

LUNCH MENU

BLUE WAVE BAR & GRILL

SHAREABLES

CHIPS & GUACAMOLE \$12

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

CHIPS & SALSA \$10

house made fire roasted red salsa served with chili-lime tortilla chips

COCONUT SHRIMP \$15

butterflied and panko crusted jumbo shrimp served with a sweet chili sauce

CALAMARI \$14

panko battered and fried calamari strips cooked until golden brown and served with our house tarter sauce and lemon

NACHOS \$14

beer cheese, pico de gallo, corn and bean salsa, jalapeños, topped with cilantro lime crema

add chicken \$5, lobster \$10, shrimp \$7, steak \$10

SOUP / SALAD

CLAM CHOWDER

your favorite creamy clam chowder served with oyster crackers

\$13 Bowl/\$7 Cup

CAESAR SALAD \$13

romaine hearts tossed with caesar dressing and topped with house-made herbed croutons, and parmesan cheese

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

RASPBERRY GORGONZOLA \$13

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

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

BEET SALAD \$16

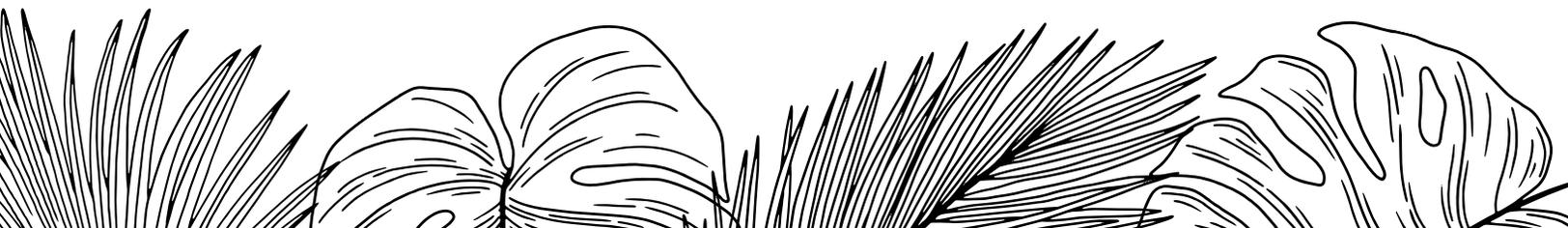
arugula tossed with honey-champagne vinaigrette and topped with roasted red & gold beets, toasted almonds, goat cheese crumbles, dried cranberries, and farro grains

CALIFORNIA COBB \$16

oven roasted turkey, diced tomatoes, chopped bacon, avocado, blue cheese crumbles, hard boiled egg, and blue cheese dressing



a 5% 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



*all sandwiches served with french fries
unless upgraded to fruit or side salad for
additional \$1.50*

FRIED CHICKEN SANDWICH \$20

locally made sadie rose bun, panko crusted chicken, house slaw, pickles, pickled peppers, and our house island sauce

CUBAN SANDWICH \$20

pork carnitas on a toasted hoagie roll with ham, pickles, creole mustard, and pepper jack cheese. pressed flat panini style

FRENCH DIP \$20

sliced prime rib dipped in our caramelized onion au jus on a locally made sadie rose sandwich roll with swiss cheese and horseradish cream

REUBEN SLIDERS \$20

thinly sliced pastrami and sauerkraut on king's hawaiian rolls with thousand island sauce and swiss cheese

CALIFORNIA CLUB \$20

house oven roasted turkey and hickory smoked ham on toasted sourdough with avocado, lettuce, tomato, applewood smoked bacon, melted pepper jack cheese, and roasted garlic aioli

BLUE WAVE BURGER \$20

a custom burger grind using certified angus brisket, angus chuck, and duroc pork belly on a pretzel bun with butter lettuce, tomato, pickles, caramelized onions, white cheddar cheese, and our signature island sauce

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

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

FISH & CHIPS \$24

alaskan cod fried using our house beer batter and served with our house slaw, and tartar sauce

PENNE POMODORO \$19

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

add chicken \$5, salmon \$7, shrimp \$7, 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.*



Vegan Options available



gluten free



vegetarian, may contain eggs or dairy

