

# BARNWOOD



## Appetizers

Poached Pear and Blue Cheese Flatbread 11

Arugula, Blue Cheese, Poached Pear, Pecans.

House-Made Veal Meatballs 11

Wild Lingonberry Sauce

Brussell Sprouts 10

Roasted, Served with Bacon, Scallion, Garlic

Chicken Bites 10

Marinated Chicken Wrapped  
in a Crispy Bacon Served  
with Creamy Chipotle Dip

Mussels (Prince Edward Island) 11

Sautéed, Garlic, Basil, Chunk Fresh Tomatoes  
Chardonnay Wine Sauce

\* Barnwood Flatbread 14

Norwegian Smoked Salmon, Capers,  
Red Onions, Fresh Dill Sauce

\* Maryland Lump Crab Meat 14

Jumbo Crab Meat, Avocado, Citrus Vanilla Sauce

Crispy Calamari 10

Tomato Mozzarella Burrata 13

Walnuts, Arugula, Reduced Vinaigrette, E.V.O.O.  
Himalayan Sea Salt

Stuffed Mushroom 11

Organic Broccoli Rabe, Golden Raisins, Pine Nuts,  
Mascarpone Cheese

Charcuterie/Cheese Board 17

## Raw Bar

\* Blue Point Oysters  
6/\$12 12/\$22

\* Clams on Half Shell  
6/\$8 12/\$15

\* Jumbo Shrimp Cocktail \$15

## Soups

Vegetable Soup 7

Soup of the Day 8

## Salads

S/L

House Salad 4/7

Tomatoes, Cucumbers,  
Red Onions, Vinaigrette Dressing

Classic Caesar Salad 5/8

Organic Spinach Salad 10

Strawberries, Chickpeas, Walnuts, Goat Milk Feta Cheese,  
Coconut Vinaigrette.

Barnwood Salad 8

Snow Peas, Fresh Mozzarella, Red Radish, Cherry Tomatoes  
Champagne Vinaigrette Dressing.

Baby Arugula 8

Goat Cheese, Pear,  
Walnuts, Lemon Zest Dressing

Beet Salad 9

Roasted Beets Over Baby Arugula, Raspberry Dressing

Tomato on the Vine 10

Tomatoes, Fresh Herbs, Garlic, Fresh Mozzarella  
Balsamic, Extra Virgin Olive Oil.

Add Beets \$4, Burrata \$5, Chicken \$7

Salmon \$10, Shrimp \$10, Steak \$10, Scallops \$12

## Burger / Sandwiches

Natural Kobe Burger 15

Caramelized Onions, Wild Mushrooms, Vermont White  
Cheddar, Truffle Aioli, Toasted Brioche Roll

Natural House Burger 13

Cheese, Bacon, Lettuce, Tomato

Maine Lobster Roll 17

Warm, Naked and Buttered, Dices Apples

Salmon Sandwich 16

Grilled, Horse Radish, Lettuce  
Tomatoes, Apple Yogurt Sauce.

Fish Tacos 15

Mango-Pineapple Salsa, Avocado, Sour Cream  
Yuka Fries.



Ask your server for gluten - free meal, vegan or vegetarian dishes.

# Mains

## Fish

### Branzino (Wild) 26

Cherry Tomatoes, Capers, Garlic, Pinot Grigio Sauce

### Salmon (Wild) 22

Scottish, Grilled, Lemon, White Wine Sauce

### Filet of Sole Francese 20

Tender Filet of Sole Dipped in Egg Batter and Gently Sautéed  
Served with a Lemon, Butter & Wine Sauce.

### Chilean Sea Bass 31

Pan Seared, Fresh Herbs, Champagne-Mustard Sauce

## Pasta

### Lobster Ravioli (Homemade) 20

Pink Sauce

### Butternut Squash Ravioli (Homemade) 17

Creamy Truffle Hunter Sauce, Caramelized Walnuts

### Shell Pasta 19

Grilled Chicken, Broccoli Rabe, Sun Dried Tomatoes  
Mild Cherry Peppers, Garlic, Olive Oil

### Fettuccine 16

Sundried Tomato, Chicken, Pink Sauce

### Garden Penne 16

Organic Vegetables, Light Tomato Sauce

### Rigatoni 16

Meat Sauce, Mascarpone Cheese and Sweet Peas

## PriceFixed Menu

\$30 per person

Choice of Soup

Calamari

Mussels

Meatballs

House or Caesar Salad

Hanger Steak

Salmon

Lemon Chicken

Ragatoni

Tiramisu, Creme Brulee  
Coffee, Tea

Sunday thru Thursday

## Meat

### New York Steak 30 (Grass Fed Hormone Free)

Grilled, Green Peppercorn Sauce

### Hanger Steak 22

Marinated, Grilled, Herb Butter Sauce

### Filet Mignon 31 (Grass Fed Hormone Free)

Wild Mushroom Sauce

### Bone-In Pork Chop 20

Grilled, Apple Cider Reduction.

### Lamb Chops Martini 24

Lightly Pounded, Breaded in Parmesan Cheese, Pan Seared in  
White Wine Sauce

### Calves Liver 20

Port Wine, Shallots, Garlic, Topped  
with Crispy Bacon & Onions.

## Poultry

### Etna Chicken 17 (Free Range)

Strips of Chicken, Sausage, Cheery Peppers  
Port Wine Sauce

### Newtown Chicken 17 (Free Range)

Breast of Chicken Topped With Fresh Spinach,  
Mozzarella, Madeira Sauce

### Lemon Chicken 17 (Free Range)

Breast of Chicken With Parmesan Crust  
In White Wine Lemon Sauce

### Half Roasted Duckling 25

Orange Sauce

### Barnwood Chicken 17 (Free Range)

Breast of Chicken, Artichoke Hearts, Bell Peppers  
Onions, Rosemary, Lemon, Sauvignon Blanc Sauce.

## Sides

Spinach \$6, Asparagus \$7, Mushrooms & Onions \$6

Brussels Sprouts \$6, Macaroni & Cheese \$7, Yucca Fries \$5

French Fries \$4, Sweet Potato Fries \$4.

## PARTY ROOM-Catering / Office & Home-Ask For Details

\*Thoroughly cooking foods of animal origin such as beef, eggs, fish, lamb, pork, poultry or shellfish reduces the risk of foodborne illness" The Department of Health, State of CT.