

“anything you want, just ask”

**Roasted Red Pepper + Spinach Dip** 14

Roasted red peppers and spinach in a creamy cheese dip with kettle chips for dipping.

**Pan Bread** 7

Housemade focaccia bread served with oil and balsamic vinegar for dipping.

**Mushroom Skillet** 11

Hot skillet of sautéed button mushrooms in garlic cream sauce. Served with grilled focaccia bread.

**Mesquite Smoked Kettle Chips** 10

Kettle chips tossed in mesquite seasoning. Served with chipotle dip.

**Lollipop Chicken Wings** 13

One Pound of breaded, golden fried drumettes. Choose your sauce from our Enhancements Section, tossed or on the side.

**Bacon Wrapped Seafood Stuffed Prawns** 17.5

Jumbo prawns stuffed with scallops, lobster and cream cheese, wrapped in bacon. Served with citrus salsa.

**Blu Corn Nachos** 16 **Half Order** 10

Baked with mixed cheeses, black olives, pickled jalapenos, green onions and tomatoes. ADD: Guacamole 2 | Chicken 4 | Beef 4

**Calamari** 13

Calamari dredged in seasoned corn flour and fried golden brown. Served with house made Tzatziki.

**Focaccia Cheese Toast** 8

Housemade focaccia bread topped with mix of cheeses and spices.

**Spicy Cauliflower Skillet** 10

Tempura battered cauliflower with a sriracha sesame sauce served in a sizzling hot skillet.

**Deep Fried Pickles** 8

Dill pickles battered and fried golden brown.

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	small	medium	large
<b>Broccoli Cheddar</b>	3	6	9
<b>Smoked Gouda + Sweet Potato</b>	3	6	9
<b>Garden Vegetable</b>	3	6	9

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Make any of the following salads into a wrap!

**Chipotle Ranch Chicken Salad** 15 **RWA**

Mixed greens tossed with chipotle ranch dressing, tomato, green and red onions, shredded cheese and crumbled bacon. Served with your choice of grilled, or crispy chicken.

**Apple Walnut Chop Salad** 13

Mixed greens tossed with granny smith apples, walnuts, dried cranberries, red onion, goat cheese and caramelized apple dressing.

**California Caesar Salad** 15 **RWA**

Romaine lettuce tossed, avocado, and a peach puree, with housemade crotons and Caesar dressing. Served with grilled Cajun chicken breast or grilled salmon fillet.

**Greek Salad** 13

Traditional Greek salad with romaine lettuce, cucumber, black olives, tomatoes and feta cheese.

**Blue Cheese Wedge Salad** 14

Romaine lettuce with a creamy dill dressing, crumbled blue cheese, bacon and diced tomato.

All salads served with fresh house made focaccia bread. Add cheese to your bread \$1

A L W A Y S F R E S H

appetizers

soups

salads + wraps

“all of our chicken breasts are raised without antibiotics”

**Canadian Cheese-Burger** 15

Fresh ground beef with cheddar cheese, lettuce, tomato and crispy onions.

**Bacon + Blu-Burger** 15

Fresh ground beef with blue cheese, bacon, bbq sauce, lettuce and tomato.

**Philly Beef Dip** 17

Shaved beef with red peppers, sauteed mushrooms and crispy onions served on a sub bun with au jus.

**Steak Sandwich** 18

Sirloin steak served on grilled focaccia bread topped with sautéed mushrooms, and onion crisps.

**Buffalo Chicken Sandwich** 14 **RWA** **GF**

Golden fried chicken breast tossed in roasted red pepper hot sauce with tomato, lettuce and garlic mayo on a brioche bun.

**Cajun Chicken Club** 16 **RWA**

Spicy cajun chicken breast, smoked bacon, cheddar cheese, sliced tomato, iceberg lettuce and chipotle mayo served on a brioche bun.

**Chicken Quesadilla** 14 **RWA**

Cajun chicken, mozzarella cheese and tomato, grilled in a white flour tortilla. Served with salsa and sour cream.

**Buttermilk Chicken Tenders** 15 **RWA**

All white meat buttermilk fried chicken strips made in-house. Choose your sauce from our enhancements section, tossed or on the side.

**Monte Cristo** 14

Ham, turkey, swiss cheese, mayo served on “French toast” style bread with maple syrup for dipping.

**Fish Tacos** 15

Grilled flour tortillas stuffed with golden fried cod, shredded lettuce, tomato and chipotle aioli.

**ADD Cup of soup to start your meal** 3

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**Four Cheese Ravioli** 22 **V**

Four cheese ravioli tossed in whiskey sage cream sauce with shallots and fresh sage.

**Pesto + Shrimp Linguini** 20

Linguini pasta and garlic shrimp tossed in a pesto cream sauce.

**Mushroom Carbonara** 18

Button and cremini mushrooms with rigatoni noodles sautéed in cream sauce with smoked bacon and red onion.

