



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.

SOCIAL PLATES + STARTERS

PACIFIC YELLOWFIN 22

TUNA POKE

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

CALAMARI FRIES 19 ^{GF}

preserved lemon, herbs, tomato, charred peppers, scallions + harissa aioli

SMOKED GORGONZOLA ^{GF}

STUFFED BACON

WRAPPED DATES

Canadian maple glaze + spicy pecan

five pieces 12 ten pieces 23

FIRE ROASTED TOMATO SOUP

winter spiced cream, rustic croutons + shredded Asiago

small 10 large 15

HOUSE CHIPS 8 ^{GF}

rosemary salt + saffron aioli

CASUAL FARE

ANGUS BEEF STIR FRY 26

rice noodles, wok fried beef & vegetables, shashito chili peppers, ginger-kaffir lime soya sauce, almond sesame crunch

GRILLED TRIPLE CHEESE 22

SANDWICH+ FIRE ROASTED TOMATO SOUP

Cantonier, Gruyère, Gouda cheeses, crispy artisan bread

PLANT BASED

PLANT BASED 'TUNA' 18 ^V ^{GF}

POKE SPOONS

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

HARVEST VEGETABLE 18 ^V ^{GF}

SALAD

dairy free cheese, kale, cabbage, sprouted grains, marinated vegetables + roasted pumpkin seeds, cranberry vinaigrette

CRISPY TOFU STIR FRY 23 ^V

rice noodles, wok fried vegetables, shashito chili pepper, ginger-kaffir lime soya sauce, almond-sesame crunch

HAND HELD

Served with fries, or sub in a cup of fire roasted tomato soup for an additional \$2.95

SLOW SMOKED-PULLED 21

PORK TACOS

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

SIGNATURE BACON 21 ^{GF}

SMASH BURGER

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

^{GF} Gluten Free

^{GF} Gluten Free Option Available

^V Vegetarian

^V Vegan



THE WOODS

LITTLE MUNCHKINS LUNCH

*Choose from one of our kids entrées.
The meal is accompanied with a beverage and followed by an ice cream cup.
Please inform your server of dietary restrictions*

\$15

10 Years & Younger

ENTRÉE

CRISPY CHICKEN TACOS

with lettuce, tomato, cheese & ranch sauce

ALL BEEF HOTDOG + FRIES

BEEF or TOFU STIR-FRY

PLAIN CHEESEBURGER + FRIES

vegetarian option available

DESSERT

ICE CREAM

Peanut/Nut Free