

Breakfast

SERVED ALL DAY

TUESDAY-SUNDAY

7:30am-2:30pm

EVERYTHING AT BLU' ISLAND BISTRO IS PREPARED TO ORDER AND HAND-CRAFTED WITH MARKET FRESH INGREDIENTS.

SIT BACK, RELAX, AND ENJOY YOUR DINING EXPERIENCE!

OMELETS, EGGS & MORE

fluffy, cooked to perfection

choice of: tomato slices, seasonal fruit, pecan-smoked bacon, chicken sausage, or sausage links and choice of toast: (wheat/sourdough/rye), english muffin (.50)

substitute egg whites 1.5

substitute gluten-free bread 2

OVEN ROASTED SEASONAL VEGGIE OMELET

seasonal vegetables marinated in fresh herbs, olive oil, balsamic vinegar, roasted to perfection with baby spinach and cheddar cheese 9.5

MUSHROOM MEDLEY OMELET

portobella, shiitake and domestic mushrooms with baby swiss cheese 9.5

MEAT LOVERS OMELET

pecan-smoked bacon, beachwood smoked ham, country sausage and cheddar cheese 9.5

WESTERN OMELET

green and red peppers, beachwood smoked ham, onions, and cheddar cheese 9.5

SPINACH & GOAT CHEESE OMELET

baby spinach sautéed with soft mild goat cheese 9.5

ITALIAN EGGS

scrambled eggs with roasted red peppers, fresh basil, mozzarella and topped with parmesan cheese 9

BLU' BURRITO

soft tortillas filled with scrambled eggs, black beans, chorizo sausage. Topped with our house salsa, sour cream, cheddar, and avocado 9
substitute corn tortillas for gluten free

PHILLY SCRAPPLE, EGGS, AND TOAST

scrapple lovers, get ready!
served w/ 2 eggs any style and toast 8.5

CREAM CHIPPED BEEF

Real chipped beef paired with perfectly creamed gravy, served over sourdough bread with 2 eggs any style 9

BISCUITS & GRAVY

Fluffy, house-made biscuits and country sausage gravy 9H

CORNED BEEF HASH

As seen in the Herald Tribune! Slow cooked Boar's Head corned beef diced with potatoes, onions and secret spices, served with 2 eggs and toast 10

2 EGG BREAKFAST

2 eggs any style, your choice of any side (meat/tomatoes/ fruit/potatoes/grits) and toast. 8.25

EGGS BENEDICT

2 poached eggs on a grilled english muffin topped with our freshly-made hollandaise. comes with a cup of fresh fruit. can be [GF] with [GF] english muffin, add 2. choice of:

- lump crab with asparagus 11.5
- pastrami style smoked salmon 9.5
- Canadian bacon 9.5
- beachwood smoked ham 9.5
- tomato w/ baby spinach 8.50

BREAKFAST SANDWICHES

All can be made [GF] with bread or english muffin except BLT

NEW JERSEY PORK ROLL SANDWICH

a mouth watering northeast favorite with a twist! porkroll, fried egg, American cheese, arugula, on grilled sourdough and served with seasonal fruit 9

BLU ISLAND EGG SANDWICH

beachwood smoked ham and gruyere cheese, grilled on fresh sourdough bread, topped with a basted egg and served with seasonal fruit 9

BLT WITH FRIED EGG

pecan-smoked bacon, fried green tomato, arugula, topped with our basil garlic aioli, served on sourdough bread with seasonal fruit 9

BACON & EGG SANDWICH

pecan-smoked bacon, fried egg, caramelized onions, with arugula on a fresh ciabatta bread, served with seasonal fruit 9

FRITTATA OF THE DAY

made from scratch ~ served with fresh seasonal fruit 9.25

SEASONAL FRUIT SUNDAE

fresh seasonal berries, melons, grapes, layered with yogurt and granola 7

BUILD-A-BREAKFAST

- assorted breakfast muffins
3.5 (ask your server for current selections. toasted if you would like)
- english muffin 2
- 2 eggs 3
- 2 toast 1.25
- grits 2
- sausage links 3.5
(pork or chicken)
- pecan-smoked bacon 3.5
- scrapple 3.75
- Boar's Head ham steak 3.5
- pork roll 3.5
- oatmeal 3.25
brown sugar and/or raisins included. For .75 each, add: blueberries, bananas, pecans, strawberries
- breakfast potatoes 2.75
(pancake-style with scallions, cheddar cheese, fresh herbs, onions, paprika)
- fresh seasonal mixed fruit 3.25
- NY Everything, Made in Da Bronx 3.75
with cream cheese
- Side of 3 sliced tomatoes on bed of arugula 2.75

FRENCH TOAST / PANCAKES

BANANA FRENCH TOAST

Won "best of Philly!" whole wheat thick sliced bread dipped in our fresh banana batter, grilled to a golden brown. topped with sliced bananas and served with fresh fruit. sprinkled with powdered sugar if you wish! 8.5

substitute gluten free bread 2

> real maple syrup 1.5

CHEF ALAN'S FAMOUS BUTTERMILK PANCAKES

Featured on News Channel 8 with Chef Judi. A favorite, fluffy, light, made with fresh buttermilk and local farm eggs.

