



# THE BLUE WAVE BAR & GRILL

## BREAKFAST MENU



### HOUSE FAVORITES

#### YOGURT PARFAIT \$12

vanilla yogurt layered with fresh seasonal berries, granola and our house strawberry jam served with fresh fruit

#### CHICKEN FRIED STEAK \$19

buttermilk biscuit split open with a chicken fried steak on top, covered with our sausage gravy and topped with a sunny side up egg

#### BREAKFAST BURRITO \$17

flour tortilla filled with scrambled egg, potato, avocado, cheese, and choice of bacon, ham, sausage, or turkey sausage served with pico de gallo and breakfast potatoes

#### BREAKFAST B.E.L.T. \$18

locally made sadie rose sourdough with scrambled eggs, bacon, lettuce, and tomato with our house made herb aioli. Served with breakfast potatoes

#### CLASSIC BENEDICT \$21

poached eggs covered in our house hollandaise sauce perched on top of an english muffin with ham and arugula greens, served with breakfast potatoes

#### CHICKEN & WAFFLES \$20

belgium style waffle topped with a fried chicken breast that is drizzled with a jalapeno bacon honey and dusted with powdered sugar. served with our house made blueberry syrup

#### SHORT RIB & EGGS \$25

slow braised short rib glazed with chimichurri and served with breakfast potatoes and 2 eggs any style

#### GRANDMA'S PANCAKES \$15

grandma's signature recipe buttermilk pancake batter cooked to perfection served with whipped butter, fresh berries, and maple syrup

#### CLASSIC AMERICAN \$17

choice of bacon, ham, sausage, or turkey sausage, with 2 eggs your way, breakfast potatoes, choice of toast served with coffee or juice

#### MONTE CRISTO SANDWICH \$16

black forest ham and swiss cheese sandwich made with thick cut brioche that's tempura battered and deep fried until golden brown, then dusted with powdered sugar and served with our house made jams and a side of grapes

#### EGG MCMUFFIN \$16

spinach and goat cheese frittata on an english muffin with fresh sliced tomato, red onion, avocado, and house garlic aioli served with fruit

#### CONTINENTAL \$10

choice of toast with fresh sliced fruit, and either coffee, tea, or juice

#### ACAI BOWL \$16

granola, coconut, seasonal fruit, honey, and 3 scoops of organic acai sorbet

**upgrade your breakfast potatoes to fruit on any plate for \$1**

### CHEF'S CHOICE

#### AVOCADO TOAST \$13

toasted thick cut sourdough topped with whipped cream cheese, sliced avocado, and "everything bagel" seasoning

**add 2 eggs any style \$4, add smoked salmon \$6**

#### RAFA'S BANANA PANCAKES \$16

rafa's homemade banana pancake batter recipe cooked to perfection served with a nutella drizzle, sliced bananas, fresh berries, candied walnuts and a house made pineapple syrup

#### SHORTRIB CHILAQUILES \$20

thick cut tortilla chips fried and tossed in our house made salsa topped with queso fresco, short rib, habanero onion, diced avocado, cilantro, black beans, and 2 sunny side up eggs

#### TROPICAL OATMEAL \$14

our house made oatmeal topped with orange segments, bananas, diced mango, and toasted coconut flakes. served drizzled with coconut milk

#### KETO BREAKFAST QUESADILLA \$17

melted feta and mozzarella cheese "tortilla" filled with sliced tomatoes, avocado, and 2 eggs cooked your way served with a side of fruit

#### MACHACA BAGEL SANDWICH \$21

toasted bagel filled with smashed avocado, peppers, onions, pepperjack cheese, and short rib machaca scrambled eggs with a ranchero salsa dipping sauce served with breakfast potatoes

#### ISLAND FRENCH TOAST \$15

2 pieces of brioche topped with coconut, fresh berries, and house whipped cream

 gluten free  vegetarian, may contain eggs or dairy

 **vegan options available**

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.



# OMELETTES

## MEAT LOVERS \$17

3 egg omelette with bacon, sausage, and ham. Served with breakfast potatoes and choice of toast

## DENVER \$17

3 egg omelette with ham, bell peppers, onions, and jack cheese. Served with breakfast potatoes and choice of toast

## VEGGIE \$16

3 egg omelette with mushroom, spinach, onion, and bell peppers. Served with breakfast potatoes and choice of toast

## DOCKMASTER \$20

3 egg omelette with fresh crab meat, asparagus spears, wild mushrooms, red onion, and sun dried tomatoes topped with our house cream cheese hollandaise. Served with breakfast potatoes and choice of toast

## GREEK SUNRISE \$16

3 egg omelette with spinach, heirloom tomatoes, feta cheese, and kalamata olives. Served with breakfast potatoes and choice of toast

*add additional items to any omelette,  
\$1 - onion, peppers, tomato, mushrooms, or spinach  
\$1.5 - choice of breakfast meat, cheese, or pico de gallo  
\$2 - sub for egg white, add avocado*

# ALA CARTE ITEMS

PASTRY OR MUFFIN	\$4.00
BAGEL & CREAM CHEESE	\$5.00
CUP OF YOGURT	\$5.00
CHOICE OF TOAST	\$4.00
SIDE OF BREAKFAST MEAT	\$7.00
ONE PANCAKE	\$6.00
2 EGGS YOUR WAY	\$5.00
BREAKFAST POTATOS	\$4.00

COFFEE, DECAF & HOT TEA	\$4.50
COLD BREW COFFEE	\$5.00
SODAS -PEPSI, PEPSI ZERO, STARRY, ICED TEA, LEMONADE, PINEAPPLE CREAM, ORANGE HIBISCUS, LEMONBERRY ACAI	\$4.00
JUICES - APPLE, ORANGE, PINEAPPLE, CRANBERRY, MANGO-PEACH, STRAWBERRY-DRAGONFRUIT	\$4.50
SMART WATER 20 OZ.	\$4.00 1L \$7.00

**TROPICAL GREENS SMOOTHIE \$8**  
*a tropical blend of banana, pineapple, spinach, cucumber, and sweet potato*

**STRAWBERRY BANANA SMOOTHIE \$8**  
*a refreshing blend of strawberry, banana, sweet potato and pineapple*

# BREAKFAST COCKTAILS

**BLUE WAVE BLOODY (OR) BLOODY MARIA \$13**  
*Choice of Spicy Vodka or Hornitos Blanco Tequila and House Bloody Mix*

**ISLAND COLD BREW \$15**  
*Jägermeister Cold Brew flavored Liqueur, Licor 43 Horchata Liqueur and Cold Brew over Ice with Whipped Cream*

**BAYSIDE BELLINI \$10**  
*Peach and Blood Orange Purees with Brut Sparkling Wine*

**COCONUT PALMS STRAWBERRY ALARM CLOCK \$14**  
*Los Sundays Coconut Tequila, Strawberry Puree, and Lime Juice*

**for parties of 6 or more: an automatic 20% gratuity will be added to the bill**

**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**