

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 | cruse 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

spring mix | grilled hormone free chicken | goat cheese | sundried tomatoes | candied pecans | house croutons
tossed in chef's lemon vinaigrette 11

blue cheese crumbles | candied benton's bacon | house croutons | sliver of red onions | heirloom tomatoes
chef recommends blue cheese dressing 10

chopped local kale | fresh cut strawberries | toasted pine nuts | shredded parmesan | dried cranberries
tossed in chef's lemon vinaigrette 10

romaine | house croutons | shredded parmesan 9 | add grilled hormone free chicken 4 | add grilled salmon 7

romaine | spring mix | heirloom tomatoes | house chicken salad | candied pecans | house croutons 10

chopped local kale | toasted pine nuts | shredded parmesan | dried cranberries | tossed in chef's lemon vinaigrette 5

romaine & spring mix | carrots | red cabbage | monterrey jack cheese | heirloom tomatoes | candied pecans | house croutons 5

romaine | house croutons | shredded parmesan | chef's caesar dressing 5

sweet corn | shrimp | new potatoes | red peppers | benton's bacon | scallion garnish bowl 6 cup 4

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 parmesean 15

from the FARM

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

a favorite | basted in a caramelized glaze | served over chef's sweet & savory slaw | one side 15

slow roasted prime rib | hand carved | au jus | creamy horseradish sauce | one side | 8 oz 18 | 12 oz 22

12 oz cut in house | herb butter | two sides 22

hormone free grilled chicken breast | lemon wine reduction | topped with sundried tomatoes | goat cheese | two sides 15

citrus marinated hormone free grilled chicken breast | two sides 12

hormone free grilled chicken | broccoli florets | chef's orange zest alfredo sauce | over linguini | fresh shaved parmesean 12

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

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

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 additonal \$1.50



our chicken is 100% natural & hormone free



we proudly serve certified angus beef



chef's favorite



gluten free menu available