

BLUE OCEAN BAR & GRILL

LUNCH & DINNER MENU

SHARE PLATES

- Chicken Wings - GF** \$19
Choice of: buffalo hot, salt & pepper, teriyaki. Served with blue cheese or ranch to dip, carrot & celery sticks
- Dirty Fries - GF** \$11
Kennebec fries tossed in truffle oil, parmesan, parsley and bacon bits
- Yam Fries - V, GF** \$9
Fried and tossed in our in-house chipotle salt blend. Served with chipotle mayo
- Poutine** \$12
Kennebec fries with cheese curds, gravy and green onions
- Blue Ocean Nachos - GF** \$21
Tortillas double layered with cheddar cheese, ground beef, and pickled jalapenos. Served with cilantro crema, guacamole and pico de gallo dips

SOUPS & SALADS

- Blue Ocean Clam Chowder**
New England style bowl \$11 | cup \$8
with garlic toast
- Soup du Jour** bowl \$9 | cup \$6
with house made pita bread
- Blue Ocean Salad - GF, V** \$16
Mixed greens, toasted almonds, goats' cheese, dried cranberries, tomato, cucumber. Tossed in apple miso vinaigrette
- Caesar Salad - GF** \$16
Romaine lettuce with house made Caesar dressing, bacon bits, and croutons, parmesan cheese
- Cobb Salad - GF** \$21
Shredded romaine lettuce, sliced grilled chicken, diced tomatoes and avocado, bacon bits, sliced hard boiled egg, blue cheese crumble, ranch dressing
- Add to any salad or pasta:**
*garlic toast +2.5, tofu +3
 grilled chicken +6, sauteed prawns +7*

HANDHELDS

- served with soup, salad or fries
 Sub: caesar salad or yam fries +2 dirty fries +3*
- Breakfast Brioche** \$17
Fried egg, bacon, cheddar cheese, shredded romaine, pickled red onion, and sweet onion aioli on a brioche bun
- Blue Ocean Burger** \$18
*6 oz beef patty, cheddar cheese, shredded romaine, onion, tomato, and house burger sauce. Brioche bun
 add bacon +2*
- Turkey Club Sandwich** \$19
Sliced turkey breast, bacon, Swiss cheese, stuffing, cranberry sauce, shredded romaine, on toasted sourdough bread
- Beef Teriyaki Banh Mi** \$18
Thinly sliced and marinated beef with cucumber, pickled carrots, mayo, cilantro, house made banh mi sauce on buttered toasted baguette
- Falafel Wrap - V** \$17
House made falafels with shredded romaine, pickled red onions, cucumber, house made garlic and za'atar sauce with house made pita bread

PLATED

- Fish and Chips** 2pc \$17 | 3pc \$21
Ocean wise pacific cod battered and fried, kennebec fries, coleslaw, house made tartar sauce and lemon
- Steamed Mussels** \$22
*1 lb mussels cooked in white wine, cream, and garlic.
 Served with toasted baguette*
- Pasta alla Putanesca** \$19
Linguini with tomatoes, olives, capers, anchovy, garlic and chili peppers. Topped with grated parmesan cheese and toasted garlic bread

JOIN US FRIDAY NIGHTS FOR PRIME RIB DINNER 5PM – 7PM

6OZ - \$29.95 8OZ - \$33.95

DF—Dairy Free GF – gluten-free option V – vegetarian