



*Welcome to the
BEST WESTERN PLUS
Island Palms Hotel!*

Whether you're staying in our original Island Palms rooms, the Casa Marina, or the Mediterranean-style Casa del Mar building, our friendly staff is committed to providing you with the best travel experience possible during your stay here at The Island Palms.

In addition to the warm, friendly Blue Wave Bar & Grill we have two beautiful pool areas, both with whirlpool spas, two tennis courts, bicycle rentals and a lovely park directly across the street.

Please let us know how we're doing, while you're staying with us, we're no further than a phone call away.

Enjoy your stay at the BEST WESTERN PLUS Island Palms Hotel & Marina.

Sincerely,

Bob Levine
General Manager



The Best of California

San Diego abounds with a wide variety of attractions. Discover the blue Pacific with more than 70 miles of beaches. The pine studded Laguna Mountains offer hiking, mountain climbing, camping in summer, sledding and tobogganing in winter.

Best of all, you can cruise, sail and sight-see on San Diego Bay, one of the most beautiful natural harbors in the world.

Enjoy 4,600-acre Mission Bay Park, an aquatic playground for water skiing, surfing, sailing, power boatings, fishing and more. Mission Bay's top attraction is Sea World, an 80-acre marine life park, featuring six major shows.

On the edge of downtown, 1,400-acre Balboa Park is a hub of recreational and cultural activities with galleries, museums, theaters, sport facilities and miles of garden walks, subtropical plants and ponds.

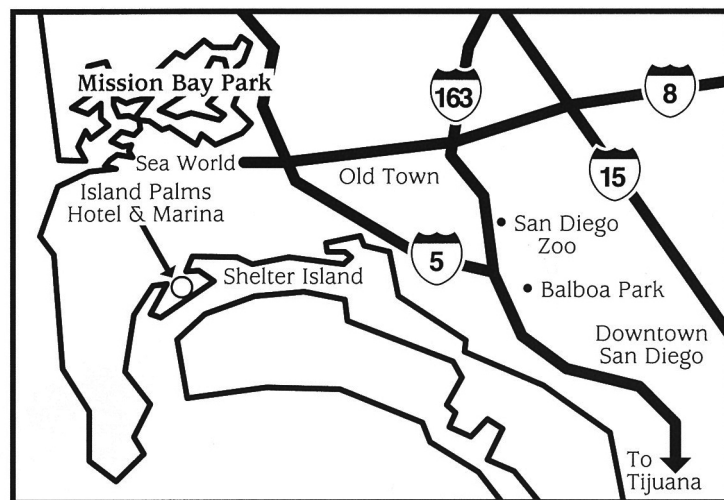
The world-famous San Diego Zoo features some of the rarest animals on earth. Thirty miles north of San Diego is the San Diego Zoo Safari Park, a 1,800-acre game preserve, where animals roam freely in their natural settings and can be viewed by monorail.

Preserving the history of San Diego, you can visit Old Town, at the foot of beautiful Presidio Park, California's birthplace. The area's Mexican and early Californian flavor is retained with an abundance of quaint craft shops and museums and several restored homes.

Often referred to as "Golfland USA" here you can choose from 68 public and private courses throughout the county. San Diego also hosts almost 200 tournaments on famous courses such as Torrey Pines.

Del Mar, where the turf meets the surf, has long been a favorite racetrack for Hollywood stars, as well as southern Californians. The season runs each year from the last week of July to the first week of September.

For sportfishing in salt and fresh water, San Diego ranks high among the finest in the world! Anglers can choose from an almost endless variety of fishing experiences - all within convenient access to any area of San Diego.



TELEPHONE INSTRUCTIONS

ROOM TO ROOM: Touch room number.

LOCAL CALLS: Touch 9 + number.

Under 8 miles – Free local call up to 30 min., 10¢ per minute thereafter.

Over 8 miles – AT&T Direct Dial rates + 55¢ surcharge + 30%.

LONG DISTANCE DIRECT DIAL:

Touch 9 + 1 + area code + number. Rate is based on current AT&T Direct Dial Rates + a \$1.05

Surcharge + 30% for calls inside California & a \$1.55 Surcharge + 30% for calls outside California.

INTERNATIONAL DIRECT DIAL:

Touch 9 + 011 + country code + city code + number. Rate is based on current AT&T Direct Dial Rates + a \$2.05 Surcharge + 30%.

CALLING CARDS:

Touch 9 + 0 + area code + number. Wait for ring tone, enter calling card number. Calls are handled by CTI. Dial 9 + 00 and wait for operator for rate quotes.

800 CALLS:

Touch 9 + 1 + 800 number.

No charge per call up to 30 minutes.

