

BLUE OCEAN BAR & GRILL

LUNCH & DINNER MENU



SOUPS

served with toasted house made garlic bread

Chef's Daily Creation bowl \$8 | cup \$6

SALADS

Pear and Walnut Salad (GF) \$14
mixed greens, Anjou pear, pea shoots, dried cranberries, asiago with blueberry balsamic dressing

+add Grilled Chicken or Salmon | \$4 ea

West Coast Caesar Salad \$18
~Our Signature Salad~ romaine lettuce, caesar dressing topped with seared tiger prawns, scallops, pancetta, tomato, candied walnuts, avocado, croutons, asiago

SHARE PLATES

Chicken Wings (GF) \$15
slow cooked for 6 hours and fried to perfection; choice of hot, honey garlic, bbq or salt & pepper

Calamari (GF) \$15
pan seared with garlic, red onion, red pepper, parsley served on a bed of mixed greens and topped with lemon juice, pea shoots and grapeseed oil

Yam Fries (GF) full \$8 | half \$5
wedge cut yam fries with house made chipotle aioli

French Fries (GF) full \$5 | half \$3
house cut kennebec fries

Poutine \$12
house cut kennebec fries, gravy, cheese curds

PASTAS

served with toasted house made garlic bread

Chorizo Penne \$18
seared chorizo, onions, garlic, in red wine tomato sauce, topped with bocconcini and asiago

Tiger Prawn Linguini \$19
tiger prawns, red onion, parsley, in creamy rose sauce, topped with herbs and asiago

FLAT BREAD

Chicken and Chorizo \$16
red curry marinated chicken, spanish dried chorizo, caramelized onion, bocconcini, asiago, balsamic reduction

Pear and Gorgonzola \$14
roasted pear, gorgonzola, caramelized onion, pea shoots, balsamic reduction

KIDS MENU

Chicken Fingers and Fries \$8
honey garlic sauce

All Beef Hot Dog and Fries \$8

Mini Hamburger and Fries \$8

Penne Pasta \$8
tomato sauce, cheese sauce, or butter
+add Grilled Chicken | \$4

HANDHELDS

served with soup, salad or fries

Blue Ocean Signature Burger \$15
house made 63 acres beef patty, house burger sauce, red onion, lettuce, tomato on a brioche bun
+add Bacon, Cheddar, or Sautéed Mushrooms | \$1.50 ea

Portabella Burger \$14
grilled portabella mushroom on a brioche bun with red pepper aioli, lettuce, tomato, red onion
vegan or gluten free options available—ask your server!

Grilled Salmon Burger \$16
wild pacific salmon, mild wasabi mayo, mango avocado salsa, red onion, lettuce, tomato on a brioche bun

Chicken Club \$16
grilled chicken breast, swiss cheese, bacon, avocado, lettuce, tomato, sundried tomato aioli on toasted sourdough

Crispy Chicken Caesar Wrap \$15
crispy chicken tenders, bacon, romaine lettuce, asiago, house made caesar dressing on a flour tortilla
+add Avocado | \$1.50

Reuben Sandwich \$16
house brined and smoked beef brisket, dijon aioli, house made sauerkraut, melted swiss on rye

Fish and Chips 2pc \$15 | 1pc \$11
locally caught pacific ling cod fried in a light batter with house cut kennebec fries, house marinated slaw, chipotle tartar sauce

MAINS

served with seasonal vegetables and choice of garlic mashed or basmati rice

Chicken Asiago \$20
panko breaded chicken breast with house made tomato sauce baked with smoked cheddar and asiago

New York Striploin (GF) \$27
grilled 8oz canadian aaa striploin cut in house topped with green argentine steak sauce

Seared Salmon (GF) \$24
seared wild pacific salmon topped with sweet and tangy avocado mango salsa

DESSERT

Crème Brulee \$8

Ask your server for today's dessert special