

# Mary's Woods Sample Menu

## Salads and Starters

GREEN SALAD 8   

Cucumber, Tomato, Olives, Carrot, Radish,  
Choice of Dressing

CAESAR SALAD 8

Romaine Hearts, Parmesan Cheese, Focaccia  
Croutons, Traditional House Caesar Dressing

CRUDITÉS 8   

Carrot Sticks, Radish, Tomatoes, Cucumber,  
Pickle, Olives, Hummus

STRAWBERRY RHUBARB SALAD 11   

Fresh Strawberries, House Pickled Rhubarb,  
Red Onions, Sliced Avocado, Baby Spinach,  
Roasted Pistachios, Balsamic Vinaigrette

ASPARAGUS SALAD 10 

Arugula, Blanched Asparagus, Shaved  
Parmesan, Semi-Dried Tomatoes, Marcona  
Almonds, Meyer Lemon Vinaigrette

SPRING PEA SALAD 10 

Green Garden, Sugar Snap & Snow Peas,  
Fresh Mint, Thinly Sliced Radish, Pea Shoots,  
Crumbled Feta Cheese, Champagne Vinaigrette

SHRIMP COCKTAIL 10  

Jumbo Chem-Free Poached Shrimp,  
House Cocktail Sauce, Lemon

SOUP DU JOUR 3 / 4

Scratch Made

## Dressings

BUTTERMILK RANCH

BLUE CHEESE

TRADITIONAL CAESAR

CUMIN-MINT VINAIGRETTE

CHAMPAGNE VINAIGRETTE

BALSAMIC VINAIGRETTE

VINEGAR & OIL

*All Dressings Made in House*

## Additions

GRILLED CHICKEN 4

KING SALMON 7\*

POACHED SHRIMP 5

## Dietary

 VEGAN

 DAIRY FREE

 GLUTEN FREE

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

# Mary's Woods Sample Menu

## Entrees

PRIME NY STEAK 18  

Herb Compound Butter, Mashed Potatoes, Seasonal Vegetable

CHICKEN AND TOMATO RELISH 15  

Grilled Mary's Chicken, Sun Dried Tomatoes, Grape Tomatoes, Olive Oil, Garlic, Basil, Basmati, Seasonal Vegetable

GREEK SHRIMP AND GRITS 16 

Sautéed Prawns, Feta, Spinach, Grape Tomatoes, Creamy Polenta, Seasonal Vegetable

THREE CHEESE RAVIOLI 14 

Parmesan, Pecorino Romano, Ricotta Filled Pasta, Marinara, Seasonal Vegetable

VEGAN TOFU BOWL 15   

Flash Fried marinated Tofu, Pickled Ginger, Carrots, Avocado, Purple Cabbage, Cucumber, Brown Rice

POACHED HALIBUT 16 

Wine Oven Poached Halibut, Sautéed Spinach, Fennel, Baby Kale, Lemon Dill Beurre Blanc, Seasonal Vegetable

MIDWEST FILET 20\* 

Herb Compound Butter, Mashed Potatoes, Seasonal Vegetable

LOW CARB 16  

Grilled Mary's Chicken or Seared King Salmon, Roasted Red Pepper Spread, Cottage Cheese, Local Side, Seasonal Vegetable

ORGANIC KING SALMON 18 

Seared King Salmon, Saffron Couscous, Dill Sauce, Seasonal Vegetable

THREE SISTERS BURGER 12\*

Oregon Natural Beef, Bacon, Lettuce, Tomato, Onion, Pickle, Special Sauce, Brioche Bun, Choice of Side, Choice of Cheese:

Cheddar • Swiss • Blue • Provolone,

Make it a Black Bean Garden Burger 

Try it with an Udi Bun 

## Sides

SEASONED FRIES

SWEET POTATO FRIES

ONION RINGS

ORGANIC BROWN RICE

PEAS

DAILY VEGETABLES

FRESH FRUIT

COLESLAW

COTTAGE CHEESE

KETTLE CHIPS