



blu

ORGANIC

ALL NATURAL

ALL NATURAL OR WILD CAUGHT PROTEIN

VEGETARIAN

GLUTEN FREE

PROTEIN

Share

Mediterranean Plate - 11 (N)(V)

pita, tzatziki, olive tapenade, seasonal hummus

***Cheese and Charcuterie Board - 16** (N)(P)

irish cheddar, gorgonzola, swiss, duck rillettes, salami

Sweet Potato Fries - 8 (V)

remoulade

Blu Chips - 10 (V)

potato chips, gorgonzola dressing, cilantro

Mac'N'Cheese - 7 (P)

mac, bacon, panko, cheese blend, cilantro

Calamari - 13 (P)

thai chili sauce

Crab Cakes - 14 (N)(P)

maryland style, remoulade

Seafood Fondue - 11 (N)(P)

shrimp, scallops, panko, green onion, baguette

Bowl

Roasted Red Pepper Soup - 7 (V)

gouda, five cheese blend, ciabatta

Black Bean Soup - 7 (O)(V)(GF)

tortilla strips, sour cream

Butternut Squash Soup - 7 (O)(V)

sour cream, croutons

Leaf

Blu House Salad - 9 (O)(V)(GF)

spring mix, romaine, spicy walnuts, gorgonzola, balsamic vinaigrette

Chicory Caesar - 12 (N)(P)

arugula, spring mix, romaine, radish, fennel bulb, croutons, shaved parmesan, caesar-vinaigrette dressing

The Everything Salad - 12 (N)(P)(GF)

kale, brussels sprouts, apples, cherry tomatoes, golden raisins, sliced almonds, bacon, gorgonzola, apple vinaigrette

Roasted Beet Salad - 12 (N)(V)(GF)

spring mix, romaine, golden beets, red beets, spicy walnuts, gorgonzola, citrus dressing

Plates

Creole Shrimp & Grits - 25 (O)(P)(GF)

creole bbq, jalapeno and gorgonzola grits, cilantro

Balsamic Portobello - 16 (N)(V)(GF)

mushroom risotto, young carrots, mascarpone

Korean Salmon - 25 (O)(P)

korean bbq, quinoa, brussels sprouts, green beans

Blackened Scallops - 25 (O)(P)

creamy grits, collard greens

Stuffed Pork Tenderloin - 23 (O)(P)

[prosciutto, goat cheese, bread crumb, dried berries, port, thyme] young carrots, green beans

Double Duck - 24 (O)(P)(GF)

fig port reduction, mushroom risotto, duck confit, asparagus

Blackened Chicken Carbonara - 24 (O)(P)

ancient grain spaghetti alla carbonara

Hawaiian Walu - 25 (P)(GF)

seafood risotto, young carrots

Butcher's Tenderloin - 28 (O)(P)(GF)

medallioned beef, mushroom sauce, asparagus, yukon potatoes, tzatziki

Pizza

The Garden - 12 (V)

mushroom, onion, squash, zucchini, tomato, bell pepper

The Basic Bro - 12 (P)

salami...fancy for pepperoni

Daisy If You Do - 12 (V)

tomato, basil, roasted garlic

This Little Figgy - 12 (P)

figs, bacon, caramelized onion, olive oil, gorgonzola, balsamic reduction

• consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have medical conditions
• please notify your server of any allergies before ordering, as not all ingredients are listed. due to the nature of restaurants and cross-contamination concerns, we are unable to guarantee a 100% allergy free zone. however, we will do our best to accommodate your specific dietary needs.

• an automatic gratuity of 18% will be applied to all parties of 8 or more.

*pistachios are present in the duck rillettes



blu

LUNCH served mon-fri 11:00 a.m.-3:00 p.m.

Pick Any 2 for 10

IN A BUN

Hot Ham

Beef N Blu

Asian Turkey

Caprese (N)(V)

GARDEN

Blu Salad

Beet Salad

The Everything

Chicory Caesar

IN A BOWL

Red Pepper Soup

Black Bean Soup

Butternut Squash

Mac N Chz

Also Lunch

Chicken Quesadilla - 12(P)

portobello mushroom, pico de gallo, sour cream, salsa

Blu Cheese Burger - 12(P)

bleu, arugula, bacon, sweet potato fries

Pork Tacos - 12(O)(P)

pico de gallo, sour cream, salsa

BRUNCH served sat & sun 10:00 a.m.-3:00 p.m.

Brunch Board - 16(O)(P)

prosciutto, cheddar, swiss, hard boiled egg, avocado, english muffin, housemade jam, fruit

Granola & Cream - 8(V)

brown sugar & cinnamon granola, half & half, fruit

Grand Marnier French Toast - 11(V)

croissants, maple syrup, fruit

All American - 12(O)(P)

two eggs your way, bacon, potato hash, toast, housemade jam, fruit

Salmon Blu Plate Special - 13(N)(P)(GF)

three eggs scrambled with salmon, capers, cream cheese, red onion, dijon-cream sauce, potato hash

Veggie Blu Plate Special - 12(O)(V)(GF)

three eggs scrambled with bell pepper, onion, squash, zucchini, mushroom, tomato, roasted red pepper, salsa, potato hash, fruit

Pancake of the Day - 11(N)(P)

a stack of three, bacon

Huevos Rancheros - 13(N)(V)(GF)

two eggs sunny side up over black bean corn smash with corn tortillas, ranchero sauce, potato hash

Steak & Eggs - 16(O)(P)(GF)

black angus butcher's tenderloin, two eggs your way, hollandaise, potato hash, fruit

The Old School Benny - 12

grilled ham, poached eggs, hollandaise, potato hash, fruit

Avocado Toast - 7(O)(V)

toast, avocado salsa, two eggs looking at you, pico de gallo, fruit

Crab Cake Benedict - 15(N)(P)

one crab cake, poached egg, hollandaise, potato hash, fruit

Vegetarian Benedict - 11(O)

spinach, tomato, portobello mushroom, poached eggs, hollandaise, potato hash, fruit

Migas - 13(O)(P)

three eggs scrambled with roasted red pepper, bell pepper, onion, & chorizo. served with grilled corn tortillas, black bean corn smash, potato hash

The Conundrum - 16(N)(P)

fried chicken breast, poached eggs, gorgonzola & jalapeno grits & guest's choice of sauce (jalapeno gorgonzola cream, or bbq creole)

Chilaquiles de Blu - 14(P)

housemade blu tortilla chips, pulled pork, queso fresco, potato hash, jalapeno gorgonzola cream sauce, pico de gallo, & two eggs looking at you

Bayou Brunch - 18(O)(P)

blackened shrimp, gorgonzola & jalapeno grits, two eggs looking at you, pico de gallo & guest's choice of sauce (jalapeno gorgonzola cream, or bbq creole)

Tamales con Huevos - 16

two pork tamales, one poached egg, quinoa, hollandaise, black bean corn smash, pico de gallo, cilantro

The Cure - 14(W)(T)(F)

potato hash, bacon, mushrooms, melted cheddar, two eggs looking at you, & a miller high life in a bag

**Add Ons - egg-2, pancake-4, bacon-3, toast-1
breakfast ham-3, english muffin-1, french toast-4,
avocado-2, potato hash-2, jam-0.75, fruit bowl-mkt**

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