

## Welcome to Blue Bahia Resort's Beach Grill

Thanks for coming in and enjoying a meal with us. If we can help you with your selection please just ask your server, we love to help. We only use the freshest ingredients we can find; real butter, USDA meats and pork, and seafood that is fresh to your table. In helping to preserve the reef for generations we do not serve conch (endangered and illegal to harvest, sell or possess), small lobsters (we only serve adults that have reproduced 8ozs or better), or grouper (an incredible sustainer of the reef system). All of this so we can all continue to enjoy the Roatan we have come to love! Enjoy!

### Things to Nibble On

**Pachos-** We take a potato skin and flash fry till golden brown and crispy, and then fill it with all kinds of goodies!

Cheese, jalapenos, onion and chilies----- \$5.95

Cheese with Memphis pulled pork----- \$7.95

Cheese with smoked beef brisket----- \$8.95

Cheese with onion, chilies and shrimp----- \$9.95

**Homemade Onion Rings.** Best on the Island- \$8.00

**Fresh** hand-cut french fries-----Large \$7.00 Small \$4.00

**Blue** Cheese fries with hot chili oil----- \$9.00

**Cheese** fries (with spicy nacho cheese)-----\$8.00

**Six** big tempura shrimp with cocktail sauce--- \$8.95

**Hot** wings (barbeque or buffalo) 1 pound----- \$6.95

**Shrimp** cocktail (six jumbos)----- \$8.95

**Calamari-** tender and sweet sautéed with garlic

Or breaded and flash fried served with fries-----\$9.95

**Sweet** Potato Fries- mmm good-----\$5.50

**Dinner** salad with fresh greens and veggies-----\$4.95

### Sandwiches, Salads and Light Bites

**All served with french fries and coleslaw (except salads) sub sweet potatoe fries or onion rings for \$2 more.**

**Chicken Tenders**----- \$8.95

All white meat chicken washed in egg and dredged in seasoned flour then flash fried. These are not just for the kids!

**Chicken Breast Sandwich**----- \$9.95

Lightly seasoned plump chicken breast grilled and served on a bun with lettuce and tomato.

Please tell us mayo or mustard or both.

**Lobster Bites and Fries**----- \$15.95

You get over 1/2 pound of sweet lobster battered and then fried. Surrounded by a mound of fries and served with coleslaw and homemade tarter salsa.

**Fish Fingers**----- \$7.95

Fresh fish filet chunks washed in egg and dredged in seasoned flour then flash fried. Everyone loves our fish fingers. Served with homemade tarter salsa.

## Sandwiches and Such

### **USDA Black Angus Hamburger**

All burgers are USDA Black Angus Ground Chuck and we cook it just the way you order it.

**6oz----- \$7.95**

**8oz----- \$8.95**

Add cheddar cheese for \$1.50 more or blue cheese for \$2 more

### **Black Angus Barbeque Burger-----\$8.95**

We smother this 1/2 pound bad boy with plenty of grilled onions and top with our own barbeque sauce for a down home taste that is hard to beat!

### **Surf and Turf Burger-----\$12.95**

This is a great burger, 1/2 pound of Angus chuck grilled and topped with chunks of sweet lobster. Add some blue cheese for \$2 more and you will have one big burger that will last you all day!

### **Mississippi Farm Raised Catfish Sandwich-----\$8.95**

This is one of the best fish sandwiches you will ever eat. Bone white, light and flaky, sweet and especially good with our homemade tarter salsa. Enjoy this flash fried or grilled.

### **Memphis Hickory Smoked Pulled Pork Barbeque Sandwich---\$9.95**

From the barbeque capital this is the real deal. Hickory smoke and barbeque sauce make this one fine sandwich. Careful this is habit forming!

### **Hickory Smoked Barbeque Beef Brisket Sandwich-----\$10.95**

Rich smokey flavor, sliced thin, tender and oh so good. One fine sandwich that you will not soon forget! And you thought they could only make brisket in Texas....wrong!

### **Filet of Fish Sandwich----- \$8.95**

Seasoned and grilled or deep-fried you choose. Red snapper makes this an island favorite sandwich. See why.

### **Shrimp Sandwich----- \$10.95**

Five jumbo shrimp grilled and topped with cheddar cheese, piled on a bun with lettuce, tomato and our homemade tarter salsa. Fries and coleslaw makes this a meal.