10¢ per minute thereafter.

LONG DISTANCE EQUAL ACCESS:

See your Calling Card provider's individual information. Many have 800 numbers.

CTI OPERATOR ASSISTANCE:

Touch 9 + 0 + area code + number and wait for assistance, for all 3rd party-billed, person-to-person, or collect calling.

DIRECTORY ASSISTANCE:

For inside the 619 area code, touch 9 + 411, there is a \$1.50 charge. For outside the 619 area code, touch 9 + area code + 555-1212, there is a \$2.50 charge.

900, 976, AND 700 CALLS: Not available for this location.

EMERGENCY: Touch 0 for Hotel Operator, 911, or 9 + 911, for local emergency services.

DIALING ASSISTANCE: The Hotel Operator is always available to assist you. Touch 0.

UPON CHECK-OUT: Your guest room telephone is restricted to in-house use only.

HEARING IMPAIRED EQUIPMENT: Available upon request.

COMPUTER OR FAX: To connect your computer or fax to our telephone system, you will find a data port located on the side of the telephone.

MESSAGES/VOICEMAIL: The blinking light on the telephone signals you of a message in voice mail. Touch 78 and follow instructions. After listening to message(s), touch 1 Save, 2 to Delete, 3 to Repeat. Upon Check-out, all messages are deleted.

DEPOSITS: A cash deposit, or credit card on file, is required to use the telephone for outside dialing. When your cash deposit is exhausted, the telephone will be turned off until a new deposit is received in the front office.

CHARGING BEGINS AFTER 5 RINGS, EVEN IF PARTY HAS NOT ANSWERED. HANG UP AND REDIAL TO AVOID CHARGES.

TRANSPORTATION

Airline Reservations

For reservations and information call:

Air Canada.....	9-1-888-247-2262	Terminal 2
Alaska Airlines	9-1-800-252-7522	Terminal 1
Allegiant Air	9-1-702-505-8888	Terminal 2
American Airlines	9-1-800-433-7300	Terminal 2
American Eagle (Los Angeles Flights Only)	9-1-800-433-7300	Commuter Terminal
British Airways.....	9-1-800-247-9297	Terminal 2
Delta Airlines	9-1-800-422-1212	Terminal 2
Delta Connection (Los Angeles Flights Only)	9-1-800-422-1212	Commuter Terminal
Frontier Airlines	9-1-800-432-1359	Terminal 2
Hawaiian Airlines.....	9-1-800-367-5320	Terminal 2
Japan Airlines.....	9-1-800-525-3663	Terminal 2
JetBlue Airways.....	9-1-800-538-2583	Terminal 2
SeaPort Airlines.....	9-1-888-573-2767	Commuter Terminal
Southwest Airlines.....	9-1-800-435-9792	Terminal 1
Spirit Airlines.....	9-1-800-772-7117	Terminal 2
Sun Country Airlines.....	9-1-800-359-6786	Terminal 2
United Airlines	9-1-800-864-8331	Terminal 2
United Airlines Express (Los Angeles Flights Only).....	9-1-800-864-8331	Commuter Terminal
US Airways	9-1-800-428-4322	Terminal 2
US Airways Express.....	9-1-800-428-4322	Terminal 2
Virgin America	9-1-877-359-8474	Terminal 2
Volaris	9-1-866-988-3527	Terminal 2
WestJet	9-1-888-937-8538	Terminal 2

Train Station

AmTrak.....	9-1-619-239-9021
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Bus Station

Greyhound	9-1-619-239-6737
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DIRECTORY OF SERVICES

AIRLINE RESERVATIONS	Extension
Refer to "Transportation" section of this Directory.	
AUTOMOBILE RENTAL	302
Contact Front Desk for Assistance.	
BAGGAGE SERVICE AND ASSISTANCE	302
Contact Front Desk for Assistance.	
BANKS	302
We will gladly provide assistance on locating branches ATM machine in lobby.	
BEAUTY SALON/BARBER	302
For a complete listing of salons and barbers, contact Guest Services.	
CASHIERS	302
For assistance with your account or for Safety Deposit Boxes, please contact the Front Desk.	
CATERING	393
For private meetings or special events, our Catering Staff will be happy to assist you.	
CHECK-OUT TIME	302
Our check-out time is 12:00 noon. If you require a later check-out time, please contact the Front Desk.	
CHURCHES/PLACES OF WORSHIP	
Refer to "Houses of Worship" section of the Directory.	
CRIBS/ROLLAWAYS	0
Available through our Housekeeping Department upon availability.	
Cribs - No Charge. Rollaways - \$10.00 per night plus tax.	
DINNER RESERVATIONS, BLUE WAVE BAR & GRILL	333
EMERGENCIES	
Please acquaint yourself with the information on the back of your room door.	
FAX SERVICE	302
To use our fax service, contact the Front Desk.	
Hotel's fax number is 619-222-9760.	
FRONT DESK	302
EXERCISE ROOM	302
Located in the Island Palms Lobby.	
For use of more extensive facilities nearby, please contact the Font Desk.	
HOTEL OPERATOR	0
HOUSEKEEPING	302
Our Housekeeping Department can provide additional pillows, blankets and towels.	
Please contact the Front Desk.	

