

BLUE COAST

Grill & Bar

Farm to Table
Award Winning
Chef Creations

new american cuisine ~ unique, wonderful flavors using local farm to table products when available
market square farmers market when in season ~ dressings & reductions are chef's creations and made in house daily

SHAREABLES

- CHEFS CRAB CAKE hand formed crab cake | spring mix | tossed in lemon vinaigrette | lightly fried | baja aioli 10
- THREE FOR ALL roasted red pepper hummus | queso fresco | guacamole | all made from scratch | signature crispy tortilla wedges 10
- QUESO FUNDIDO CHORIZO blend of local cheeses | chorizo | jalapeño | signature crispy tortilla wedges 7
- CHICKEN TENDERS lean hormone free chicken breasts | cruze farm buttermilk | double breaded in seasoned flour | honey mustard 8
- 👉 BBQ FLATBREAD smoked pulled pork or grilled chicken | chef's BBQ sauce | red onions | mango chutney | sweetwater valley farms cheese 8
- 👉 VEGGIE FLATBREAD house made guacamole | pico de gallo | jalapeño relish | sweetwater valley farms cheese 7
- BAJA NACHOS grilled hormone free chicken or steak | jalapeño relish | grilled peppers & onions | queso fresco | house guacamole 9

SOUP & SALADS

entree salads served with garlic buttered flatbread | chef's signature dressings made daily:
ranch | blue cheese | caesar | lemon vinaigrette | honey mustard | balsamic vinaigrette | oil & vinegar

- 👉 SUNDRIED TOMATO DELIGHT spring mix | grilled hormone free chicken | goat cheese | sundried tomatoes | candied pecans | house croutons tossed in chef's lemon vinaigrette 11
- THE WEDGE blue cheese crumbles | candied benton's bacon | house croutons | sliver of red onions | heirloom tomatoes chef recommends blue cheese dressing 10
- KALE & STRAWBERRY chopped local kale | fresh cut strawberries | toasted pine nuts | shredded parmesan | dried cranberries tossed in chef's lemon vinaigrette 10
- CLASSIC CAESAR romaine | house croutons | shredded parmesan 9 | add grilled hormone free chicken 4 | add grilled salmon 7
- CHICKEN SALAD romaine | spring mix | heirloom tomatoes | house chicken salad | candied pecans | house croutons 10
- SIDE KALE chopped local kale | toasted pine nuts | shredded parmesan | dried cranberries | tossed in chef's lemon vinaigrette 5
- SIDE HOUSE romaine & spring mix | carrots | red cabbage | monterrey jack cheese | heirloom tomatoes | candied pecans | house croutons 5
- SIDE CAESAR romaine | house croutons | shredded parmesan | chef's caesar dressing 5
- CORN & SHRIMP CHOWDER sweet corn | shrimp | new potatoes | red peppers | benton's bacon | scallion garnish bowl 6 cup 4
- SOUP OF THE DAY chef's choice | made daily | bowl 6 cup 4

SANDWICHES

served on a flour head everyday white bun unless noted | one side

- CLASSIC BURGER heirloom tomato | romaine | red onion | pickle | american cheese 9.5
- HYBRID BURGER salad mix | chef's sweet & savory slaw | sunny side up egg | siracha sauce 10
- MARKET SQUARE BURGER queso fundido chorizo | caramelized onion | heirloom tomato | california leaf lettuce 10
- 👉 SMOKEHOUSE BURGER chef's BBQ sauce | sweetwater valley farms firey fiesta cheese | onion straws | benton's bacon | california leaf lettuce 11
- VEGGIE BURGER handmade vegetarian burger | lettuce | heirloom tomato | balsamic reduction | baja aioli 9
- CRAB CAKE SANDWICH hand formed crab cake | spring mix | lemon vinaigrette | baja aioli 11
- CITRUS CHICKEN RANCH hormone free grilled chicken breast | citrus marinade | heirloom tomato | california leaf lettuce | benton's bacon | house ranch 10
- BBQ PULLED PORK from benton's farm | smoked in house | hand pulled | chef's secret BBQ sauce | sweet & savory slaw | texas toast 9
- 👉 PRIME CHEESESTEAK fresh shaved prime rib | sauteed peppers and onions | queso fresco | french roll 12
- BEACH WRAP citrus marinated hormone free grilled chicken | local jack cheese | romaine | dried cranberries | candied pecans | granny smith apple citrus aioli | choice of wrap: spinach, chipotle or flour 9
- ANCHO CHIPOTLE WRAP hormone free grilled chicken in a cilantro lime marinade | benton's bacon | romaine | roasted peppers | shredded parmesan cheese ancho-chipotle dressing | choice of wrap: spinach, chipotle or flour 9

