

## Soups

### DAILY SOUP : Tomato Basil

CUP \$4.50

BOWL \$6.95

## Salads

Served with your choice of dressing: honey mustard, ranch, balsamic vinaigrette, thousand island or blue cheese

### VINE RIPENED TOMATO \$9.75

Beef steak tomatoes served with blue cheese, red onion, shredded argula with lemon vinaigrette

### GRILLED ROMAINE \$12.00

Fresh heads of romaine lettuce spilt down the middle, grilled until charred and smoky, then topped with blue cheese and bacon with blue cheese balsamic

### CAESAR \$8.50 W/CHICKEN \$9.75 W/GRILLED SHRIMP \$10.50

Romaine lettuce tossed with oven baked croutons and shaved parmesan

### THE TRIO \$10.75

3 hearty scoops of chicken salad, tuna salad and keto avocado blt salad on a bed of fresh greens with sliced tomatoes, red onion, cucumbers, and carrots

## Keto Delights

### KETO SHRIMP & GRITS \$14.95

Cheddar & Romano cauliflower puree topped with shrimp, roasted tomatoes, sautéed collard greens and crumbled bacon

### KETO WAFFLE \$9.75

Served with your choice of meat

### KETO BREAKFAST SANDWICH \$7.50

Two sausage patties, one egg, cream cheese, sharp cheddar, avocado, and siracha

### KETO CHORIZO OMELETTE \$11.50

Spinach, white onions, cheddar cheese topped with sour cream, avocado, and bacon

### KETO CHAFFLE SANDWICH \$10.50 (add \$2.00 for Chicken, \$1.50 for Bacon or Ham)

Your choice of meat, egg & cheese

### KETO AVOCADO BLT & EGG \$10.75

Bacon, avocado, hard boiled eggs, green onions atop spinach drizzled with fresh lemon juice

### KETO CAULIFLOWER MAC \$10.50

Grilled chicken, cheddar and munster cheese, dijon mustard, spinach, and fresh garlic

**KETO DESSERTS:** Ask Your Server

## Burgers, Sandwiches & Wings\*

### Served with fries

ADDITIONAL TOPPINGS: \$1.50 for caramelized onions sautéed mushrooms, avocado, or pico de gallo. Egg \$1.00, bacon \$1.00, and \$0.75 for grilled onions, mushrooms, or jalapenos.

### BLU JAM'S BURGER \$9.50

### WITH CHEESE \$10.50

### WITH BACON \$11.50

Angus beef, bibb lettuce, tomato, pickles, red onion, mustard, and mayo

### BALSAMIC GRILLED CHICKEN SANDWICH \$10.75

Dressed with balsamic mayo, white cheddar cheese, romaine lettuce, sliced tomato, bacon on a brioche bun and served with sweet potato fries

### THE CLASSIC BLT \$8.75 ADD A FRIED EGG \$9.75

On texas toast with smoked bacon, lettuce, tomato, and served with a side

### BLU JAM CLUB \$10.25

Roasted turkey, smoked ham, bacon, cheddar cheese, lettuce, tomato, and herb aioli on toasted white or wheat bread, served with a side

### TURKEY WRAP \$9.25

Spinach tortilla, slow roasted turkey, bacon, avocado, tomato, iceberg lettuce, and served with a side

### THE ULTIMATE GRILLED CHEESE \$7.50

Gruyere, munster and white cheddar with onion, tyme, rosemary, and served with a side

### CREOLE SHRIMP PO-BOY \$13.00

Grilled or fried shrimp with shredded lettuce, tomato, homemade remoulade sauce on a French baguette

### ROAST BEEF PO-BOY \$11.50

Your choice of cheese with horseradish mayo on a French baguette with fresh au jus sauce for dipping

### CRABBY PATTY \$14.00

Our 6 oz crab cake on Brioche Bun, lettuce, tomato, and remoulade sauce

### BIG MEATY BUFFALO WINGS

6 Pieces \$7.99, 12 Pieces \$13.99, 18 pieces \$17.99 Basket. Fries or side salad add \$1.00

Available in Lemon Pepper or Spicy Lemon Pepper, Honey Barbecue, Garlic Parmesan, or Zydeco

## Deli Sandwiches

Choice of bread: white, wheat, croissant, or rye, with lettuce, tomato, and mayo served with choice of side

HAM AND CHEESE

\$8.25

CHICKEN SALAD

\$9.25

TUNA SALAD

\$8.75

TURKEY

\$8.00



BREAKFAST • BRUNCH • LUNCH

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## Ms. Marguerite's Plates

### CAJUN JAMBALAYA PASTA \$14.75

Shrimp, chicken and Andouille sausage with onions, bell peppers, mushrooms, and green onions in creole cream sauce tossed with fettuccine

### SHRIMP & GRITS \$14.75

Cheddar & romano cheese grits topped with shrimp, roasted tomatoes, sautéed collard greens, and crumbled bacon

### SHRIMP CREOLE \$12.50

Tender gulf shrimp combined with the holy trinity a slightly spicy tomato sauce over white rice

### CRAB CAKES \$14.25

Two jumbo lump crab mixed with ritz crackers, pico de gallo, drizzled with remoulade or onions and pico de gallo, served with green dressed salad

### HOMEMADE CHICKEN TENDERS \$10.75

Three chicken tenders, served with coleslaw, french fries & your choice of house made honey mustard or white gravy

### LO COUNTRY BOIL \$13.95

Combination of corn on the cob, red potatoes, onion, sausage, and shrimp all together in a tasty crab boil

## Blu Plate Specials

(subject to change, be sure to ask your server)

### TUESDAY: MEATLOAF \$11.50

Mashed potatoes, green beans, and a roll

### WEDNESDAY: CHICKEN OF THE DAY \$11.50

Ask your server about our chicken specials

### THURSDAY: BEEF POT ROAST \$11.50

Mashed potatoes, english peas, and a roll

### FRESH FISH FRIDAY: ASK YOUR SERVER FOR THE FISH OF THE DAY

Fish of the day cooked to order, cole slaw, hushpuppies, and french fries

## Sides

COLESLAW

\$1.75

FRENCH FRIES

\$2.50

POTATO SALAD

\$2.25

GARDEN SALAD

\$3.50

JALAPENO MACARONI SALAD

\$2.50

FRUIT

\$4.00

## Desserts

ASK YOUR SERVER FOR THE DESSERT OF THE DAY