

THE BLUE WAVE BAR & GRILL

DINNER MENU

SHAREABLES

CHIPS & GUACAMOLE  

house made guacamole with fresh pico de gallo and panela cheese served with chili-lime tortilla chips

\$10.00

CRAB CAKES

our house crab cakes served with a cajun mustard rémoulade, tropical salsa, and mixed greens

\$18.00

BUTTERFLY COCONUT SHRIMP

jumbo shrimp that are butterflied and panko breaded and served with sweet chili sauce

\$14.00

BAJA SHRIMP COCKTAIL

baja inspired citrus cocktail sauce with a tropical fruit salsa and jumbo herb poached shrimp, served with chili-lime tortilla chips

\$18.00

SHISHITO PEPPERS 

blistered shishito peppers tossed with ponzu soy sauce, garlic, and furikake seasoning served with a yuzu aioli

\$14.00

BRUSSEL SPROUTS 

roasted brussel sprouts tossed in a pomegranate balsamic glaze and topped with crispy pancetta, and parmesan cheese

\$16.00

ORANGE "CHICKEN" CAULIFLOWER 

breaded and fried cauliflower that is tossed in a sweet and spicy asian inspired orange glaze and topped with sesame seeds and green onion

\$13.00

SOUP & SALADS

add chicken \$5, salmon \$7, shrimp \$7, or steak \$10 to any salad

make any salad a wrap served with house tortilla chips for an additional \$2

RASPBERRY GORGONZOLA  

mixed greens tossed with raspberry lemon vinaigrette and topped with gorgonzola cheese, cranberries, candied walnuts, and diced apple

\$12.00

CAESAR

romaine hearts tossed with caesar dressing and topped with house-made herbed croutons, parmesan cheese, a lemon wedge. Garnished with a house-made parmesan cheese crisp

\$12.00

WEDGE SALAD 

baby iceberg lettuce, gorgonzola crumbles, cherry tomatoes, crispy pancetta, and caramelized onions with ranch dressing and balsamic glaze drizzled on top

\$14.00

LOBSTER SALAD

butter lettuce coated with green goddess dressing, and topped with lobster knuckle and claw meat, hearts of palm, and chives

\$19.00

CHICKEN TORTILLA SOUP 

our hearty chicken tortilla soup recipe topped with tortilla strips and fresh cut cilantro

\$14.00

a 4% surcharge will be added to all guest checks to help cover increasing cost and in our support of the recent increase to minimum wage and benefits for our dedicated Team Members

our Marina discount will only be given to our shelter island marina tenants and is only valid for food & parties of up to 4 people

ENTREES

BLUE WAVE BURGER

grilled 8oz beef patty on a pretzel bun with butter lettuce, tomato, pickles, caramelized onions, white cheddar cheese, and thousand island dressing served with fries

\$19.00

beyond meat vegan burger patties available for an additional \$2

add bacon \$2, egg \$2, or avocado \$2

SHORT RIB RAGU PASTA

slow braised short rib shredded and tossed with our creamy mushroom ragu sauce and fresh pappardelle pasta, topped with crispy onion strings

\$27.00

GRILLED NEW YORK STEAK GF

8oz new york steak served with miso glazed bok choy, herbed baby yukon potatoes, and topped with demi glace & chimichurri sauce

\$30.00

CHICKEN MILANESE

pounded chicken breast that's battered and fried, served with house garlic smashed potatoes, and topped with a red onion, oil & vinegar dressed spring mix

\$24.00

FREE RANGE CHICKEN

bone-in jidori chicken breast topped GF with a lemon jus and served with sweet corn risotto, and our house brussel sprouts

\$27.00

GRILLED FISH TACOS GF

grilled catch of the day on 2 corn tortillas with avocado, cabbage, and a tropical fruit fresh salsa served with a side of chips and salsa

\$18.00

BEER BATTERED HALIBUT FISH & CHIPS

fried halibut using our house beer batter and served with our house slaw, fries, and tartar sauce

\$24.00

TIKI STYLE SALMON

8oz salmon filet grilled and glazed with a hawaiian style sauce served on top of furikake seasoned hapa rice and a side of asparagus topped with a tropical salsa

\$29.00

FRUTTI DI MARE GF

mussels, clams, shrimp, and scallops cooked in our spanish style sofrito sauce with bell peppers and snap peas and then served on top of our house hapa rice

\$34.00

CATCH OF THE DAY GF

fresh local fish pan seared and served with miso glazed bok choy, herbed baby yukon potatoes, pattypan squash, and topped with fresh greens

\$29.00

SWEET CORN RISOTTO V GF

honey roasted sweet corn, sun dried tomatoes, asparagus and wild mushrooms tossed in our creamy risotto topped with parmesan and parsley

\$26.00

add chicken \$5, salmon \$7, shrimp \$7, or steak \$10

PENNE POMODORO V

penne pasta tossed in our signature pomodoro sauce with sautéed cherry tomatoes and garlic topped with freshly grated parmesan, and basil

\$18.00

add chicken \$5, salmon \$7, shrimp \$7, or steak \$10



for parties of 6 or more 20% gratuity will be added to the bill

Consuming raw or under cooked meats, poultry, seafood, shellfish, eggs or unpasteurized milk may increase your risk of foodborne illness.

*These items are served raw or under cooked or may contain raw or under cooked ingredients.

GF gluten free V vegetarian, may contain eggs or dairy