ICE/BEVERAGE/SNACKS	302
Refer to hotel map for nearest location.	
LAUNDRY VALET	
Laundry and dry cleaning received by 8:00 am will be returned to the Front Desk the same day by 7:00 pm. Laundry bags and lists are located in your closet.	
LOST AND FOUND	302
To inquire about a lost item, please contact the Front Desk.	
MAIL AND MESSAGES.....	0
Contact the Hotel Operator.	
MANAGER ON DUTY.....	0
Contact the Hotel Operator.	
PHOTOCOPYING.....	302
For photocopying contact Guest Services.	
POSTAGE STAMPS.....	302
Contact Guest Services.	
RECREATION.....	302
Whirlpool spa, swimming pool, exercise room, bicycle rental and a marina are on the property. For nearby recreational activities, refer to the “Points of Interest” section of this Directory or contact the Front Desk for additional information.	
RESERVATIONS.....	308
Please contact our Reservations office to arrange your next stay with us.	
RESTAURANT	
For a complete description of our facilities, refer to the “Hotel Facilities” section of this Directory.	
ROOM SERVICE.....	333
For complete menu descriptions, refer to the “Room Service” section of this Directory.	
SAFETY DEPOSIT BOXES.....	302
Your valuables should be placed in a Safe Deposit Box, located in your room and available at no charge at the Front Desk.	
SALES DEPARTMENT	393
Our sales staff is eager to assist you with your meeting and convention needs.	
SECURITY.....	0
Contact Hotel Operator.	
SIGHTSEEING/TOURS/THEATER.....	302
Refer to the “Points of Interest” section of this Directory. Contact our Front Desk staff to assist you with schedules, directions and other information.	
TAXI SERVICE	302
Contact extension 302	
WAKE UP CALLS	0
An alarm clock/radio is located in your room. To request a wake-up call, please contact our Hotel Operator.	

SAFETY AND SECURITY

If There Is A Fire

- Call the Fire Department immediately at 9 + 911.
- Then call the in-house emergency number 301.
- Remain calm.
- Place a wet cloth over your nose and mouth and crawl to the door if your room is smoky. Air is fresher near the floor.
- Before you grab the door handle, feel the door with the back of your hand. If it's hot, stay inside.
- If you leave the room, close the door behind you.
- If you must stay in your room, wet a cloth and tie it over your nose and mouth to filter out smoke. Fill the sink with water, and seal your room by wetting towels, sheets, etc. and placing them around cracks in the door, or open the window if there is no smoke outside.

Pool and Spa Safety

- NO LIFEGUARD ON DUTY – EMERGENCY CALL 9 + 911
- Children under 14 should not use the POOL or SPA without adult attendance.
- Do not use POOL or SPA while under the influence of alcohol or drugs, it may lead to serious consequences.
- Long exposure in POOL or SPA may result in nausea, dizziness or fainting.
- Pregnant women and infants should consult a physician before entering a spa.
- POOL TEMPERATURE approximately 80°
- SPA TEMPERATURE approximately 104°

Security

For your protection, store valuables in your room safe or in a safe deposit box provided with our compliments at the Front Desk. Please remember to take your key when leaving the room. Also, check and secure all locks on windows and doors.

Our hotel staff will never ask you for your credit card number over the phone. If you receive this type of call, hang up and contact the Front Desk.

Attention Debit Card Holders

Please be aware that when using a Bank/Checking/Debit Card at check-in, an IMMEDIATE hold will be placed on your funds for ROOM, TAX, and INCIDENTALS (\$50.00 per day) for the amount of your entire stay. These funds will not be released BY YOUR BANK for up to 10 business days from your departure date.

The hotel WILL NOT BE RESPONSIBLE for overdraft fees resulting from holds placed on debit or checking accounts.

SPECIAL FEATURES

Guest Request

At Island Palms Hotel & Marina, you will always receive a fast answer to any request you may have. We are committed to providing you with the highest quality of hotel accommodations and service 24 hours a day. Touch extension 302.

Check-In Time

Guaranteed check-in is 4:00 pm.

