



## LUNCH AND DINNER

### SOUPS

**New England Clam Chowder** 12  
*vegetables, fresh herbs, bacon  
crispy croutons*

**Chef's Housemade  
Soup of the Day** 7

### FROM THE GARDEN

**Mixed Greens** 8  
*artisan greens, curly carrots, tomato,  
cucumber, croutons, shaved beets  
in a house vinaigrette*  
**add chicken or coho salmon +6**

**West Coast Caesar** 14  
*house caesar salad with sautéed  
prawns and scallops, tomato, candied  
pecans, asiago, avocado, pancetta,  
croutons and dressing*

**Chicken Cranberry Pecan** 14  
*artisan greens and romaine with  
grilled chicken breast, candied pecans,  
craisins, green apple and goat cheese*

**Ahi Tuna Poke** 18  
*fresh avocado, toasted black sesame  
oil, nori, cherry tomatoes, pineapple,  
sriracha aioli, lemon garlic sticky rice*

### HANDHELDS

*served with hand cut Kennebec fries  
or artisan greens  
sub caesar, soup, yam fries +2*

**Smoked Reuben** 14  
*traditional Montreal smoked meat  
with cheese, sauerkraut, mustard*

**California Chicken Stack** 15  
*grilled chicken breast on ciabatta,  
avocado, lettuce, bacon, tomato,  
smoked white cheddar, house sauce*

**Ultimate Grilled Cheese** 12  
*white smoked cheddar, bacon,  
fried tomato, crispy Spanish onions  
on sourdough*

**Beef Dip** 15  
*shaved prime rib sautéed in French jus,  
served on ciabatta with crispy onions*

**Grilled Chicken Wrap** 15.5  
*grilled shaved chicken breast, avocado,  
artisan greens, tomato, red onion,  
cheese and ranch dressing \*Thai it up!  
swap asian sauce for ranch dressing*

**Toasted Shrimp Clubhouse** 14.5  
*baby shrimp, avocado, lettuce,  
cucumber, tomato on ciabatta,  
chipotle mayo*

### BURGERS

*all our burgers are made in house  
using black angus beef and  
served with hand cut Kennebec  
fries or artisan greens  
sub caesar, soup, yam fries +2*

**Deluxe** 12  
*lettuce, tomato, onion,  
pickle and house sauce*  
**add bacon, cheese +5**

**Blue Ocean Signature** 16  
*fully loaded*

**Wild Mushroom & Swiss** 16  
*lettuce, tomato, onion,*

### PASTA & RICE DISHES

**Chicken or Prawn  
Fettucine Asiago** 20  
*choose shaved char-grilled  
chicken or sautéed prawns  
tossed with wild mushroom  
and spinach in an asiago  
cream sauce, served with  
garlic toast*

**Coconut Curry  
Rice Bowl** 18  
*a medium-spiced feast of  
chicken, coconut, red curry  
and bok choy over a generous  
serving of rice*

### SHARE PLATES

**Chicken Wings** 15  
*pound of meaty, mouthwatering  
wings; choice of whiskey bbq,  
honey garlic, teriyaki, salt & pepper*

**Calamari** 15  
*lightly breaded and fried served  
with tzatziki and chipotle mayo*

**Poutine** 14  
*hand cut fries, cheese curds, gravy*

**Grilled Seasonal  
Vegetables** 14  
*pesto cream sauce with  
goat cheese crumble*

**Flat Bread** 16.5  
*prawns or chicken baked with pesto,  
roasted red pepper, caramelized  
onions, arugula, brie, and drizzled  
with balsamic reduction*

### WEEKLY FEATURES

#### MONDAY

Ginger Teriyaki Stir Fry 14

#### TUESDAY

All Burgers 2 OFF

#### WEDNESDAY

Local's Day 10% OFF Food Items

#### THURSDAY

Toasted Shrimp Clubhouse 12.5

#### FRIDAY

Prime Rib Night 20 / 24

#### SATURDAY

California Chicken Stack 13

#### SUNDAY

Smoked Reuben 12

**NOT VALID WITH OTHER  
FOOD DISCOUNTS**

### MAIN PLATES after 5pm

**Wild Coho Salmon** 19  
*pan seared to medium rare and  
served with crispy capers in a  
ginger teriyaki sauce, seasonal  
vegetables, sticky rice*

**Rib Eye Steak** 27  
*AAA angus rib eye, grilled to your  
preference, and glazed with thyme  
demi, served with garlic mashed  
potatoes and seasonal vegetables*

**Danish Baby Back Ribs** 21  
*full rack of ribs, glazed with  
blueberry barbecue garlic sauce,  
garlic mashed potatoes and  
seasonal vegetables*

**Ginger Teriyaki Stir Fry** 16  
*crispy farkay noodles, fresh  
seasonal vegetables, sticky rice*  
**add chicken or prawns +6**

**Daily Entrée Specials**  
*ask your server for details*

### TO FINISH

*please ask your server for our  
feature desserts*

*Prices are subject to tax and gratuity.  
20% gratuity will be added to tables of 9 or more.*