

share

mediterranean plate - 9
goat cheese, hummus, tapenade

spicy hummus - 8
pita points

pulled pork tacos - 9
pico, sour cream, salsa, lime

crab cake - 14
lump crab, remoulade

cheese tray - 17
irish cheddar, smoked gouda,
swiss, double cream brie

fresh fish tacos - 9
tilapia, slaw, remoulade, pico

**maytag blu cheese
potato chips - 9**
chips, cheese, cilantro

sweet potato fries - 8
remoulade

chips & salsa - 5
spinach tortilla

calamari - 12
thai chili sauce

macaroni & cheese - 7
bacon & panko crust

soup and salad

**roasted red pepper
& smoked gouda soup - 7**

beet & fig salad - 10
weeds, goat cheese, spicy
walnuts, balsamic vinaigrette

blu house salad - 7
weeds, spicy walnuts, bleu,
balsamic vinaigrette

jamaican black bean soup - 7

seasonal soup - 7
something delicious and
appropriate for now!

spinach salad - 9
leaves, strawberries, bleu,
spicy walnuts, balsamic vin

chicken market salad - 11
roasted garlic, weeds, bleu,
balsamic vinaigrette, roasted corn &
bean relish relish

pizzas, dillas, and sands

veggie pizza - 10

margherita pizza - 10
roma, basil, fresh garlic

chicken quesadilla - 10
portobello mushroom,
black bean relish, salsa

**italian sausage &
portobello mushroom pizza - 10**

chicken flatbread pizza - 11
* * basil pesto, sun-dried tomato

*** blu cheese burger - 11**
bleu, arugula, bacon,
with sweet potato fries

pepperoni pizza - 10

bbq chicken pizza - 10
chicken, red onion, cilantro

**mediterranean
flatbread pizza - 11**
sun-dried tomato pesto, roma,
kalamata, goat cheese

pulled pork quesadilla - 10
bleu, black bean relish, salsa

entree

**roasted chicken &
portobello risotto - 19**
roasted garlic, basil & parm,
garlic brussels with bacon,
balsamic reduction

wild caught sockeye salmon - 20
korean bbq, quinoa,
garlic brussels with parmesan,

**green chile &
chicken tamales - 16**
quinoa, black bean mash,
chile verde salsa

creole bbq shrimp & grits - 18
serrano & bleu cheese grits

**roasted quinoa &
veggie stack - 14**
rosemary & honey dijon vinaigrette,
black bean mash, garlic brussels

*** bleu cheese dressed
beef tenderloin - 35**
serrano and bleu cheese grits,
honey steamed green beans

**rosemary & dijon
pork tenderloin - 18**
wilted spinach & portobello risotto,
honey steamed green beans

seared sea scallops - 20
serrano & bleu cheese grits,
honey steamed green beans

wild caught asian seabass - 24
ginger-soy dressed, quinoa,
garlic brussels with parmesan

gratuity of 18% will be automatically added to parties of 8 or more

* consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have medical conditions.

* * basil pesto is produced with walnuts

lunch

we serve lunch monday through saturday from 11:00 a.m. to 3:00 p.m.

pick any 2 items from below - \$8

hot ham

hot, applewood smoked ham, grilled bacon, sliced strawberry and melted brie, toasted ciabatta

the beef and blu

thinly sliced, hot black angus roast beef, bleu cheese dressing, bleu cheese crumbles, cilantro, toasted ciabatta

the caprese

hot house tomato, buffalo mozzarella, black pepper, basil, olive oil and vinegar toasted ciabatta

the asian turkey sandwich

thinly sliced smoked turkey, asian slaw, ginger-soy dressing, toasted ciabatta

blu house salad

weeds, spicy walnuts, bleu, balsamic vinaigrette

beet salad

blu salad with quartered beets

spinach salad

leaves, strawberries, bleu, spicy walnuts, balsamic vinaigrette

roasted red pepper and smoked gouda soup

cream based pepper soup with 5 cheeses

jamaican black bean soup

black beans, corn, onion, and sour cream

seasonal soup

changes frequently!

macaroni & cheese

noodles, cheese blend, cilantro

brunch

we serve brunch every sunday from 10:00 a.m. to 3:00 p.m.

clever drip coffee for two - 5

china mist flavored hot teas - 3

bloody mary bar - 5

deviled eggs - 7

2 each of smoked salmon with green onion, chorizo and cilantro, and olive tapenade

fruit plate - 10

seasonal fruit, grand marnier cream dipping sauce

granola and cream - 6

brown sugar and cinammon granola, half and half, fresh fruit

grand marnier french toast - 8

battered wheat-berry bread, syrup

all american - 7

2 eggs, bacon, new potatoes, toast, fruit

salmon blu plate special - 10

3 eggs scrambled with salmon, capers, cream cheese, red onion, dijon-cream sauce, new potatoes

veggie blu plate special - 9

3 eggs scrambled with bell pepper, onion, squash, zucchini, mushroom, tomato, roasted red pepper, salsa, new potatoes

eggs benedict - 9

grilled ham, poached eggs, hollandaise, new potatoes

salmon benedict - 12

baked salmon, poached eggs, hollandaise, new potatoes

crab cake benedict - 15

one crab cake, poached egg, hollandaise, new potatoes

vegetarian benedict - 9

spinach, tomato, portobello mushroom, new potatoes

huevos rancheros - 10

2 eggs sunny side up over black bean corn smash with corn tortillas, ranchero sauce, new potatoes

migas - 10

3 eggs scrambled with roasted red pepper, bell pepper, onion, and chorizo. served with grilled corn tortillas, black bean corn smash, new potatoes