



THE WOODS

We source our products from as local as possible. Our seafood is certified Ocean Wise, our meats and poultry are raised sustainably & all natural. Please ask about our gluten free, vegetarian, vegan options.

SOCIAL PLATES + STARTERS

PACIFIC YELLOWFIN TUNA POKE 20

seaweed + sesame salad, citrus salsa, avocado, cucumber, grapefruit ginger dressing, crispy wontons

YUCATAN SPICED CRISPY 16

CAULIFLOWER

fried curds + avocado, jicama, fresh coriander, Mayan pumpkin-seed dip

MEDITERRANEAN CALAMARI FRIES 18

capers, herbs, tomato, charred peppers, scallions + saffron aioli

SMOKED GORGONZOLA STUFFED BACON WRAPPED DATES

BC birch syrup + roasted hazelnuts

five pieces 11 ten pieces 21

PLOUGHMAN'S PLATTER 25

locally made Coppa ham + Smits & Co.w Farms truffle Gouda, boiled egg, orchard apple, pickles, fresh bread, butternut squash mustard, fruit chutney

FIRE ROASTED TOMATO SOUP

winter spiced cream, rustic croutons + Asiago

small 9 large 15

SIMPLY 'KALE CAESAR' 11

rustic croutons, Asiago + creamy garlic dressing

DEVILISH EGGS 8

chili pepper + smoked paprika whipped yolk, pickled onions, crispy capers, Gruyère cheese frico

HOUSE CHIPS 7

rosemary salt + saffron aioli

PLANT BASED

PLANT BASED 'TUNA' POKE SPOONS 18

Asian marinated tomato fillets, seaweed + sesame salad, citrus salsa, avocado, cucumber, grapefruit ginger dressing

HARVEST VEGETABLE SALAD 17

house made-plant based 'Feta', kale, cabbage, sprouted grains, marinated vegetables + glazed pecans, roasted sunflower seeds, cranberry vinaigrette

CRISPY TOFU STIR FRY 21

rice noodles, wok fried vegetables, ginger-kaffir lime soya sauce, Sriracha, almond-sesame crunch

SIGNATURE HAND HELD

Items are served with fries, or sub in a cup of fire roasted tomato soup or kale Caesar salad for an additional \$2.95

SLOW SMOKED-PULLED PORK TACOS 19

citrus salsa, cabbage + pickled onions, creamy chipotle sauce, flour tortillas

BLACKENED OCEAN WISE 22

ROCKFISH SANDWICH

bacon + avocado, vine tomato, lettuce, pickled onion, old bay aioli

BACON SMASH BURGER 20

6oz Angus beef chuck patty, wild mushrooms + Provolone, lettuce, vine tomato, pickled onions, kicker sauce, seeded bun

CASUAL FARE

SLOW COOKED LAMB CHEEK STEW 22

local root vegetables + potato, aromatics, natural braising reduction, garlic bread

KETO COBB SALAD 23

iceberg lettuce, crispy chicken, bacon + avocado, tomato, boiled egg, cucumber, charred peppers, crunchy jicama, smoked Gorgonzola-ranch dressing

BERRETTA FARMS BEEF STIR FRY 24

rice noodles, wok fried beef + vegetables, ginger-kaffir lime soya sauce, Sriracha, almond-sesame crunch

GNOCCHI GRATIN 23

wild mushrooms, Brussels sprouts, kale, sweet corn, brown butter cream, Provolone, pistachio crumb

add: sautéed garlic prawns 5

add: buttermilk fried chicken thigh 5

GRILLED TRIPLE CHEESE SANDWICH 19

+ FIRE ROASTED TOMATO SOUP

Cantonnier, Gruyère, Gouda cheeses, crispy artisan bread

MAINS served from 5pm onwards

OUR SIGNATURE TRIPLE CHEESE 29

FONDUE FOR TWO

Cantonnier, Gruyère, Gouda cheeses, market vegetables, orchard fruits, nugget potatoes, fresh bread + croutons

add: roasted farmer sausage 4

BUTTERMILK FRIED DOUBLE BONE 37

PORK CHOP

smoked paprika + almond pesto fries, kale, heirloom tomatoes, rosemary chimichurri

KOREAN BRAISED BONELESS 32

BEEF SHORT RIB

scallion-butter whipped potatoes, ginger roasted rainbow carrots, Korean BBQ glaze, snap pea-radish salad

BOMBAY CURRIED VANCOUVER 36

ISLAND MUSSEL STEW

rockfish, prawns, potatoes, ginger, onions, charred peppers + fresh jalapeño, coconut-yellow curry sauce, garlic bread



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DESSERT

*All our desserts are made using the finest local & imported ingredients.
We are proud to offer our very own signature 68.4% 'Alpine Noir' & 43.2% 'Monashee Milk' chocolates,
both designed in Meulan France at the Cacao Barry Or Noir™ Laboratory.*

Please inform your server of any dietary restrictions.

DESSERT + SHARE

MASON JAR PUMPKIN CHEESECAKE

9

feuilletine crumb, winter spiced pumpkin cheesecake mousse, Dulce de Leche,
white chocolate curls + salted caramel crunch pearls

CHEF'S ALPINE NOIR CHOCOLATE CUSTARD

9

Monashee Milk chocolate bark, peanut butter crème, raspberry gel,
roasted pistachio, raw cocoa nib



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LITTLE MUNCHKINS MENU

*Choose from one of our kids entrées.
The meal is accompanied by a beverage and dessert.*

Please inform your server of dietary restrictions

\$15

10 Years & Younger

ENTRÉE

CRISPY CHICKEN TACOS

with lettuce, tomato, cheese + ranch sauce

JOHNSONVILLE HOTDOG + FRIES

TOMATO SAUCE + NOODLES

PLAIN CHEESEBURGER + FRIES

DESSERT

OREO ICE CREAM SANDWICH

Peanut/nut free