

BEGINNINGS



POUND OF WINGS

hot, honey garlic, teriyaki or salt & pepper
13.50

POUTINE

hand cut fries with melted cheese
curds & chef's house-made beef gravy
10.50

SPRING ROLLS

crispy baked veggie rolls with
plum or thai sweet chili sauce
10.50

TIKI PRAWNS

won ton tiki breaded with thai
sweet chili or plum sauce
11.50

CHICKEN BITES

chicken breaded & deep fried with
sweet thai chili or plum dipping sauce
12.50

LAMB SKEWER

savoury grilled lamb with
tzatziki dipping sauce
13.50

CALAMARI

tasty breaded deep fried squid
with tzatziki dipping sauce
14.50

GYOZAS

shrimp dumplings pan fried
with an asian dipping sauce
13.50

LAMB BITES

tender lamb breaded & deep fried
with tzatziki dipping sauce
13.50

CLAMS & MUSSELS

one pound of clams & mussels sautéed
with chorizo sausage, tomatoes & fresh cilantro
in a beer & garlic broth served with cheese toast
15

CRAB CAKES

three crab cakes baked & drizzled
with tequila lime aioli
15

BRIE & PRAWN FLATBREAD

baked with pesto, red pepper, caramelized
onion, fruit salsa, prawns, brie topped
with arugula & balsamic reduction
16

No splitting on starters; served on one plate for sharing.





SOUP & SALADS

request for portion splitting 2.50

DAILY SOUP

ask your server for our selected
house-made soup of the day
4.50 cup 6.25 bowl

SPRING MIXED GREENS

artisan greens topped with carrots, cucumber
& tomato with your choice of dressing
6 half 11 full

WEST COAST CAESAR

gourmet caesar salad with sautéed prawns &
scallops, tomato, pecans, avocado & bacon
10 half 19 full

WARM SPINACH SEAFOOD

baby spinach salad with sautéed prawns, scallops,
bacon, pecans & mandarin orange slices drizzled
with our asian house dressing
10 half 19 full

CLASSIC CAESAR

romaine lettuce with house-made croutons,
grated parmesan & bacon drizzled with
our house caesar dressing
7.50 half 13.50 full

CHICKEN CRAN-PECAN

artisan greens & romaine with grilled chicken
breast, pecans, raisins, green apples
& goat cheese drizzled with a berry
vinaigrette dressing
9 half 17 full

AVOCADO SALMON

artisan greens with grilled wild salmon filet,
avocado & pecans drizzled with
a berry vinaigrette dressing
17

SIDES

HAND CUT FRIES

small 3.50 large 6.50

YAM FRIES

small 4 large 7.50

SIDE DIPPING SAUCE

2



ALL DAY

All served with your choice of hand cut fries, soup of the day or mixed greens salad
substitute yam fries or caesar salad for 2.00 request for portion splitting 2.50

BLUE OCEAN RESERVE BURGER 

house-made beef patty topped with smoked white cheddar cheese, bacon, lettuce, tomato, red onion & dill pickles with house-made special sauce
8oz 15.75 6oz 14

DELUXE CHICKEN BURGER

grilled chicken breast topped with smoked white cheddar cheese, lettuce, tomato & onion with house-made special sauce
14

LAMB BURGER

fresh 4oz ground lamb patty topped with red onion, tzatziki sauce, lettuce, tomato & pickle
14

VEGGIE BURGER

grilled veggie patty topped with smoked white cheddar, lettuce, tomato & onion
12

PAN FRIED COD BURGER

topped with lettuce, tomato, onion & served with tartar sauce
13.95

SMOKED REUBEN

pastrami, swiss cheese with sauerkraut on rye
13.95

CHICKEN BLTC

grilled chicken breast sandwich on ciabatta with smoked white cheddar, bacon, lettuce & tomato
14

ULTIMATE GRILLED CHEESE

white smoked cheddar cheese on multigrain with grilled tomato, bacon & spanish onions
11.50

TERIYAKI SALMON BURGER

grilled wild coho filet topped with teriyaki sauce, grilled pineapple slice, lettuce & tomato
15

BEEF DIP

shaved prime rib sautéed in french au jus served on a ciabatta bun with crispy onion strings
15

GRILLED CHICKEN WRAP

grilled chicken breast, avocado, mixed greens, tomato, red onion & cheese with ranch dressing
13.50

TOASTED SHRIMP CLUBHOUSE

baby shrimp, avocado, cucumber, lettuce & tomato on a ciabatta with chipotle mayo
14

CHICKEN TENDERS

breaded chicken breast tenders with home cut fries and plum sauce
13

TOASTED BACON LETTUCE TOMATO

traditional blt on ciabatta bread
11

THAI CHICKEN WRAP

grilled chicken breast, avocado, mixed greens, tomatoes, rice, asian sauce and crispy noodles
14

SHRIMP & BRIE BAKED SANDWICH

served with cranberry sauce on ciabatta bread
13.95

DAILY AFTER 5



PRIME RIB FRIDAYS



Please join us on fridays for our special prime rib served to your liking with seasonal vegetables. Reservations are suggested.

NEW YORK STRIP

AAA strip loin char grilled to your preference with sautéed wild mushrooms in garlic & wine, served with yukon gold buttermilk garlic mashed potatoes & seasonal vegetables

25

CHICKEN ASIAGO

Shaved chargrilled breast of chicken tossed with wild mushrooms, spinach, fettuccine in an asiago garlic cream sauce served with garlic toast

18

BUFFALO MEATLOAF

served with yukon gold buttermilk garlic mashed potatoes, shitake mushroom jus, crispy onions & seasonal fresh vegetables

23

CAJUN PRAWNS

blackened jumbo prawns served with cajun butter, mixed rice pilaf & seasonal fresh vegetables

23

CHICKEN PORTOBELLO

pan seared chicken breast with portobello mushrooms, garlic & asiago in a white wine cream sauce with fettuccine & seasonal fresh vegetables

18

SEAFOOD ASSIETTE

medley of tilapia, salmon, tuna & prawn served with mixed rice pilaf, a warm fruit salsa & seasonal fresh vegetables

24

CHICKEN PARMESAN

pan seared, bone-in chicken breast stuffed with a spinach wild mushroom & goat cheese duxelles served with a mixed rice pilaf, a warm fruit salsa & seasonal fresh vegetables

23

VEGGIE STIR-FRY

Sautéed seasonal vegetables in a light orange ginger glaze served with mixed rice pilaf

15

All entrees can be prepared gluten free, please ask your server.

No splitting dinner items; you are most welcome to share at your table!