

Redwoods Grill & Bar

- GLUTEN FREE LUNCH -

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

** Organic Thai Spiced Mussels
In a spiced coconut curry broth with roasted shallots and fresh cilantro 10.99

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 16.99

**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 14.99

Harvest Spinach Salad
Fresh baby spinach tossed in a honey-dijon vinaigrette with red cabbage, roasted acorn squash, toasted pecans, pepitas, dried cranberries, honey crisp apple 11.99

Wood Grilled Sesame Crusted Salmon
Baby arugula, olives, banana peppers, capers, shallots, grape tomatoes and cucumbers in a honey-balsamic vinaigrette 17.99

**The Woods Wedge
Romaine hearts, blue cheese crumble, roasted cherry tomatoes, smoked bacon-apple chutney, sliced red onion 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 3.99

Lunch 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 16.99

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

Sea Scallops and Saffron Risotto
Pan roasted sea scallops with shiitake mushrooms, edamame, fennel, pancetta confit in a saffron risotto finished with a sage oil 14.99

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

Wood Grilled Chicken Breast
With a balsamic-honey glaze, served with jasmine rice and vegetable 10.99

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 -

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

Harvest Spinach Salad

Fresh baby spinach tossed in a honey-dijon vinaigrette with red cabbage, roasted acorn squash, toasted pecans, pepitas, dried cranberries, honey crisp apple 8.99

**The Woods Wedge

Romaine hearts, blue cheese crumble, roasted cherry tomatoes, smoked bacon-apple chutney, sliced red onion 7.99 **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

** Organic Thai Spiced Mussels (no wontons) In a spiced coconut milk broth with roasted shallots and fresh cilantro 11.99

Roasted Acorn Squash

Fresh Mozzarella Burrata, tomato ragout, fresh basil oil, parmesan crisp 10.99

Smoked Gouda Dip

With Spanish Chorizo, a hint of jalapeno and warm corn tortilla chips 7.99

Dinner 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 26.99

Sea Scallops and Saffron Risotto

Pan roasted sea scallops with shiitake mushrooms, edamame, fennel, pancetta confit in a saffron risotto finished with a sage oil 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

** Cumin Rubbed New York Strip

Espresso-maple-bourbon butter, garlic mashed potatoes and fresh vegetable 31.99

**Allen Brother's Ribeye (no onion rings)

Wood grilled premium 15oz black angus ribeye, black truffle-chive butter, garlic mashed potatoes and vegetable du jour 35.99

**Filet Mignon Tips

Seared filet tips with peppers, onions, carrots, brie, lingonberry demi glace and garlic mashed potato 24.99

**Wood Grilled "All Natural" Pork Chop (no sauce)

A juicy double cut pork chop, served with roasted brussel sprout-shallot-dried cranberry relish, garlic mashed potato and fresh vegetable 25.99

Thai Peanut Sauce with Rice Noodles

A health minded meal of stir fried vegetables in a peanut and garlic sauce tossed with rice noodles 16.99
add: Chicken 21.99 / Beef Tenderloin Tips 24.99 / 5 Shrimp 23.99

Pan Roasted Tilapia

Mushroom, onion, brussel sprout, arugula, lemongrass-garlic cream, roasted purple potatoes

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