

# BLUE OCEAN BAR & GRILL

## LUNCH AND DINNER



### SOUPS

*served with toasted house bread*

**Soup of the Day** bowl \$7 | cup \$5

### SALADS

**West Coast Caesar Salad** \$19

*~Our Signature Salad~ dressed romaine lettuce topped with buttered prawns, scallops, bacon, candied pecans, tomato, avocado, croutons, asiago cheese, GF*

**Blue Ocean Mixed Greens** \$10

*mixed greens topped with carrot, cucumber, tomato, beet, croutons, and choice of dressing, GF*

*+add Grilled Chicken or Salmon | \$6 ea*

### SHARE PLATES

**Charcuterie Board** \$22

*selection of cured meats and artisan cheeses, with an assortment of fruit, pickled vegetable, chutneys, served with toasted house bread; perfect for sharing! GF*

**Dipping Duo** 12

*red pepper hummus and olive tapenade with seasoned flat bread, celery sticks, toasted house bread*

**Chicken Wings** \$15

*crispy or breaded, hot, honey garlic, bbq or salt & pepper, GF*

**Crispy Pork Belly** \$13

*soon to be the house favourite! braised pork belly fried until crispy topped with pickled vegetable, green onion and a hoisin BBQ drizzle, GF*

**Calamari** \$16

*house seasoned calamari with lemon and tzatziki*

**Yam Fries** \$8

*basket of wedge cut yam fries with chipotle aioli*

### FLAT BREADS

*cut into four pieces and served with a small salad; perfect for sharing*

**CCCO** \$16

*chicken, chorizo, caramelized onions, bocconcini cheese*

**Margherita** \$12

*fresh tomato, basil, bocconcini cheese, balsamic reduction*

**Roasted Vegetable** \$14

*roasted seasonal vegetables, goat cheese, bocconcini cheese, balsamic reduction*

### HANDHELDS

*served with soup, salad or fries*

**Blue Ocean Signature Burger** \$14

*hand-made 63 acres beef patty, house burger sauce, red onion, lettuce, tomato on a brioche bun*

*+add Bacon or Cheese | \$1.50 ea*

**Quinoa Burger** \$15

*house made quinoa patty, red pepper aioli, arugula, roasted red pepper, red onion on a brioche bun*

**Grilled Salmon Burger** \$16

*lemon and dill grilled salmon fillet, wasabi mayo, arugula, mango avocado salsa on a brioche bun*

**Cajun Chicken Po-boy** \$15

*cajun marinated chicken, shredded lettuce, tomato, pickles, cheddar cheese on a hoagie bun*

**Roast beef Po-boy** \$15

*slow cooked roast beef, debris gravy, lettuce, tomato, pickles, cheddar cheese on a hoagie bun*

**Chicken Ciabatta Club** \$16

*grilled chicken breast, bacon, smoked cheddar, lettuce, tomato, avocado on a toasted ciabatta bun*

### MAINS

*served with seasonal vegetables and choice of roasted baby potatoes, mash potatoes, or basmati rice*

**House Style Chicken Parmesan** \$23

*panko breaded chicken breast with house made tomato sauce and melted cheese, GF*

**Chimichurri Rib Eye** \$27

*8oz canadian ribeye grilled to perfection with flavourful chimichurri sauce, GF*

**Seared Salmon** \$24

*sockeye salmon topped tomato fennel relish, GF*

**Roasted Vegetable Penne** \$19

*penne with rustic tomato sauce, roasted vegetable, asiago cheese served with toasted house bread, GF*

*+add Grilled Chicken or Salmon | \$6 ea*

### KIDS MENU

*All Entrees \$8 ea*

**Chicken Fingers and Fries**

**All Beef Hot Dog and Fries**

**Mini Hamburger and Fries**

**Penne Pasta**

*tomato sauce, cheese sauce, or butter*

*+add Grilled Chicken | \$6*