**Thai Noodle Bowl** 15 **V**

Sautéed Asian vegetables and lomein noodles tossed in a zesty Thai sauce topped with candied peanuts and fresh cilantro.

**Butter Chicken** 17 **RWA** **GF** **V**

Chickpeas, roasted cauliflower and chicken breast in butter chicken curry sauce, served with coconut lemongrass rice and naan bread.

**ADD: Grilled Chicken** 6 | **Garlic Shrimp** 6 | **Steak** 9

# “fresh, never frozen beef tenderloin cut to order”

## Chicken Cordon Blu 22 RWA

Breaded, baked chicken breast stuffed with ham and swiss cheese served with a peach gin sauce.

## Fish & Chips 18

Tender cod fillets lightly battered and served with house cut fries, coleslaw and tartar sauce.

## Maple Salmon 21

Atlantic salmon glazed with whiskey maple sauce.

## Bacon Wrapped Chicken 22 RWA

Bacon wrapped chicken breast stuffed with goat cheese, spinach and roasted red peppers in a white shallot sauce.

## BBQ Back Ribs Regular Order 24 Large Order 29 GF

Tender baby back ribs baked and grilled with our housemade bbq sauce.

## Chipotle Salmon 21

Atlantic salmon grilled with our house made seasoning and topped with Chipotle Sauce.

## 7oz Top Sirloin 24 GF

A perfect combination of tenderness and flavour, cooked to your preference.

## Beef Tenderloin Minimum 4 oz cut, \$4 per oz GF

*Choose your size of filet! Choose your done-ness!*

Extremely tender and juicy steak that we will cut just for you!

## 8oz BT Bacon Smokin' Chz-Burger 37

*Choose your done-ness!* Hand ground tenderloin with 3 pieces of bacon, smoked gouda with your choice of sauces and toppings.

All mains + steaks are served with vegetables and your choice of additional side.

## steak toppers

Blu Cheese Butter 3

Garlic Mushrooms 5

Garlic Sauteed Prawns 6

2 Bacon Wrapped Seafood Stuffed Prawns 8.5

Garlic Butter Asparagus Spears 5

## sauces + dips FREE

- Chipotle Dip
- Blue Cheese
- Ranch
- Honey Garlic
- Honey Dill
- Sriracha Honey
- Chipotle Ranch
- Sea Salt + Cracked Black Pepper
- Garlic Parm
- Hot
- Medium Hot
- Mild Hot
- Tzatziki
- Tartar
- Guacamole 2

## sides

- Twisted Fries
- Mashed Potato Springrolls
- Rice
- Baby Potatoes
- Cauliflower
- Broccoli
- Veggie Sticks
- Snap Peas

### For \$2 extra

- Caesar Salad
- Sweet Potato Fries
- Garden Salad
- Soup

### For \$3 extra

A bit of both (Caesar Salad & Half Order of Fries)

GF = Gluten Free V = Vegetarian RWA = Raised Without Antibiotics

ALWAYS FRESH

mains

steaks

enhancements

“ half orders available on most items at 22% discount ”

**Roasted Red Pepper + Spinach Dip 14**

Roasted red peppers and spinach in a creamy cheese dip with gluten free tortillas.

**Nachos 16**

Gluten free tortilla chips baked with mixed cheeses, black olives, pickled jalapenos, green onions and tomatoes.

ADD: Guacamole 2 | Chicken 4 | Beef 4

**Blackened Chicken Club 16 RWA**

Spicy blackened chicken breast, smoked bacon, cheddar cheese, sliced tomato, iceberg lettuce and chipotle mayo. Served with lettuce cups.

**Buffalo Chicken Sandwich 14 RWA**

Grilled breast tossed in roasted red pepper hot sauce with tomato, lettuce and garlic mayo. Served with lettuce cups.

**Butter Chicken 17 RWA**

Chickpeas, roasted cauliflower and chicken breast in butter chicken curry sauce, served with coconut lemongrass rice.

**Apple Walnut Chop Salad 13**

Mixed greens tossed with granny smith apples, walnuts, dried cranberries, red onion, goat cheese and caramelized apple dressing.

**BBQ Back Ribs Regular Order 24 Large Order 29**

Tender baby back ribs baked and grilled, served dry in our housemade rub.

**Steaks**

All steak dishes can be made gluten free.

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## 11% Senior's Discount

Available all food items. Cannot be combined with any other discount.

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Grilled Cheese

Jumbo Noodles

Hot Dog

Garden or Caesar Salad

Chicken Fingers

Veggies + Dip

All kid's meals are \$5

Kid's pop is free. ADD \$2 for milk or juice.

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book with us.

Reservations

Group Bookings

Private Dining Room



Call 204.728.5930

Email [info@blurestaurant.ca](mailto:info@blurestaurant.ca)

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 = Gluten Free

 = Vegetarian

**RWA** = Raised Without Antibiotics

A L W A Y S F R E S H

 gluten free

seniors kids