

# BLUE WIND

*gourmet*

## STARTERS

### ANTIPASTO PLATE / 9.95

Roasted tomatoes, roasted red peppers, mozzarella, basil, served with toasted ciabatta and focaccia bread and olive oil

### HUMMUS PLATE / 8.95

Tomatoes, cucumbers, caramelized onions, and crispy flatbread

### PAN-SEARED

### AHI TUNA-RARE / 10.95

Served with pickled ginger, wasabi, soy sauce

## PIZZAS / FLATBREADS

### MEDITERRANEAN PIZZA / 10.50

Roasted tomatoes, basil, roasted red peppers, and feta cheese

### 8" FOUR CHEESE PIZZA / 8.95

Additional toppings 1.25 each: pepperoni, bacon, ham, extra cheese

### GLUTEN-FREE PIZZA / 12.95

Pesto, tomatoes, onions, roasted red peppers, squash, zucchini, mozzarella, goat cheese with chicken 14.95

### TROPICAL BBQ FLATBREAD / 10.95

Pulled pork, caramelized onions, mango salsa and barbeque sauce with our Pressed cayenne olive oil drizzle

### CAPRESE FLATBREAD/ 9.95

Roasted garlic, roasted tomatoes, roasted red peppers, basil, mozzarella

## SALADS

### COBB SALAD / 10.95

Bleu cheese, cheddar, parmesan, egg, avocado, tomato

With Chicken 13.95, Shrimp 14.95, Cajun Catfish 14.95, Salmon 15.95, Rare Ahi Tuna 14.95

### CHEF SALAD / 12.95

Tomatoes, egg, roast beef, ham, turkey, cheddar, parmesan, swiss

### GINGER TERIYAKI SALMON SALAD / 12.95

Tomatoes, parmesan, avocado, and a touch of Pressed honey ginger white balsamic

### STRAWBERRY & GOAT CHEESE / 11.95

Arugula, candied pecans, grilled chicken breast, Pressed olive oil, Pressed blackberry ginger balsamic drizzle

### TOMATO MOZZARELLA SALAD / 10.95

Mozzarella, tomatoes, pesto, parmesan, with Pressed Italian herbs of Naples dark balsamic

### HOUSE SALAD / 7.95

Tomatoes, parmesan

### DRESSINGS

Balsamic Vinaigrette, Ranch, Caesar, Sesame Ginger, Crumbled Bleu Cheese paired with Balsamic Vinaigrette

### ADD-ONS

Chicken 3.95, Crab Cake 17.95, 1/2 Avocado 1.50, Roasted Vegetables 3.95

## SIDES

### CHIPS /2.00

### SIDE SALAD /5.25

### SIDE VEGGIE / 4.95

### CHEDDAR TOAST /5.95

### TOASTED BREAD / 3.95

Ciabatta or Focaccia with olive oil

### SOUPS

### SMALL 4.95 / LARGE 5.95

Chicken Tortilla, Corn and Crab Chowder, Tomato Basil Bisque, Lentil Marsala

### HOURS

Monday-Friday / 9:00 AM-7:30 PM  
Saturday, Sunday / 9:30 AM-7:30 PM

### CONTACT

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@BlueWindGourmet  



Gluten Free menu items also include: Chicken Tortilla Soup, Lentil Masala or Black Bean Soup (when available), Balsamic Vinaigrette, Caesar, Ranch

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# WRAPS

Served with chips or side salad  
Upgrade to small soup for 3.50 or large soup for 4.75

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## CHICKEN PESTO WRAP / 10.95

Chicken, pesto, avocado, feta, greens, tomatoes

## CAJUN SHRIMP WRAP / 12.95

Cajun shrimp, remoulade sauce, greens, tomatoes

## LAMB AND BEEF GYRO / 10.95

Lamb and beef, tzatziki sauce, feta, greens, tomatoes

## ROCKFISH WRAP / 12.95

Old Bay seasoned rockfish, pepper jack, remoulade sauce, avocado, greens, tomatoes

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# SANDWICHES

Served with chips or side salad  
Upgrade to small soup for 2.50 or large soup for 4.00

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On your choice of ciabatta or focaccia bread or make it a wrap

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## BBQ PULLED PORK / 10.95

BBQ pulled pork, pepper jack

## GRILLED CHICKEN BREAST / 10.95

Chicken, bacon, swiss

## SMOKED TURKEY / 9.95

Turkey, bacon, pepper jack

## ROAST BEEF / 10.95

Roast beef, caramelized onions, mozzarella

## THE PORK TRIFECTA / 10.95

BBQ pulled pork, ham, bacon, pepper jack

## THE GARBAGE / 11.95

Roast beef, ham, turkey, BBQ pulled pork, bacon, swiss, cheddar, mozzarella

## BLUE WIND REUBEN / 10.95

Turkey, swiss, sauerkraut, remoulade on marbled rye

## CHICKEN AVOCADO MOZZARELLA / 10.95

Chicken, basil, avocado, mozzarella

## BUFFALO CHICKEN / 10.95

Chicken, bacon, buffalo sauce, pepper jack

## SWEET POTATO SANDWICH / 9.95

Bacon and goat cheese

## HAM & BRIE CROISSANT / 9.95

Pressed fig dark balsamic drizzle and greens



Gluten Free wrap available to substitute for any sandwich or wrap / 1.50

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# SEAFOOD

Dependant on market availability

Served with chips or side salad  
Upgrade to small soup for 2.50 or large soup for 4.00

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## BLACKENED SHRIMP TACOS / 12.95

Remoulade sauce, arugula, mango salsa

## SALMON BLT / 12.95

Ginger teriyaki salmon, bacon, greens, tomatoes, served with remoulade sauce on marbled rye

## CRAB CAKE SANDWICH / MARKET PRICE

Served with remoulade sauce

## CAJUN CATFISH / 11.95

Cajun seasoned catfish, pepper jack, avocado, served with remoulade sauce

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# MEAT-FREE SANDWICHES

Served with chips or side salad  
Upgrade to small soup for 2.50 or large soup for 4.00

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## THE BIG CHEESE / 9.95

Bleu cheese, feta, parmesan, cheddar, mozzarella, swiss, pepper jack

## GARDEN WRAP / 9.95

Hummus, greens, squash, zucchini, roasted red peppers, roasted tomatoes and goat cheese

## DOUBLE GARDEN BURGER / 11.95

Two vegan patties, pepper jack, greens, tomatoes, served with pesto

## VEGGIE REUBEN / 10.95

Squash, zucchini, roasted red peppers, caramelized onions sauerkraut, swiss cheese and remoulade on marbled rye bread

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**ADD-ONS :** 1/2 Avocado 1.50, Bacon 2.25, Extra Cheese 1.25, Kosher Pickle at no charge