



GLUTEN FREE LUNCH MENU

Appetizers

Chilled Shrimp Cocktail

4 chilled jumbo shrimp served with cocktail sauce 8.99

Redwoods Nachos

Corn tortillas with black beans, Cheddar and Jack cheese, topped with homemade salsa, lime sour cream and scallions. Jerk Chicken or House Ground Beef 11.99

Entrée Salads

**Steak and Bleu Cheese Salad

Fresh romaine lettuce tossed with horseradish-bleu cheese dressing and crisp applewood smoked bacon, topped with sliced marinated filet mignon, grape tomatoes and sliced red onion 14.99

**Santa Fe Salad

Sliced fajita chicken, tomato salsa, white corn tortilla chips, Cheddar and Jack cheeses over fresh greens tossed in a lemon-herb vinaigrette 13.99

Baby Kale and Tri-Color Quinoa Salad

Fresh baby kale tossed in a lemon-garlic-dijon vinaigrette with tri-color quinoa, roasted chick peas, golden raisins, toasted almonds and shaved aged Asiago cheese 11.99

Wood Grilled Sesame Crusted Tuna

Baby arugula, olives, banana peppers, capers, shallots, grape tomatoes and cucumbers in a honey-balsamic vinaigrette 17.99

Baby Arugula and Roasted Beet Salad

Vermont Goat cheese, toasted pistachio crumble, roasted cherry tomatoes, fresh chives, sherry vinaigrette 11.99

**Caesar Salad (without croutons) 8.99

An exceptional addition to your salad

Sesame Crusted Tuna 9.99

Grilled Chicken 3.99

Grilled Shrimp (3) 5.99

Grilled Salmon 6.99

Wood Grilled Vegetables 2.99

Entrees

**Glazed Salmon - Redwoods #1 Selling Entrée (no leeks)

A wood grilled fillet, brushed with a honey balsamic glaze, served on an island of jasmine rice with lemon butter sauce 14.99

**Filet Mignon

A wood grilled 5oz Filet with black truffle-chive butter, served with Jasmine rice and fresh vegetables 17.99

Sea Scallops and Risotto

Sweet and smokey spiced, roasted shallot, asparagus, hand peeled baby carrot, basil-ricotta risotto 16.99

Thai Shrimp with Rice Noodles

A health minded meal of premium white shrimp and stir fried vegetables in a peanut and garlic sauce with rice noodles 13.99

**“Stuffed” Portobello Mushroom

Balsamic-lime marinated, wood grilled and stuffed with Jasmine rice, fresh mozzarella, roasted zucchini and red peppers, blackbeans and chimichurri aioli 9.99

Wood Grilled Chicken Breast

With a balsamic-honey glaze, served with jasmine rice and vegetable 10.99

**Pan Roasted Tilapia

With red grapes, shallot butter sauce, vegetable du jour and Jasmine rice 13.99

Omelet of the Day

A frittata style 3 egg omelet filled with our fresh daily creation, served with a mixed green salad. M.P.

Vegetarian Black Beans & Rice

A ragout of black beans, tomato, garlic and onion served with white rice, tomato salsa, and lime sour cream 10.99

** indicates a change from our regular menu item



GLUTEN FREE DINNER MENU

Appetizers

Wood-Grilled Shrimp Cocktail

A Redwoods house specialty of 5 large shrimp fresh off the grill served with cocktail and lemon butter sauces 11.99

Redwoods Nachos

Corn tortillas with black beans, Cheddar and Jack cheese, topped with homemade salsa, lime sour cream and scallions.

Jerk Chicken or House Ground Beef 11.99

Baby Kale and Tri-Color Quinoa Salad

Fresh baby kale tossed in a lemon-garlic-dijon vinaigrette with tri-color quinoa, roasted chick peas, golden raisins, toasted almonds and shaved aged Asiago cheese 8.99

Baby Arugula and Roasted Beet Salad

Vermont goat cheese, toasted pistachio crumble, roasted cherry tomatoes, fresh chives, sherry vinaigrette 8.99

**** Caesar Salad (without croutons) 6.99**

Mixed Greens 5.99

Raw Bar

Littleneck clams on the half shell ... 1.25/pc

Oysters on the half shell ... market price

Chilled Jumbo Shrimp ... 2.25/pc

Johnny's Shellfish Platter ... 19.99

4 oysters, 4 clams, 4 chilled jumbo shrimp

Small Plates

**** "Stuffed" Portobello Mushroom**

Balsamic-lime marinated, wood grilled and stuffed with Jasmine rice, fresh Mozzarella, roasted zucchini and red peppers, blackbeans and chimichurri aioli 9.99

Trio of Baby Lamb Chops

Herb crusted with heirloom grape tomato-Italian Gorgonzola relish, baby spinach, curried aioli 15.99

Entrees

**** Glazed Salmon - Redwoods #1 Selling Entrée (no leeks)**

A wood grilled fillet, brushed with a honey-balsamic glaze, served on an island of jasmine rice with lemon butter sauce 25.99

Sea Scallops and Shrimp Risotto

Sweet and smokey spiced, roasted shallot, asparagus, hand peeled baby carrot, basil-ricotta risotto 29.99

Chicken Pan Roast

Twin chicken breasts, mushrooms, roasted tomatoes, green peppers, brandy cream sauce, garlic mashed potato_ 19.99

**** Filet Mignon**

A wood grilled 8oz filet, black truffle-chive butter served with garlic mashed potatoes and fresh vegetables 31.99

**** New York Strip**

expresso-chipotle butter, garlic mashed potatoes and fresh vegetable 29.99

Allen Brother's Ribeye

Wood grilled premium 15oz black angus ribeye, black truffle-chive butter, garlic mashed potatoes and vegetable du jour 33.99

**** Filet Mignon Tips (no yucca chips)**

Seared filet tips with oyster mushroom, red pepper, scallion, brandy-horseradish cream, garlic mashed potato 24.99

**** Wood Grilled "All Natural" Pork Chop**

A juicy double cut Redwoods steak spiced pork chop, served with bourbon glaze, Vermont Goat cheese, roasted cipollini onions, cremini mushroom, fresh basil, garlic mashed potato and fresh vegetable 24.99

Thai Peanut Sauce with Rice Noodles

A health minded meal of stir fried vegetables in a peanut and garlic sauce tossed with rice noodles 15.99

add: Chicken 19.99 / Beef Tenderloin Tips 23.99 / 5 Shrimp 22.99

Wood Grilled Chicken Breasts

With a balsamic-honey glaze, served with Jasmine rice and vegetable du jour 17.99

**** Pan Roasted Tilapia**

With red grapes, shallot butter sauce, Jasmine rice and vegetable du jour 21.99

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