Check-Out Time

12:00 noon. Late check-outs by special arrangement with Front Desk.

Method of Payment

We honor all major credit cards (VISA, MC, Amex, Diners, Discover and JCB-Chinese). Any other arrangements should be discussed with our accounting departments and handled before arrival.

Coin Operated Laundry

Located down by our Marina Office. A key is required to enter the facility. This key can be obtained from the Front Desk. Laundry soap can be purchased at the coin operated dispenser in the laundry facility or at the Marina Office and Front Desk.

Safety Deposit Boxes

Available in your room and at the Front Desk, free of charge.

Pets

Sorry, no pets are permitted in our guest rooms. There is a \$250.00 cleaning fee issued if a pet is in the room.

Swimming Pool & Spa

Open daily from 8:00 am until 11:00 pm.

Snacks, Beverages & Ice

There are snack and soda machines located in the pool area. There are soda machines and large bagged ice (available to purchase) down the loading dock by our Marina Office, as well as five ice machines located on the property (see property map in this Directory for locations). Bottled water is available in vending machines 24 hours a day.

Television

Cable Television with complimentary HBO and Showtime. A channel guide is located in the room and on screen.

Dry Cleaning & Laundry Valet

Same day service is available Monday through Friday. Items should be dropped off at the Front Desk no later than 8:00 am, and the items will be returned by 7:00 pm the same day. Saturday service is available. Call the Front Desk for information.

Fax Machine Service

A fax machine is available at our Front Desk, 24 hours a day. Please contact the Front Desk for assistance and pricing.

Lost & Found

Touch 302 for Guest Services.

Mail, Messages & Wake-Up Calls

Touch 0 for the Hotel Operator.

Non-Smoking Guest Rooms

We offer only non-smoking guest rooms, patios and balconies. Smoking is permitted only in designated areas or on the sidewalk of Shelter Island Drive.

Parking

Parking is available on our property for a nominal charge and in the parking lot across the street at no charge. Parking is prohibited on Shelter Island Drive from 2:00 am to 4:00 am and for longer than 72 hours continuously in the parking lot across the street. Please abide by all posted signage when parking off property.

Cocktails

Blue Wave Bar & Grill serves your favorite cocktail and nightly Happy Hour Specials. For more information, please dial extension 333.

Dining

Blue Wave Bar & Grill. For reservations dial 333.

Catered Events

Through our Catering Department, we can provide meeting facilities and full service accommodations for up to 200 people. Our office is open from 8:00 am to 5:00 pm, Monday thru Friday. For more information, please contact Sales and Catering at extension 393.

Private Marina

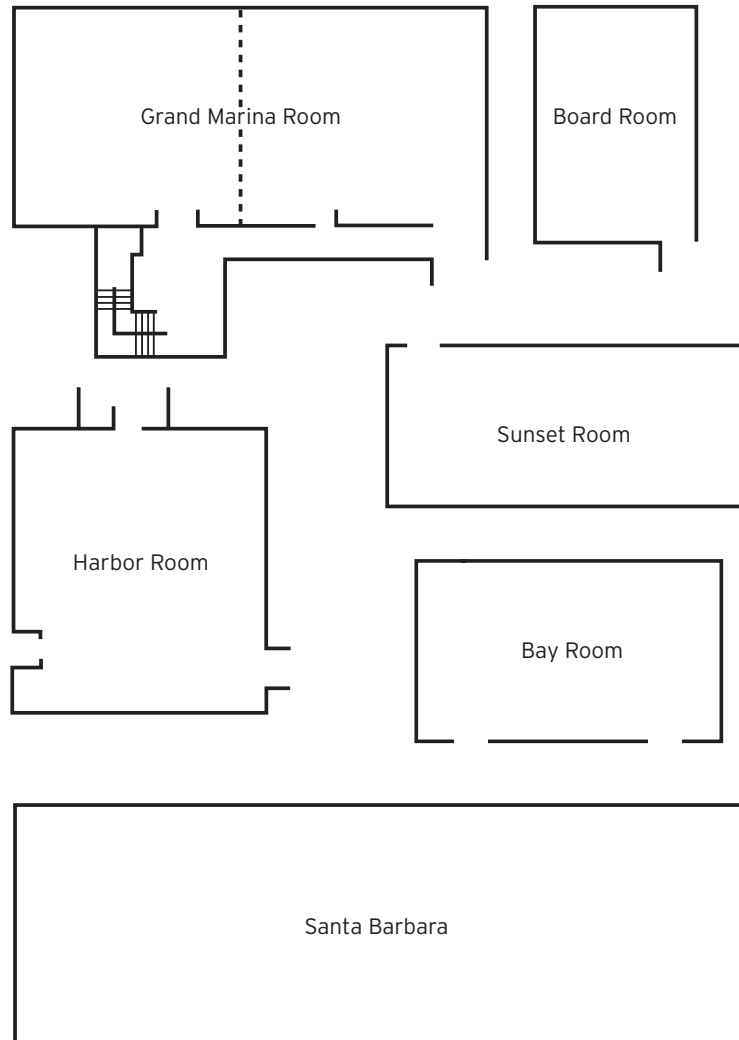
The property is equipped with a 188-slip private yacht marina. Please dial extension 335 for more information regarding availability and pricing. The Marina Office is open from 9:00 am to 5:00 pm daily.

