

Dinner

Salads

NOBLE SALAD 16

Oregon Dungeness Crab, Bay Shrimp, Arcadian Greens, Avocado, Artichoke Hearts, Pickled Onions, Sunflower Seeds, Lemon Vinaigrette



ROASTED BEET SALAD 10

Baby Arugula, Lemon Vinaigrette, Orange Segments, Fennel, Blue Cheese Dressing

SMALL CAESAR 4

Garlic Croutons, True Parmesan, Chopped Romaine, House Caesar Dressing

House Made Salad Dressings

Buttermilk Ranch

Blue Cheese

Caesar

Lemon Vinaigrette 

Dinner

FILET MIGNON 22*

Seared Beef Filet, Caramelized Onion Dijon Butter, Crispy Shallots, Sour Cream and Cheddar Twice-Baked Potato, Served with Choice of Seasonal Vegetable

SEARED KING SALMON 19*

Cranberry Apple Relish, Microgreens over Herb and Garlic Roasted Red Potatoes, Served with Choice of Seasonal Vegetable

LEMON & HERB BUTTER ROASTED CHICKEN 15

Airline Chicken Breast, Chicken Demi, Grilled Lemon, Mashed Potatoes, Served with Choice of Seasonal Vegetable

SEAFOOD RISOTTO 15

Salmon, Bay Scallops, Manilla Clams, Peas, Asparagus, Gremolata, Creamy Parmesan Risotto

BAKED MUSHROOM RAVIOLI

BOLOGNESE 15

Italian Sausage, Ground Beef, Mushrooms and Tomato Sauce Tossed with Porcini Mushroom Ravioli, Served with Cheesy Garlic Focaccia Bread

FENNEL POLLEN CRUSTED

BONELESS PORK LOIN 16

Apple Chutney, Mashed Potatoes and Sautéed Greens + Lardons (Dairy Free without Mashed Potatoes) 

DUCK BREAST A L'ORANGE 22

Orange Shallot Gastrique, Herb Salt, Roasted Red Potatoes, Served with Choice of Seasonal Vegetable

Sides

Seasoned Fries	Peas
Onion Rings	Broccoli
Mashed Potatoes	Fresh Fruit
Brown Rice	Seasonal

DIETARY



Gluten Free



Dairy Free



Vegetarian



Vegan



Low-Salt

MARY'S WOODS

* Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness

Wellness Cuisine

A Mindful Approach to Eating

LOW SODIUM OPTIONS:

Mary's Organic Chicken Breast 12
Salmon 19
Beef Filet 22

Served with Brown Rice and
Choice of Seasonal Vegetable

LEAN & GREEN 22*

Seared 6 OZ. Tenderloin of Beef
Served with Steamed Greens,
Broccoli, and Lemon

SALMON LEAN & GREEN 19*

Seared Salmon Served with Steamed
Greens, Broccoli, and Lemon

GREEK PRAWN BOWL 15

Green Tahini Sauce, Chickpeas,
Avocado, Pickled Onions, Tomatoes,
Crispy Pita Chips, Smoked
Almond Cous Cous
(Substitute Brown Rice for Gluten Free) 
(Dairy Free without Feta) 

LIGHTER LEMON & HERB BUTTER ROASTED CHICKEN 15

Airline Chicken Breast, Served with
Sweet Potatoes and Sautéed Greens,
Spinach, + Tomato Medley

Sides

Brown Rice
Seasonal Vegetable
Fresh Fruit
Peas
Broccoli

Desserts

STICKY TOFFEE PUDDING CAKE 5

With Sea Salt

MARIONBERRY PIE 5

With Fresh Whipped Cream

FLOURLESS CHOCOLATE CAKE 6

With Fresh Whipped Cream

(Vegan without Whipped Cream) 

ICE CREAM 2.5

Vanilla · Chocolate · Sorbet

Beverages


SOFT DRINKS

Coke · Diet Coke · Sprite · Root Beer

JUICE

Orange · Cranberry · Lemonade
· Apple · Tomato

MILK & ALTERNATIVES

Whole · 2% · Skim
· Almond · Coconut · Soy 

COFFEE & TEA

K&F Regular & Decaf Coffee
Smith Assorted Teas · Smith Iced Black Tea