

BLUE OCEAN BAR & GRILL

LUNCH & DINNER MENU



SHARE PLATES

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

SOUPS, SALADS & BOWLS

- Soup du Jour bowl \$ 11 | cup \$9**
Chef's daily creation
- Blue Ocean Salad DF, GF, V \$15**
House blend of super greens, cucumber, grape tomatoes, shredded carrot, slivered almonds and sun dried cranberries. 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 Crispy Chicken Salad \$21**
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.

DF—Dairy Free

GF - gluten free option

V - vegetarian

VG—vegan

HANDHELDS

*served with soup, salad or fries
 add to any burger: cheese + \$2, bacon +\$2.50
 caesar salad, 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, chipotle aioli on a ciabatta bun.

PLATED

- Souvlaki Dinner \$22**
Choice of grilled chicken or crispy falafel. Served with Greek style cauliflower rice salad, pickled red onions, tzatziki and grilled Naan.
- Fish and Chips 2pc \$17 | 3pc \$20**
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

**DAILY DINNER
 FEATURES**

DESSERT

ask your server for today's dessert special