### **Memphis Cheese Steak Sandwich-----\$9.95**

Our own Memphis pulled pork mixed with grilled bell peppers, onions and of course some spicy cheese whiz makes this Memphis proud. Mmmm good!

### **Kula Pork Sandwich-----\$9.95**

This is the same pork that came to be made famous in the South Pacific. Cooked for hours till falling apart, you will love the salty hickory flavor. Unique and loved by everyone that tries it!

### **Big Veggie Salad-----\$8.95**

**Add a chicken breast for \$6**

**Add 1/4 pound of shrimp \$8**

A meal size salad made with lettuces from Blue Harbor Plantation, island veggies, pickled beets and your choice of dressing.

### **Kids meals-----\$4**

We gladly serve the kids for just a few bucks. Each kids meal come with chicken tenders or fish fingers and fries, coleslaw and lemonade.

## Let's Eat!!

All dinners are served with a fresh crisp green salad and your choice of rice, baked potato or french fries and veggies (unless otherwise noted). Sometimes we have been known to throw some fried bananas or plantains on the plate too. Enjoy your meal!

### **From The Smokehouse!**

We have become known for our smoked meats and fish. We often have some specials on the big board, ask your server. We only use USDA choice or better pork and beef. We only smoke on kiln dried chemical free Hickory and Mesquite. This is as good as it gets!

**Barbeque Beef Brisket Platter----- \$15.95**

This brisket has never seen the inside of an oven, only the smoker. Smoked over low heat till tender then "sizzled" on the grill with our famous barbeque sauce. This can be habit forming.

**Memphis Pulled Pork Platter----- \$14.95**

If your gonna put the name Memphis on your barbeque it best be good. We think the folks in Memphis would be proud, homeboy makes good on his barbeque!

**St. Louis Smoked Barbeque RIBS---- 1/2 rack \$18.95 or 1/4 rack \$12.95**

Our half rack is over a pound and a quarter of good eating. The meat is so tender you can slide the bones right out of the rack. Now that is Southern Cookin' at its finest!

**Hickory Smoked Chicken---- 1/2 chicken \$13.95 1/4 chicken \$8.95**

These birds are cooked entirely in our smoker to seal in the flavor. We coat each bird with our lip smackin' good barbeque sauce.

**Add a 1/4 pound of shrimp for only \$8.00 more**

**How about adding a fish filet for only \$7 more**

**Add an 8oz lobster tail to your meal for only \$13 more**

**We offer special pricing on a bunch of shrimp, a fish filet, or a lobster tail for those ADDING to their meal. Not available ala carte.**



### More Favorites

Just a few more things for you to ponder before you read about all of our fresh seafood. Try a steak you will be glad you did. Our Kula pork is just like that found in the South Pacific.

**New York Strip Steak 16+ ounces.....\$27.95.... 12 ounces...\$18.95**

We hand cut each steak right here. Your steak will be lightly seasoned and cooked to perfection. Have your steak smothered in our cabernet demi glace OR drenched in blue cheese. If you want your steak cooked with nothing at all just say make it a Ted O'Brien. We recommend rare to medium rare for the best flavor.

**Rib Eye Steak 16+ ounces.....\$33.95 ..... 12+ ounces... \$25.95**

Richly marbled and fork tender. This is a flavorful and juicy slab of goodness. We use only USDA Prime Rib and cut the steaks right here in our own kitchen.

**Kula Pork Platter.....\$14.95**

Made famous in the South Pacific. Rock salt and hickory smoke combined with banana and ti leaves give this dish a flavor you will remember forever. Try this you will love it!

### **Seafood YOUR way!**

You pick fish, shrimp or lobster then tell us how you want us to prepare it. If you don't see something you like just ask we can cook "off menu" with little effort. Remember we cook to order so be patient, we promise you will like what we prepare!

**Fish Filet of the Day----- \$16.95**

Add \$2 for nut crusted, coconut, or blue cheese

Add \$1 for double breaded, Cajun or Mama's Mustard

**Shrimp- full half pound of Jumbos-- \$19.95**

**Half Platter of shrimp \$12.95**

Add \$3 for nut crusted (\$2 for half platter)

Add \$2 for double breaded, Cajun or Mama's Mustard (\$1 for half platter)

**Lobster—In an effort to help sustain our reef system we do not sell small Lobsters (those under 7 ounces each). Please check our special board for our Lobster inventory and pricing. We generally stock fresh Lobsters from 1/2 pound to 1 1/2 pounds each. So pick your Lobster and have it prepared YOUR way!**

#### **How Do You Want *Your* Seafood Prepared?**

**Just Grilled-**A light seafood seasoning then grilled with just a touch of double pressed olive oil.

**Grilled Garlic-** One of our most popular. This is for the real garlic lover. We use fresh garlic while cooking your chosen fare then finish with a garlic sauce filled with of course garlic and butter, pureed mushrooms, lime, and capers.

