blu

Blu uses ALL organic produce, herbs, spices, and oils, and all proteins are naturally produced or wild caught.
Additionally we recycle, and use all biodegradable to-go materials

VEGETARIAN (V) **GLUTEN FREE (GF)**

Share

Mediterranean Plate - 11 (V)
pita, tzatziki, olive tapenade, seasonal hummus

Cheese & Charcuterie Board - 16
irish cheddar, gorgonzola, mozarella, prosciutto, salami

Sweet Potato Fries - 8 (V)
remoulade

Blu Chips - 10 (V)
potato chips, gorgonzola dressing, cilantro

Mac'N'Cheese - 7
mac, bacon, panko, cheese blend, cilantro

Calamari - 13
thai chili sauce

Black Bean & Corn Guacamole - 12 (V)(GF)
roasted cherry tomatoes, blu corn chips, salsa

Seafood Fondue - 11
shrimp, scallops, panko, green onion, baguette

Crab Cakes - 14
maryland style, remoulade

Plates*

Creole Shrimp & Grits - 25 (GF)
creole bbq, jalapeno and gorgonzola grits, cilantro

Pasta Primavera - 16 (V)
bow-tie pasta, bell pepper, onion, carrot, sqush, zucchini, cherry tomato, parmesan, olive oil

Korean Salmon - 25 (GF)
korean bbq, quinoa, brussels sprouts, green beans

Blackened Scallops - 25 (GF)
creamy grits, collard greens

Porterhouse Pork Chop - 24 (GF)
pineapple-glazed duroc pork, coconut rice, gingered green beans

Herb Roasted Chicken - 20
squash, kale, farro served over pistou

Grilled Hawaiian Mahi Mahi - 26 (GF)
pineapple salsa, coconut rice, cilantro, gingered green beans

Butcher's Tenderloin - 28 (GF)
medallioned black angus beef, chimichurri, roasted asparagus, and bacon & bleu cheese potato salad

***for logistical reasons the 'plates' section is unavailable during saturday and sunday brunch service.**

Bowl

Roasted Red Pepper Soup - 7 (V)
gouda, five cheese blend, ciabatta

Black Bean Soup - 7 (V)(GF)
tortilla strips, sour cream

Asparagus & English Pea Soup - 9 (V)(GF)
sour cream

Leaf

Blu House Salad - 9 (V)(GF)
spring mix, romaine, spicy walnuts, gorgonzola, balsamic vinaigrette

Chicory Caesar - 12
arugula, spring mix, romaine, radish, fennel bulb, croutons, shaved parmesan, caesar-vinaigrette dressing

The Everything Salad - 12 (GF)
kale, brussels sprouts, apples, cherry tomatoes, golden raisins, sliced almonds, bacon, gorgonzola, apple vinaigrette

The Spinach Salad - 10 (V)(GF)
baby spinach, strawberries, gorgonzola, spicy walnuts, balsamic vinaigrette

Pizza

The Garden - 12 (V)
mushroom, onion, squash, zucchini, tomato, bell pepper

The Basic Bro - 12
salami...fancy for pepperoni

The Green Goat - 12 (V)
asparagus, goat cheese, parmesan, marjorum

This Little Figgy - 12
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.

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

GARDEN
Blu Salad
Spinach Salad
The Everything
Chicory Caesar

IN A BOWL
Red Pepper Soup
Black Bean Soup
Asparagus Soup
Mac N Chz

Also Lunch

Chicken Quesadilla - 12
mushrooms, pico de gallo, sour cream, salsa

Blu Cheese Burger - 12
bleu, arugula, bacon, sweet potato fries

Pork Tacos - 12 (GF)
pico de gallo, sour cream, salsa

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

Brunch Board - 16
prosciutto, cheddar, cream cheese, 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 - 14
two eggs your way, breakfast ham, bacon, potato hash, toast, housemade jam

Salmon Blu Plate Special - 13 (GF)
three eggs scrambled with salmon, capers, cream cheese, red onion, dijon-cream sauce, potato hash

Veggie Blu Plate Special - 12 (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
a stack of three, bacon

Huevos Rancheros - 13 (GF)
two eggs sunny side up over black bean corn smash with blu corn tortillas, ranchero sauce, potato hash

Steak & Eggs - 16 (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 - 9 (V)
toast, avocado salsa, two eggs looking at you, pico de gallo, arugula

Crab Cake Benedict - 15
one crab cake, poached egg, hollandaise, potato hash, fruit

Vegetarian Benedict - 12
spinach, tomato, sauteed mushrooms, poached eggs, hollandaise, potato hash, fruit

Migas - 13
three eggs scrambled with roasted red pepper, bell pepper, onion, & chorizo. served with grilled blu corn tortillas, black bean corn smash, potato hash

The Conundrum - 16
fried chicken breast, poached eggs, gorgonzola & jalapeno grits & jalapeno gorgonzola cream

Chilaquiles de Blu - 14 (GF)
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 (GF)
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, poached eggs, 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-5, avocado-2, potato hash-2, jam-0.75, fruit bowl-mkt

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