

# BLUE OCEAN BAR & GRILL

## LUNCH & DINNER MENU

### SHARE PLATES

- Chicken Wings DF, GF \$20**  
*Choice of: Cholula hot, honey garlic, salt & pepper, dry cajun spiced, and Vietnamese bbq. Blue cheese or ranch.*
- Crispy Cajun Calamari \$18**  
*Served with fried jalapenos, chipotle aioli, black bean & corn salsa.*
- Dirty Fries GF \$10**  
*Kennebec fries tossed in parmesan, bacon bits, truffle oil and fresh herbs.*
- Crispy Pork Belly & Brussels Sprouts \$17**  
**DF, GF** *Tossed in caramelized onion jam & grainy Dijon. Served with pita bread.*
- Hummus & Pita V \$16**  
*Served with fried cauliflower and grilled pita bread.*
- Yam Fries DF, GF, V \$9**  
*Cajun seasoned, served with chipotle aioli.*

### SOUPS, SALADS & BOWLS

- Soup du Jour bowl \$ 11 | cup \$9**  
**Add to any salad or bowl:**  
*grilled chicken skewer, tofu, pork belly +\$6  
crispy chicken +\$7*
- Blue Ocean Salad DF, GF, V \$15**  
*House blend of super greens, cucumber, grape tomatoes, shredded carrot, sun dried cranberries and slivered almonds.  
Choice of: champagne vinaigrette, sesame tahini or chipotle lime dressing.*
- Super Greens Caesar Salad \$16**  
*Brioche croutons, asiago cheese, bacon bits, creamy Caesar dressing.*
- Southwest Salad GF, V \$15**  
*House greens, feta cheese, roasted corn & black bean salsa, grape tomato, pickled cabbage, cilantro, chipotle-lime dressing.  
Served with corn tortillas.*
- Mother Earth Bowl GF, VG \$16**  
*Cauliflower rice, fried tofu, shredded carrot, mixed super greens, pickled cabbage, slivered almonds, sesame tahini dressing, and everything seasoning.*

### HANDHELDS

- served with soup, salad or fries  
substitute with: caesar salad or yam fries +\$2 ea*
- Breakfast Brioche \$16**  
*Fried egg, bacon, cheddar cheese, shredded romaine, pickled red onion, sweet onion aioli, on a toasted brioche bun.*
- Chuck Burger \$19**  
*6 oz beef patty, cheddar cheese, bacon, shredded romaine, red onion, house pickles, burger sauce on brioche bun.*
- Souvlaki \$18**  
*Choice of grilled chicken or falafel served on grilled pita with tzatziki, feta cheese, pickled red onions, shredded romaine and kalamata olives.*
- French Onion Beef Dip \$21**  
*Thinly sliced slow roasted sirloin, sweet onion jam and Swiss cheese on a ciabatta bun. Served with French onion jus.*
- Crispy Chicken Club \$21**  
*2 chicken thighs, bacon, Swiss cheese, shredded romaine, pickled red onions, sweet onion aioli on a ciabatta bun.*

### PLATED

- Souvlaki Dinner \$22**  
*Choice of grilled chicken or crispy falafel. Greek style cauliflower rice salad, pickled red onions, tzatziki and grilled pita.*
- Fish and Chips 3pc \$17 | 5pc \$21**  
*Ocean wise pacific cod panko crusted and fried, house cut kennebec fries, coleslaw and tartar sauce.*
- Chicken Strips 3pc \$17 | 5pc \$22**  
*Golden fried chicken strips, kennebec fries and small house salad. Choice of dipping sauce: honey Dijon or chipotle aioli.*

### KIDS MENU - \$11 each

- Chicken Fingers and fries, dipping sauce**  
**Beef Hot Dog and fries**  
**Fish Sticks & fries**