Special Packages

The next time you visit the Island Palms Hotel & Marina, check into our Special Packages. Located on our islandpalms.com website. These packages vary season to season and include various special rates and featured amenities.

Catered Events & Meetings

Through our Catering Department, we can provide complete meeting facilities and full service accommodations for up to 200 people. Our office is open from 8:00 A.M. to 5:00 P.M., Monday through Saturday. For more information, please contact our Sales and Catering offices at 619.222.0561 or 800.551.5573.



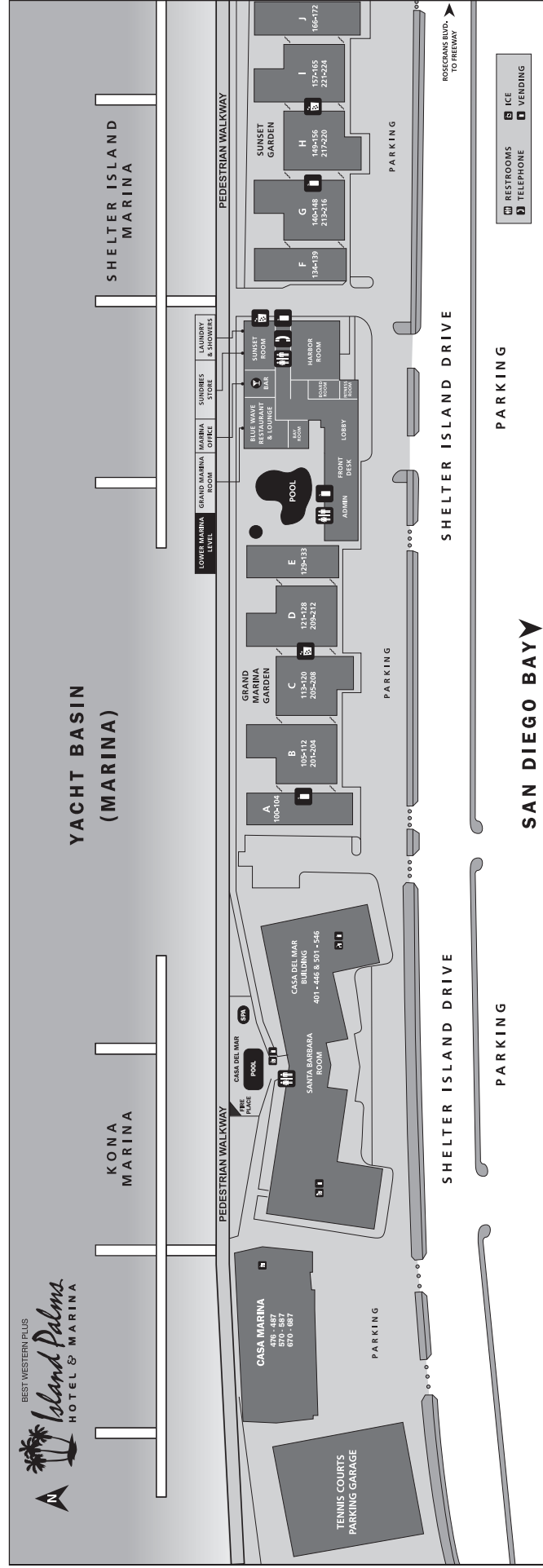
	Grand Marina	Sunset	Santa Barbara	Harbor	Bay	Board
Dimensions	30' x 64'	30' x 60'	42' x 25'	28' x 32'	24' x 27'	11' x 17'
Square Feet	1,920	1,800	1,050	896	648	187
Ceiling	9'	10'	8'	12'	11'	8'
Banquet	180	130	80	60	50	-
Reception	200	150	100	80	60	-
Classroom	120	80	50	30	20	-
Theater	175	120	100	60	40	-
Conference	60	40	30	30	20	10
U-Shape	50	35	25	25	20	-
Banquet w/Dance Floor	150	100	40	40	40	-



BEST WESTERN PLUS

Island Palms

HOTEL & MARINA



POINTS OF INTEREST

Balboa Park

Located minutes from downtown San Diego, home of the world famous San Diego Zoo, Old Globe Theater, Reuben H. Fleet Science Center, the Aerospace Museum, and 14 other museums.

Cabrillo National Monument

The panoramic view of the harbor, coast, and Mexico are reasons why this is one of America's most visited National Monuments. The Monument commemorates the discovery of the California coast in 1543 by explorer Juan Rodriguez Cabrillo.

La Jolla Downtown

With its beautiful beaches, exclusive restaurants and shops, La Jolla remains one of the most elegant coastal communities.

Gaslamp Quarter

This 16 block historical district is located between 4th Avenue, Broadway, 6 Avenue and Harbor Drive. Embedded within these streets are countless restored Victorian structures exemplifying Downtown San Diego during the 1800s. A walking tour of the area is also available.

Hotel Del Coronado

Not only a National Historical Landmark, and a spectacular beach resort, it stands as one of the world's largest examples of wooden Victorian architecture. Numerous celebrities and dignitaries from around the world have stayed here, not to mention twelve U.S. Presidents. The hotel's history ranges from Thomas Edison's work on the electrical system to the more recent site of Jack Lemmon's and Marilyn Monroe's movie "Some Like It Hot".

Legoland California

Legoland California Resort features more than 60 rides, shows and attractions. Open daily 10:00 am to 5:00 pm during spring break, summer and select holiday periods.

Mission Bay Aquatic Park

This breathtaking arrangements of waterways, lagoons, peninsulas and islands, combines to form a 4,600 acre public recreation area. An excellent way to enjoy all of your favorite water activities.

Old Town

Take a trip back to an authentic Mexican Marketplace filled with restaurants and shops. On weekends, live entertainment, such as talented Spanish and Mexican dancers, perform in the central courtyard.

Presidio Park

Occupying the site of the first Spanish settlement in California, this park contains tiles from the Presidio Chapel which were used to construct a 28 foot high cross on the site in 1913. Within the Serra Museum one can find a model of the the presidio might have looked like, along with artifacts taken from the on-site excavation.

Steven Birch Aquarium and Museum

Located on the University of California San Diego campus, a center of scientific research for biological studies and oceanography. Open daily from 9:00 am to 5:00 pm.

San Diego Zoo

This world famous zoo is known for its exhibition of 3,400 animals, including 740 rare and exotic species. Located in Balboa Park. Open daily from 9:00 am to 6:00 pm.

San Diego Zoo Safari Park

A true haven for the vanishing wildlife. An 1800 acre reserve dedicated to animals that are as exciting as well as breathtaking. Off of Highway 78, six miles east of Escondido. Hours are 9:00 am to 5:00 pm.

Seaport Village

Contained within this beautiful seaside town are sixty-five great shops and a restored Broadway Flying Horses carousel, originally built in 1890. On the embarcadero overlooking San Diego's beautiful harbor.

Sea World

This explosion of marine life exhibits and shows is spread out over eighty acres. Included within its domain are the world's largest live shark exhibit and Penguin Encounter. Not to forget Sea World's superstar, Shamu, the three ton performing killer whale.

Shopping

For more information regarding shopping centers, contact our Front Desk.

Sports

San Diego's sporting home teams include Chargers football, Padres baseball and San Diego State University Aztecs. Qualcomm Stadium (formerly Jack Murphy) is minutes east of Shelter Island. Petco Park is located in downtown San Diego.

Tijuana

The world's busiest border crossing. All U.S. citizens must have a valid passport to enter Mexico. Avenida Revolucion is Tijuana's main shopping street. Some popular activities include bullfighting, greyhound and thoroughbred racing, and jai alai.

NOTE: U.S. automobile insurance is NOT valid in Mexico. Drivers must buy Mexican Liability coverage from agencies on the American side. Being involved in a car accident in Mexico is also a felony and drivers are presumed guilty. Therefore, it is a good idea to park your car at the border and either walk, take a taxi over, or you can leave your car in San Diego and take the San Diego Trolley.

Torrey Pines State Reserve

Located at 12000 N. Torrey Pines Road in La Jolla, the picturesque, rare Torrey Pines are found in just two places, this state preserve and on an inaccessible island, Santa Rosa. Trails lead through the land providing unique trails of amazing seascapes. Alongside is a visitor's center, museum and beach. Hours are from 9:00 am until sunset.

LOCAL BUSINESSES

Visit these nearby retailers within a short distance of the hotel.

