



THE BLUE WAVE BAR & GRILL

BREAKFAST MENU




LIGHT BREAKFAST

YOGURT PARFAIT \$12 
vanilla yogurt layered with fresh seasonal berries, granola and our house strawberry jam served with fresh fruit

CLASSIC OATMEAL \$10  
served with fresh sliced fruit, brown sugar and raisins, all on the side

CONTINENTAL \$10  
choice of toast with fresh sliced fruit, and either coffee, tea, or juice


AVOCADO TOAST \$12 
toasted thick cut sourdough topped with whipped cream cheese, sliced avocado, and "everything bagel" seasoning
add 2 eggs any style \$3, add smoked salmon \$6

MACHACA SCRAMBLE \$16
our house slow braised short ribs shredded and then scrambled with salsa fresca and fire roasted poblano peppers topped with our ranchero salsa served with 2 corn tortillas

BREAKFAST SPECIALTIES

ask your server about our vegan/vegetarian protein options

CROISSANT SANDWICH \$17
freshly baked butter croissant with scrambled eggs, bacon, and cheddar cheese. Served with breakfast potatoes

BREAKFAST BURRITO \$16 
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


SHORT RIB & EGGS \$24 
slow braised short rib glazed with chimichurri and served with breakfast potatoes and 2 eggs any style



GRANDMA'S PANCAKES \$14 
grandma's signature recipe buttermilk pancake batter cooked to perfection served with whipped butter, fresh berries, and maple syrup

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

CLASSIC BENEDICT \$20
poached eggs covered in our house hollandaise sauce perched on top of an english muffin with ham and arugula greens, served with breakfast potatoes

ISLAND FRENCH TOAST \$14 
2 pieces of brioche topped with coconut, fresh berries, and whipped cream

CLASSIC AMERICAN \$16 
choice of bacon, ham, sausage, or turkey sausage, with 2 eggs your way, breakfast potatoes, choice of toast served with coffee or juice

ACAI BOWL \$16  
granola, coconut, seasonal fruit, honey, and 3 scoops of organic acai sorbet

CHICKEN FRIED STEAK \$18
buttermilk biscuit split open with a chicken fried steak on top, covered with our sausage gravy and topped with a sunny side up egg
upgrade your breakfast potatoes to fruit on any plate for \$1

OMELETTES

MEAT LOVERS \$16
3 egg omelette with bacon, sausage, and ham. Served with breakfast potatoes and choice of toast

DENVER \$16
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

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

 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.

ALA CARTE ITEMS

PASTRIES OR MUFFINS \$3.75
COLD CEREALS & MILK \$6.00
BAGEL & CREAM CHEESE \$5.00
CUP OF YOGURT \$4.00
CHOICE OF TOAST \$4.00

COFFEE, DECAF & HOT TEA, HOT COCO \$4.00
COLD BREW COFFEE \$4.50
COKE, DIET COKE, COKE ZERO, SPRITE,
ROOTBEER, ICED TEA \$3.00
APPLE, ORANGE, PINEAPPLE JUICE \$3.50
SMART WATER 20 OZ. \$4 1L \$7.00
SAN PELEGRINO SPARKLING WATER 1L \$8

BREAKFAST COCKTAILS \$12

BLUE WAVE BLOODY MARY
Monterey Bay Spicy Vodka and House Bloody Mix

BAYSIDE BELLINI
Peach and Blood Orange Purees with Brut Sparkling Wine

ISLAND COLD BREW
*Jägermeister Cold Brew flavored Liqueur, Licor 43
Horchata Liqueur and Cold Brew over Ice with
House Cinnamon Whipped Cream*

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

CALI 75
*Gray Whale California Botanical Gin, Simple Syrup,
Lemon Juice, Brut Sparkling Wine*

CARIBBEAN DARK AND STORMY
*Gosling's Dark Rum with Ginger Beer, Lime
Juice, and Tiki Bitters*



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