

LUNCH

appetizers

Salt & Pepper Calamari 13
scallions, jalapeños, ginger, chilli sauce

Beef Carpaccio 16
thinly sliced beef, grainy mustard aioli
crispy capers, shaved parmigiano-reggiano

salads

Tableside Caesar Salad 12 per person
crisp romaine, parmigiano-reggiano
lemon & anchovy dressing

☞ **Tableside Spinach Salad 12**
baby spinach, mushrooms, toasted almonds
monterey jack, bacon & mustard vinaigrette

☞ **Beef Steak Tomato Salad 12**
blue cheese, red onions, frisée
creamy gorgonzola dressing

add *chicken* \$8, add *steak* \$8, add *prawns* \$7

mains

Roasted Chicken Supreme 24
grilled vegetables, roasted fingerling potatoes
mushroom & sage demi-glace

Steak & Frites 29
beef tenderloin, pico de gallo, crispy frites

Black & Blue Burger 22
prime beef patty, tomato jam, onion ring
smoked bacon, roasted garlic aioli
hand cut fries

SIDES

Mac & Cheese Sticks 11
truffled cheese sauce

Brussels Sprouts 9
lemon, capers, parmesan

Broccoli 10
white cheddar cheese sauce

☞ **Mashed Potatoes 10**
crème fraîche

☞ **Greens 9**
sautéed kale & swiss chard
creamed spinach

B+B Bread 7
homemade brioche
baked in house

French Fries 9
B+B crispy fries

Tuna Poke Bowl 16
ahi tuna, avocado, charred pineapple, nori
coconut, ponzu, root vegetable chips

Mussels 18
white wine, shallots, herbs, tomatoes
butter, pommes frites

Cobb Salad 21
roasted chicken breast, cauliflower, avocado
maple smoked pancetta, cherry tomatoes
gem lettuce, egg, macedonian feta
buttermilk ranch

Steak Salad 23
beef tenderloin, grilled vegetables, avocado
frisée, crispy shallots, tarragon vinaigrette

Tuna Niçoise 22
ahi tuna, fingerling potatoes, artichokes, green beans
tomatoes, 7-minute egg, niçoise olive vinaigrette

☞ **Salmon 24**
grilled vegetables, roasted fingerling potatoes
lemon & chive beurre blanc

Baked Lobster Gnocchi 21
atlantic lobster, tarragon cream sauce

Prime Rib Sandwich 14
thinly sliced prime rib, toasted baguette
au jus, fries



steak

steaks are served with a rosemary &
roasted garlic tallow butter
mashed potatoes, roasted vegetables

☞ Canadian Prime

Beef Tenderloin 52 (8oz)

New York Striploin 55 (14oz)

Rib Eye 69 (16oz)

☞ Japanese Wagyu

New York Striploin 24 per oz (6oz, 8oz, 12oz)

Rib Eye 21 per oz (8oz, 12oz)

Kobe Beef

*Black+Blue takes great pride in being the
selective few that gets to offer certified
Kobe Beef Tenderloin, Ribeye Cap & Striploin.
Every steak is displayed in our custom meat locker
and cut to order by our Executive Chef.*

Tenderloin 65 per oz

Striploin 50 per oz

Rib Eye 40 per oz

Limited availability while quantities last



Weekly 45 Lunch Specials

\$14

Monday

Beef Shortrib Risotto

asparagus, peas, parmesan
red wine jus

5oz house red or white wine

Tuesday

Beef Dip

thinly sliced prime rib
buttered baguette, fries, au jus

5oz house red or white wine

Wednesday

Fish & Chips

fries, coleslaw, tartar sauce

5oz house red or white wine

Thursday

Wedge Tiger Prawn Salad

iceberg lettuce, pancetta
blue cheese, egg
buttermilk dressing

5oz house red or white wine

Friday

Burger & Beer

7oz beef patty, green leaf
lettuce, tomato, pickle mayo
mustard, aged cheddar
brioche bun

12oz beer

**Substitution for non alcoholic beverages available*

☞ Gluten-free item

Before Placing Your Order: Please inform your server if you are celiac or prefer gluten friendly options and we will accommodate your requests to the best of our abilities. Also, please inform your server if a person in your party has any other food allergies. Our kitchen contains wheat, egg, dairy, soy, nuts, pork, fish & shellfish. Consuming raw or undercooked meat, poultry, seafood, or eggs may increase your risk of foodborne illness.