

THE BLUE WAVE BAR & GRILL

LUNCH MENU

STARTERS

CHIPS & GUACAMOLE

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

\$10.00

BUTTERFLY COCONUT SHRIMP

jumbo shrimp that are butterflied and panko breaded and served with a 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

AVOCADO TOAST

our famous avocado toast topped with whipped cream cheese, fresh sliced avocado, and "everything bagel" seasoning served on thick cut Sadie Rose sourdough bread

\$14.00

ORANGE "CHICKEN" CAULIFLOWER

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

\$13.00

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

RASPBERRY GORGONZOLA

mixed greens tossed with a 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, and garnished with a house made parmesan cheese crisp

\$12.00

CHICKEN TORTILLA SOUP

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

\$14.00

SANDWICHES & SUCH

BLUE WAVE BURGER

grilled 8oz beef patty on a Sadie Rose pretzel bun with 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

GRILLED FISH TACOS

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

STEAK SANDWICH

sliced new york steak served on a torta roll with our signature house made chimichurri aioli, crispy onion strings, roasted peppers, and pepper jack cheese, served with a side of fries

\$23.00

CALIFORNIA TURKEY SANDWICH

oven roasted turkey on toasted sourdough with avocado, tomato, melted pepper jack cheese, and roasted garlic aioli served with fries

\$16.00

FRENCH DIP

thinly sliced prime rib dipped in our caramelized onion jus, and placed on a torta roll with creamy horseradish and swiss cheese served with a side of au jus and fries

\$19.00

upgrade your side to fruit for \$1, salad for \$1.50, or truffle parmesan fries for \$2 with any sandwich

PENNE POMODORO

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.

 gluten free  vegetarian, may contain eggs or dairy

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