**Nut Crusted-** We coat your choice in your choice of Pecan, Cashew, or Almonds then flash fry and serve with our homemade tarter sauce.

**Coconut-** Fresh coconut, pineapple, sweet peppers, butter, olive oil, coconut cream are all combined and grilled with your selection to make one of the most memorable meals you will ever eat!

**Double Breaded-** This is classic for shrimp. Twice in egg wash and twice in our seasoned flour then flash fried. Just good eating.

**Cajun-** A combination of spices to give your choice just the right Cajun "bite" are combined with onions, sweet peppers, onion and pineapple then grilled to create New Orleans style Cajun. Let us know how spicy you like it!

**Tempura-** The rice flour gives our tempura a light flaky crunch. If you like tempura you will not be disappointed.

**Albaca-** Albaca means basil in Spanish and we combine fresh basil with onion and peppers and finish your choice with a touch of our local crema. WOW!

**Mama's Mustard-** we dip your selection in our mustard sauce then roll in flour and breadcrumbs and flash fry. This is a southern favorite that has found a home on Roatan. Amazing.

**Blue Cheese-** Yep we melt a bunch of blue cheese and combine with kalamata olives and sun dried tomatoes and let it "cook" your selection for maximum flavor. If you like blue cheese order this!

### **More Fresh Seafood**

**Whole Fish----- \$15.95**

We always have either yellow tail snapper or red snapper and sometimes both grace our kitchen. This is a local favorite and we don't use small swimmers either. You can have your fish flash fried or grilled with peppers, onions, and some pineapple. A big meal for a big appetite.

**Mississippi Farm Raised Catfish----- \$15.95**

This is some of the best catfish that we have ever eaten. Sweet light and flaky. Have it breaded and flash fried or have it grilled with a light seafood seasoning. You will love this with our homemade tarter sauce!

**Wild Line Caught Yellow Fin Tuna (Ahi)-\$19.95**

All natural yellow fin, no dyes and only line caught to protect turtles and porpoises. Often called the "steak" of fish, this wild delicacy is best served seared rare with wasabi and soy on the side or glazed with our asian glaze.

**Shrimp Gumbo----- \$18.95**

We make our own dark roux and then add the trinity (onion, bell pepper, and celery) and a half-pound of our jumbo shrimp. We drizzle a tablespoon or so of cabernet at the finish, let us know if you opt out of the wine. Served with an ample portion of rice and of course our dinner salad. Hot, medium, or mild, your choice. Just like Nawlens (that's New Orleans for all you Yankees).

**Salmon----- \$18.95**

We grill this salmon with a little butter and olive oil and then just as the filet is almost done, we drizzle our Asian glaze for a great finish. Full of flavor that only salmon can have.

**Calamari----- \$16.95**

Almost a pound of sweet tender calamari prepared either grilled with our homemade garlic salsa or breaded and flash fried. A side of tarter sauce makes this just perfect.

**Share a meal!** If you would like to share a meal we will serve you an extra dinner salad and an extra plate with your choice of rice, fries, or baked potato and veggies for only \$6.00

**Substitutions-** Yes you can make substitutions almost anywhere on the menu.

**Onion rings or sweet potato fries for fries \$2 more**

**Blue Cheese added to any dish \$2 more**

**Add a salad to any entrée for \$3 more.**

**Other requests? Just ask!**



**Something to Drink**

Sodas and Lemonade \$1.35      Large Water \$2.00      Small Water \$1.00  
Honduran Beer \$1.65      Corona \$3.50      High Balls \$4.50 and up.      Blended Drinks \$5.00 and up.  
Wine by the glass \$4.50 and up or by the bottle \$15.00 - \$17.00 per bottle ask your server for selections.

Margaritas \$5.00      Pina Colada \$5.50      Island Rum Punch \$4.50  
Mojitos \$5.00      Monkey La La \$6.00      Bahia Bomber \$7.00  
Coffee is on the house just help your self!

Thank you for the world so sweet, Thank you for the food we eat, Thank you for the birds that sing, Thank you God for everything.