from the SEA

add a side salad (house, kale or caesar) to any entree for 3.5

- 👉 ROMEY'S SALMON hickory smoked | pan seared | honey champagne glaze | served over cajun cheese grits | one side 17
* winning entree of top chef knoxville 2013 - named after chef curtis' son *
- FRESH CATCH served over crab meat | with a lite lemon butter cream sauce | grilled or blackened | two sides MKT
- SHRIMP & GRITS gulf white shrimp | pepper and onions | andouille sausage | benton's bacon | served over cajun cheese grits 19
- BAJA FISH TACOS lightly battered | cabbage | onion | cilantro | salsa rosa | baja aioli | corn tortillas | lime two for 6 • three for 9
- GRILLED FISH TACOS grilled mahi mahi | chef's sweet & savory slaw | mango chutney | lime two for 8 • three for 12
- 👉 CRAB ALFREDO wild caught premium blue claw meat | chef's orange zest alfredo sauce | over linguini | fresh shaved parmesan 15

from the FARM

add side salad (house, kale or caesar) to any entree for 3.5

- 👉 BRAISED PORK BELLY *a favorite* | basted in a caramelized glaze | served over chef's sweet & savory slaw | one side 15
- 👉 PRIME RIB slow roasted prime rib | hand carved | au jus | creamy horseradish sauce | one side | 8 oz 18 | 12 oz 22
- HAND CUT RIB EYE 12 oz cut in house | herb butter | two sides 22
- 👉 NAPA VALLEY CHICKEN hormone free grilled chicken breast | lemon wine reduction | topped with sundried tomatoes | goat cheese | two sides 15
- CITRUS CHICKEN citrus marinated hormone free grilled chicken breast | two sides 12
- CHICKEN BROCCOLI ALFREDO hormone free grilled chicken | broccoli florets | chef's orange zest alfredo sauce | over linguini | fresh shaved parmesan 12
- ROJA BURRITO stuffed with grilled chicken or steak | baja rice | black beans | sweetwater valley farms cheese | pico de gallo | cilantro crema choice of tortilla: spinach, chipotle or flour | topped with roja sauce & sweetwater valley farms cheese 9.5
- VEGGIE BURRITO stuffed with sauteed peppers and onions | mushrooms | baja rice | black beans | house hummus choice of tortilla: spinach, chipotle or flour | topped with roja sauce & sweetwater valley farms cheese 9.5
- BAJA FAJITAS grilled hormone free chicken or steak | sautéed peppers and onions | cilantro crema | monterrey jack cheese pico de gallo | chopped romaine | flour or corn tortillas | for one 11 | for two 19

from the GARDEN

side items 3 | plate of three 9 | plate of four 11.5

brussel sprouts with onion, benton's bacon & cream | broccoli tossed in herb butter | mac n cheese | cajun cheese grits
chef's sweet & savory slaw | hand breaded onion straws | house fries | sweet potato fries | black beans | brown rice
roasted asparagus additional \$1 | baked potato with butter & sour cream | green onion & benton's bacon additional \$1.50



our chicken is 100% natural & hormone free



we proudly serve certified angus beef



chef's favorite



gluten free menu available

please notify your server of any allergies we need to be made aware of - consuming raw or under-cooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness