



THE BLUE WAVE BAR & GRILL

SUNRISE MENU




LIGHT BREAKFAST

GRANOLA AND YOGURT \$10 
vanilla yogurt served with fresh sliced fruit, seasonal berries, and granola

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


CLASSIC 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

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 \$16
black forest ham and swiss cheese sandwich made with thick cut brioche that is tempura battered and deep fried until golden brown then dusted with powdered sugar and served with our house made jams

CHORIZO BENEDICT \$20 
2 corn sope topped with smashed avocado, chorizo, poached eggs, and our house chipotle hollandaise garnished with cilantro and 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  
house 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

CAJUN SHRIMP FRITTATA \$19 
3 egg frittata with cajun dusted shrimp, spinach, diced tomatoes, and goat cheese topped with arugula and chive oil

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

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

 vegan options available

 gluten free  vegetarian, may contain eggs or dairy

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

SPANISH 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

OTHER LIBATIONS

Boochcraft Hard Kombucha (Ginger-Lime, Strawberry-Lemonade, and Orange-Pomegranate)

Hard Seltzer (VIDE flavors Watermelon, Grapefruit, and Mango)

Stella Cidre Hard Cider

Blue Agave Hornitos Tequila Seltzers in Lime or Mango (Ranch Waters)

Jim Beam Ginger Highball Cans



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

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