Sugar

13

### **Chocolate & Praline Bombe**

Sour Cream Ice Cream, Sesame Cocoa Crumble

Cassis Gel, Hendriks Gin Foam

15

### **Dessert Taster**

Selection of the Kitchens Creations

15

## Cheese Selection

3 Selections 20

5 Selections 32

### **Epoisse**

France, Cows Milk, Pungent, Soft Red Washed Rind

### **Nostrala**

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

### **Blue Julette**

Salt Spring Island BC, Goats Milk, Camembert Style, 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

### **Calm Sea**

Anise Rum, Averna

12

### **Norwood's Espresso Martini**

Café Umbria Espresso, Vodka, Sortilege Maple Whiskey, Galliano, Baileys

13

### **Good Night**

Grand Marnier, Baileys, Frangelico, Steamed Milk, Nutmeg

12

### **Chocolate Martini**

Chocolate Liqueur, Vodka, Baileys, Galliano

12

Tantalus Riesling Ice Wine	20	Taylor Fladgate 20 Year Port	14
Madeira	6	Taylor Fladgate 10 Year Port	10
Quails Gate Optima	16	Smith & Woodhouse LVB 2002	12
Kettle Valley Caboose	10 ½	Elephant Island Crab Apple Wine	8

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