

“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.

	small	medium	large
Broccoli Cheddar	3	6	9
Smoked Gouda + Sweet Potato	3	6	9
Garden Vegetable	3	6	9

ADD fresh house made focaccia bread. for \$1
ADD cheese to your bread \$1

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.

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

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
- Himalayan 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.

11% Senior's Discount

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

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.

book with us.

Reservations

Group Bookings

Private Dining Room



Call 204.728.5930

Email info@blurestaurant.ca

 = Gluten Free

 = Vegetarian

RWA = Raised Without Antibiotics

A L W A Y S F R E S H

 gluten free

seniors kids