

# BLUE OCEAN BAR & GRILL

## LUNCH & DINNER MENU

### SHARE PLATES

- Chicken Wings - GF** \$19  
Choice of: buffalo hot, salt & pepper, teriyaki. Served with blue cheese or ranch dip, carrot & celery sticks
- Dirty Fries - GF** \$11  
Kennebec fries tossed in truffle oil, parmesan, parsley and bacon bits
- Yam Fries - V, GF** \$9  
Fried and tossed in our in-house chipotle salt blend. Served with chipotle mayo
- Poutine** \$12  
Kennebec fries with cheese curds, gravy and green onions
- Blue Ocean Nachos - GF** \$21  
Tortillas double layered with cheddar cheese, ground beef, and pickled jalapenos. Served with cilantro crema, guacamole and pico de gallo
- Steamed Mussels** \$21  
1 lb mussels cooked in white wine, cream, and garlic.  
Served with toasted baguette

### SOUPS & SALADS

- Blue Ocean Clam Chowder**  
New England style **bowl \$11 | cup \$8**  
with garlic toast
- Soup du Jour** **bowl \$9 | cup \$6**  
with house made pita bread
- Blue Ocean Salad - GF, V** \$16  
Mixed greens, toasted almonds, goats' cheese, dried cranberries, tomato, cucumber. Tossed in apple miso vinaigrette
- Caesar Salad - GF** \$16  
Romaine lettuce with house made Caesar dressing, bacon bits, and croutons, parmesan cheese
- Cobb Salad - GF** \$21  
Shredded romaine lettuce, grilled chicken, diced tomatoes, avocado, bacon bits, sliced hard boiled egg, blue cheese crumble, ranch dressing  
**Add to any salad:**  
garlic toast +2.5, tofu +3,  
grilled chicken +6, sauteed prawns +7

### HANDHELDS

- served with soup, salad or fries*  
*Sub: caesar salad or yam fries +2 dirty fries +3*
- Breakfast Sandwich** \$16.5  
Fried egg, bacon, cheddar cheese, shredded romaine, pickled red onion, and sweet onion aioli on a brioche bun
- Blue Ocean Burger** \$19  
6 oz beef patty, cheddar cheese, shredded romaine, onion, tomato, and house burger sauce. Brioche bun  
*add bacon +2*
- Turkey Club Sandwich** \$19  
Sliced turkey breast, bacon, Swiss cheese, stuffing, cranberry sauce, shredded romaine, toasted sourdough bread
- Beef Teriyaki Banh Mi** \$18  
Thinly sliced and marinated beef with cucumber, pickled carrots, mayo, cilantro, house made banh mi sauce on buttered toasted baguette
- Falafel Wrap - V** \$17  
House made falafels with shredded romaine, pickled red onions, cucumber, house made garlic and za'atar sauce with house made pita bread
- Chicken Caesar Wrap** \$16.5  
Perennial favorite with chicken strips and Caesar salad, wrapped in a tortilla

### PLATED

- Chef's Daily Pasta Creation**  
Daily pricing
- Fish and Chips** **2pc \$17 | 3pc \$21**  
Ocean wise pacific cod battered and fried, kennebec fries, coleslaw, house made tartar sauce and lemon
- Friday Night Prime Rib Night 5pm – 7pm**  
Deliciously prepared Prime Rib with mashed potato, seasonal vegetables, gravy, horseradish and Yorkshire pudding.  
**6oz - \$29.95 8oz - \$33.95**