Major

Ralphs 1666 Rosecrans Street (619) 819-6041
CVS..... 3327 Rosecrans Street (619) 222-9691
Trader Joe's/Liberty Station 2401 Truxton Road..... (619) 758-9272

Apparel & Accessories

T.J. Maxx..... 3355 Rosecrans Street (619) 224-2751
Target 3245 Sports Arena Blvd. (619) 223-2491
Ross..... 3237 Sports Arena Blvd. (619) 223-2453

Financial Institutions

Bank of America 1275 Rosecrans Street (619) 221-6611
Wells Fargo Bank..... 1205 Rosecrans Street (619) 226-1538
US Bank of San Diego..... 1331 Rosecrans Street (619) 226-5400
Union Bank 3261 Sports Arena Blvd. (619) 221-2826

Gifts & Specialties

Point Loma Village Florist 3021 Canon Road (619) 222-7646
Seabreeze Nautical 1254 Scott Street (619) 223-8989
Trader Mort's Liquor & Deli 2904 Shelter Island Drive (619) 224-3771

Health & Beauty

Shelter Island Medical 1370 Rosecrans Street (619) 223-2668
Haute Hair Salon & Spa 2907 Shelter Island Drive #212 (619) 223-4247

Sportfishing/Sailboat - Charter & Rentals

Fisherman's Landing..... 2838 Garrison Street (619) 221-8500
Fraser Yachts 4990 N. Harbor Drive..... (619) 225-0585
H&M Landing..... 2803 Emerson Street..... (619) 222-1144

HOUSES OF WORSHIP

Apostolic

Apostolic Faith Temple, 125 Palm Avenue, 619-474-5643

Assembly of God

Assembly of God Sweetwater, 6090 Banbury Street, 619-475-2442

First Assembly of God

8404 Phyllis Place, 1-858-560-1870

Baptist

First Baptist Church of Pacific Beach, 4747 Soledad Mtn. Road, 1-858-273-8888

Catholic

St. Agnes Catholic Church, 1140 Evergreen Street, 619-223-2200

Sacred Heart of O.B., 4776 Saratoga, 619-224-2746

Christian Science

7th Church, 4206 Fanuel, 1-858-272-3411

Episcopal

Holy Trinity Church, 2051 Sunset Cliffs Blvd., 619-222-0365

St. Andrews by the Sea Church, 1050 Thomas Street, 1-858-273-3022

Jehovah's Witnesses

Jehovah's Witnesses of Pacific Beach, 4243 Ingraham, 1-858-273-8463

Lutheran

Bethany Lutheran Church, 2051 Sunset Cliffs Blvd., 619-222-7295

Methodist

Pt. Loma United Methodist, 1984 Sunset Cliffs Blvd., 619-224-2995

Nazarene

Mission Valley Church of Nazarene, 4750 Mission Gorge Place, 619-287-3211

Non-Denominational

LifePoint Christian Community, 6244 Lake Lamond, 619-750-3537

The Rock Church, 2277 Rosecrans Street, 619-226-7625

Pentecostal

Coastal United Pentecostal, 7129 Astoria Street, 1-858-278-9741

Presbyterian

Point Loma Community Church, 2128 Chatsworth, 619-223-1633

Synagogues

Ohr Shalom Synagogue, 2512 Third Avenue, 619-231-1456

Carbon Monoxide Safety Tips



WARNING

Carbon Monoxide is a colorless, odorless, poisonous gas, and exposure can be fatal. Your room is equipped with a carbon monoxide detector.

Symptoms of carbon monoxide exposure may include:

Headache	Vomiting
Fatigue	Blurred vision
Weakness	Dizziness
Nausea	Loss of muscle coordination
Shortness of breath	Collapse
Confusion	Loss of consciousness ¹

What to do if a carbon monoxide alarm is sounding or if you experience any symptoms of carbon monoxide exposure:

- Never ignore a carbon monoxide alarm that is sounding.
- Immediately move outside to fresh air.
- Advise the hotel front desk.
- Call 911, emergency services, or the fire department.
- Do a head count to check that all people in your party are accounted for.
- Do not reenter the premises until the emergency services responders have given you permission.²

¹ Source of symptom list: Consumer Product Safety Commission & Mayo Clinic.