single 3.5 / short stack (3) 5.5 / full stack (5) 8 .50 per filling, per cake

- blueberries
- bananas
- chocolate chips
- strawberries
- candied pecans

Lunch

Starting at 11:00am, 12:00pm on Sundays

HOURS

TUESDAY-SUNDAY

7:30am-2:30pm

APPETIZERS

BUTTERMILK-BATTERED ONION RING STRINGS

house-made, a do-not-miss experience! A staple on his menu in Philly! 5.5

HAND-CUT FRENCH FRIE

thick, rustic, the best fries you've ever had! 5

SIDE SALAD

mixed greens, tomato, onion, cucumber, carrot, housemade fresh herb vinaigrette, topped with grated cheddar 4

FRIED GREEN TOMATOES

buttermilk, herb-battered green tomatoes, served with our house remoulade sauce 5.5

HOUSE WAFFLE-STYLE POTATO CHIPS

made to order, perfect golden-brown crisps 3

HUMMUS & PITA

freshly made hummus, calamata olives & toasted pita 6

SOUP & SALADS

CUP OF SOUP AND 1/2 SANDWICH CHICKEN SALAD OR TUNA SALAD 8.25

DAILY HOUSE SOUP

made from scratch daily / bowl 5.5 / cup 4 OPTIONS: grilled chicken +4 / salmon +5.5 / white fish +4.5 / grouper +7 / scoop of tuna salad +4 / scoop of chicken salad +4 / crab cake +6

BLU SALAD

mixed greens with strawberries, blueberries, blackberries, cranberries and toasted candied pecans served with Chef Alan's strawberry balsamic vinaigrette 10

GARDEN VEGETABLE

mixed greens tossed with cucumbers, tomatoes, carrots, onions, olives, topped with grated cheddar, served with our house-made fresh herb vinaigrette 8

MEDITERRANEAN PLATTER

freshly-made hummus, cucumber salad w/ red peppers, onions, feta cheese, and tabbouleh served with olives and warm pita bread...an absolute favorite! 11

SANDWICHES & More

all sandwiches are served with our house-made chips, house coleslaw, or seasonal fruit, and a pickle. can all be served [GF] with bread or rolls except for: crab cake, cuban, cheesesteak for 2 more

substitute onion rings 2.5

substitute hand-cut french fries for 2

substitute gluten-free bread for 2

DAILY BISTRO BURGER

different burger every day! ½ Lb. black angus beef, cooked to your specifications, served on roll of the day 11

GULF GROUPE SANDWICH

fresh grilled gulf grouper on a ciabatta roll, tartar sauce, arugula 14

CHICKEN BREAST SANDWICH

grilled or blackened chicken breast sandwich, avocado, tomato, arugula, served on a ciabatta roll 9.5 / cheese +.75

CRAB CAKE SANDWICH

made by hand, fresh crabmeat w/ onions, peppers, celery, seared, topped with arugula, roasted garlic aioli and served on a ciabatta roll 13

TACOS

three warm flour tortillas with your choice of filling, topped w/ house made cilantro lime slaw, pico de gallo, avocado and a zesty remoulade sauce. 11.5

sub corn tortillas to make gluten free

- chicken (grilled or blackened)
- veggie (oven-roasted marinated seasonal vegetables)

- white fish (grilled or blackened)
- domestic grouper 7 (grilled or blackened)

PULLED PORK SANDWICH

slow roasted in-house w/ mojito seasoning, topped with freshly-made coleslaw, layered with hand-cut French fries, barbecue sauce, served on a ciabatta roll. 10.5

**NOT AVAILABLE ON SUNDAY*

REUBEN

house-cooked slow-roasted thick rustic cut corned beef, toasted rye bread grilled with swiss cheese, sauerkraut and thousand-island dressing 10.5

**NOT AVAILABLE ON SUNDAY*

BLU'S CUBAN

slow roasted in-house pork, beachwood smoked ham, swiss, pickles and mustard on authentic cuban bread 10

PHILLY CHEESESTEAK

Philly cheesesteak on the original Amoroso roll, caramelized onions, american cheese. 12 / caramelized mushrooms +.50

VEGGIE PANINI

fresh seasonal roasted veggies, drizzled with house-made herb pesto, served on a grilled ciabatta bread, beautifully pressed. 8.5

TUNA SALAD

all-white tuna mixed with lemon dill mayo, onion, celery, old bay, topped with baby arugula, served on whole wheat bread 9.25

CHICKEN SALAD

chicken breast, tarragon mayo, onions, celery, baby arugula served on whole wheat bread 8.75

BEVERAGES

COFFEE/HOT TEA

local Sarasota roaster
regular/decaf 2.5

hot herbal teas 2
extra tea bag .75

JUICE AND MILK

freshly squeezed 100%
Florida orange juice 2.7
V8 tomato juice 2.7
milk 2.7
chocolate milk 2.7

SPECIALTY COFFEES/DRINKS

regular or decaf

add salted caramel, hazelnut, vanilla, pumpkin spice to any specialty coffee, .50

cappucino 4
latte 4
espresso 3.5
iced coffee 4
hot cocoa w/ whipped cream 3

ICED TEAS/LEMONADE/ WATER

freshly brewed, sweet tea, unsweet tea 2.5
peach, mango, raspberry +.50
lemonade 2.29
pellegrino 3
bottled water 3
club soda 1.95
vitamin water 2.40
acai-blueberry-pomegranate

SODAS 2.40

Coke
Diet Coke
Sprite
root beer

BEER, WINE AND MORE ASK YOUR SERVER

wine by the glass or bottle - see list
sangria
mimosas
bloody mary

local draft beers - see list

CHEF ALAN'S "PICK UP A BOTTLE OF"

ALAN'S HOT SAUCE \$6.95

**CATERING / PARTIES
GIFT CERTIFICATES**