

Appetizers

Brussels Sprouts 10

Roasted, Bacon, Scallion, Garlic & Oil

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, White Wine Sauce

Chicken Wings 10

Parmesan Garlic Sauce

*Maryland Lump Crab Meat 14

Jumbo Crab Meat, Avocado, Citrus Vanilla Sauce

Crispy Calamari 9

Sweet Chili Sauce & Cherry Peppers

Fried Burrata 13

Beefsteak Tomato, Arugula, Maple Syrup Balsamic Glaze

Jumbo Sea Scallops 15

Pan Seared until Golden, Crispy Bacon,
Coconut Sauce

Stuffed Mushroom 10

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

Flatbreads

Poached Pear and Blue Cheese 11

Arugula, Blue Cheese, Poached Pear, Pecans.

Fig 12

Pistachio, Goat Cheese, Mission Figs, Truffle Honey, Fried Kale

* Barnwood 14

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

Raw Bar

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

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

Jumbo Shrimp Cocktail \$15

Soups

Vegetable Soup Puree \$7

Soup of the Day \$8

Salads

House Salad 7

Tomatoes, Cucumbers,
Red Onions, Vinaigrette Dressing

Classic Caesar Salad 7

Organic Spinach Salad 9

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

Kale Super Salad 10

Chopped Kale, Brussels Sprouts, Broccoli, Diced Apples
Dried Cranberries, Pumpkin Seeds, Chopped Bacon
Creamy Poppy Seed Dressing

Baby Arugula 9

Goat Cheese, Pear, Blueberry
Walnuts, Honey Dressing

Beet Salad 9

Roasted Beets, Baby Arugula, Endive, Feta Cheese
Olive Oil, Squeeze Lemon & Balsamic Glaze

Tomato on the Vine 9

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

In Hand

Natural Kobe Burger 14

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

Natural House Burger 12

Cheese, Bacon, Lettuce, Tomato

Fish Tacos 15

Fried White Fish, Lettuce, Avocado, Cilantro
Fresh Lime, Yogurt-Chipotle Sauce.

Chicken Sandwich 13

Breast of Chicken, Fresh Mozzarella,
Roasted Peppers, Lettuce, Tomato

Crispy Buffalo Chicken Wrap 13

Breast of Chicken, Fresh Mozzarella,
Lettuce, Tomato

Seafood Wrap 14

Romaine Lettuce, Chipotle Dressing

Chicken Quesadilla 13

Salmon Quesadilla 14

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

Mains

Sea

Branzino (Wild) 24

Cherry Tomatoes, Capers, Garlic, Pinot Grigio Sauce

Salmon (Wild) 19

Scottish, Grilled, Lemon, White Wine Sauce

Shrimp and Grits 28

Grilled Shrimp, Marinated Sweet Chili Sauce

Served w/Cheddar Jalapeno Grits.

Chilean Sea Bass 31

Pan Seared, Fresh Herbs, Champagne-Mustard Sauce

Pasta

(Gluten-Free Pasta Available)

Lobster Ravioli (Homemade) 17

Pink Sauce

Butternut Squash Ravioli (Homemade) 16

Creamy Truffle Hunter Sauce, Caramelized Walnuts

Shell Pasta 17

Grilled Chicken, Broccoli Rabe, Sun Dried Tomatoes

Mild Cherry Peppers, Garlic, Olive Oil

Fettuccine 15

Sundried Tomato, Grilled Chicken, Pink Sauce

Garden Penne 15

Organic Vegetables, Light Tomato Sauce

Rigatoni 15

Meat Sauce, Mascarpone Cheese and Peas

Sides

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

Brussels Sprouts \$6, Macaroni & Cheese \$7

Hand Cut Fries \$5, Sweet Potato Fries \$4.

BARNWOOD GRILL

Land

Allen Brothers Angus

From Chicago, 100% Black Angus Beef

New York Steak 14oz 28 (Grass Fed Hormone Free)

Grilled, Green Peppercorn Sauce

Hanger Steak 12oz 20

Marinated, Grilled, Herb Butter Sauce

Filet Mignon 12oz 31 (Grass Fed Hormone Free)

Wild Mushroom Sauce

Bone-In Pork Chop 18

Grilled, Apple Cider Reduction.

Poultry

Mount Hood Chicken 16 (Free Range)

Strips of Chicken, Sausage, Cheery Peppers

Port Wine Sauce

Newtown Chicken 16 (Free Range)

Breast of Chicken Topped With Fresh Spinach,

Mozzarella, Madeira Wine Sauce

Lemon Chicken 16 (Free Range)

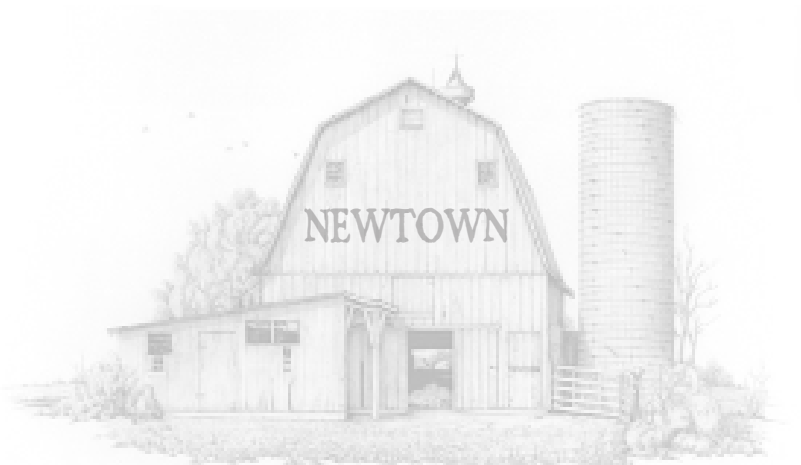
Breast of Chicken With Parmesan Crust

In White Wine Lemon Sauce

Barnwood Chicken 20 (Free Range)

Breast of Chicken, Prosciutto, Smoked Gouda Cheese

Wild Mushroom Bourbon Sauce.



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.