

BLUE OCEAN BAR & GRILL

LUNCH & DINNER MENU



SOUPS

served with toasted house made garlic bread

- Carrot Ginger Coconut** bowl \$7 | cup \$5
Chef's Daily Creation bowl \$7 | cup \$5

SALADS

Blue Ocean Mixed Greens (GF) \$12
topped with julienne carrot, cucumber, tomato, cranberries, toasted sunflower seeds, maple champagne dressing

+add Grilled Chicken or Salmon | \$4 ea

Roasted Beet Salad (GF) \$14
golden beets, candied walnuts, orange segments, pea shoots over mixed greens with honey lavender vinaigrette dressing

West Coast Caesar Salad \$12
~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 \$15
house breaded and seasoned calamari with lemon, pickled red onion, tzatziki

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

Pulled Pork Poutine \$12
house cut kennebec fries, house braised pulled pork, 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

Vegetarian Lasagna \$16
spinach, ricotta, peppers, zucchini, bechamel sauce between layers of fresh pasta baked with asiago

KIDS MENU

All Entrees \$8 ea

Chicken Fingers and Fries
plum sauce

All Beef Hot Dog and Fries

Mini Hamburger and Fries

Penne Pasta

tomato sauce, cheese sauce, or butter

+add Grilled Chicken | \$4

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

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 sundried tomato 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 roasted baby potatoes, yukon gold garlic mashed, or basmati rice

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

Chimichurri Rib Eye (GF) \$27
grilled 8oz canadian aaa certified angus rib eye 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