² Source of recommended responses to sounding alarm or symptoms: Consumer Product Safety Commission.



available from the Blue Wave Bar and Grill
12:00pm-4:00pm & 5:00pm-8:00pm Daily

APPETIZERS

CHIPS & GUACAMOLE

pico de gallo salsa served with house-made guacamole with paprika dusted tortilla chips
\$8.00

ROASTED GARLIC HUMMUS

topped with olive tapenade & served with crudite vegetables & grilled pita bread
\$12.00

BREADED CLAM STRIPS

served with house made cocktail sauce
\$8.00

COCONUT CRUSTED CALAMARI

coconut & panko breaded calamari steak strips served with sweet chili dipping sauce
\$12.00

CHICKEN QUESADILLA

chicken, corn, red pepper, black beans, & cheese topped with cilantro-lime crema & pico de gallo
\$10.00

SHRIMP COCKTAIL

herb poached shrimp served chilled with cocktail sauce
\$15.00

SANDWICHES & SUCH


CALIFORNIA REUBEN \$15.00

toasted rye, sliced turkey, guacamole, pepper jack, cole slaw & 1000 island with fries or fruit

BAJA FISH TACOS \$15.00

battered cod topped with shredded cabbage, pico de gallo & cilantro-lime crema with fries or fruit

BLUE WAVE BURGER \$17.00

brioche, caramelized onion, lettuce, tomato, pickles, american cheese & 1000 island with fries or fruit
Beyond Meat Vegetarian patty available 

SMOKED SALMON B.L.A.T. \$17.00

smoked salmon, avocado, tomato, bacon, mayo & leaf lettuce on grilled sourdough with fries or fruit

SALADS

MIXED GREENS SALAD \$8.00

mixed greens, tomato, cucumber, carrot, gorgonzola, cranberry, candied walnut & balsamic vinaigrette

CHOPPED CHICKEN SALAD \$15.00

romaine heart, corn, red pepper, black beans, shredded cheese, pico de gallo, bbq ranch & crispy tortilla chip crumbles

CAESAR SALAD

\$9.00

romaine heart, herbed crouton, shredded parmesan, caesar dressing

add chicken +\$5 add salmon +\$7

LARGE PLATES

CAVATAPPI BOLOGNESE \$18.00

Italian sausage and ground beef pomodoro sauce with fresh grated parmesan & basil

FISH & CHIPS

\$15.00

battered cod served with french fries, cole slaw, & house-made tartar sauce

BEER BRAISED SHORTRIB \$24.00

craft beer braised beef short rib served with roasted garlic mashed potatoes & root vegetable medley

HERBED SALMON \$22.00

herb grilled atlantic salmon served over roasted garlic mashed potato with farmers market veggies & sundried tomato pesto

- SWEETS \$8 -

NY STYLE CHEESECAKE



FLOURLESS CHOCOLATE

TORTE



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



gluten free



vegetarian, may contain eggs or cheese

Please inquire with your server for additional choices that may be prepared vegetarian or gluten-free



available daily from 7:00am-11:00am

BREAKFAST VALUES \$10

CLASSIC CONTINENTAL

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

DICED HAM SCRAMBLE

2 eggs scrambled with diced ham and cheddar jack cheese mix. served with choice of toast

HOUSE GRANOLA AND YOGURT

vanilla yogurt topped with seasonal berries and granola with fresh fruit

CLASSIC OATMEAL

served with seasonal berries, fresh fruit, brown sugar, and raisins on the side

BREAKFAST SPECIALTIES \$15

CLASSIC AMERICAN

2 eggs scrambled, choice of bacon, ham, sausage, or turkey sausage, coffee or juice, and toast

BREAKFAST QUESADILLA

flour tortilla filled with scrambled egg, avocado, cheese, and choice of bacon, ham, sausage, or turkey sausage. served with pico de gallo and fresh fruit.

BREAKFAST SANDWICH

2 eggs scrambled, american cheese, choice of bacon, ham, sausage, or turkey sausage, and breakfast potatoes

CALIFORNIA BREAKFAST BURRITO

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

BUILD YOUR OWN OMELETTE

3 egg omelette served with breakfast potatoes and choice of toast

choice of 3 of the following fillings:

onion, pepper, tomato, mushroom, spinach, ham, sausage, bacon, chorizo, cheddar jack mix, swiss, american, pepper jack, avocado, sour cream, pico de gallo

A LA CARTE ITEMS

PASTRIES & MUFFINS \$3.25

COLD CEREALS & MILK \$6.00

BAGEL & CREAM CHEESE \$5.00

CUP OF YOGURT \$3.00

CHOICE OF TOAST \$3.00

COFFEE, DECAF & HOT TEA \$2.00

COLD BREW COFFEE \$4.00

COKE, DIET COKE, SPRITE, ICED TEA \$2.00

APPLE, ORANGE, CRANBERRY OR V8 JUICE \$2.00

DASANI STILL WATER 1L \$4.25 20OZ \$2.50

SAN PELEGRINO SPARKLING WATER

1L \$6.00 500ML \$4.00

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



gluten free



vegetarian, may contain eggs or cheese

Please inquire with your server for additional choices that may be prepared vegetarian or gluten-free