

# The Lighter Side

*We Use Natural Cooking Styles to Produce High Quality and Flavorful Food with Fewer Calories.*

## **Asian Chicken Wraps 12**

*Roasted Chicken, Asian Vegetable Slaw, Pickled Ginger,  
Sesame Seeds, Wrapped in Bibb Lettuce Cups, Thai Peanut Dressing  
\*South Beach Friendly*

## **BC Moroccan Dusted Salmon 23**

*Garlic Spinach  
\*Low Carbs*

## **Cedar Roasted Tilapia 21**

*Steamed Asparagus & Red Skin Potatoes topped with Watermelon Corn Relish  
\*Fat Free*

## **Grilled Sirloin 25**

*Served with Burrata Cheese, Cucumber Tomato Salad  
\*Low Fat/Carb Friendly*

**\*\*Please Let Your Server Know of Any Allergies or Dietary Needs. It Will Be Our  
Pleasure to Create a Meal with Your Specifications\*\***

## Portion Controlled

*Watching the Calories or Just Not That Hungry?  
Either Way...Full of Quality, Just Half the Size*

### **4oz Center Cut Beef Tenderloin 13**

*Served with Backyard Green Beans, Whipped Yukon  
Gold Potatoes, topped with Sundried Tomato  
Basil Butter, Crispy Onions*

### **3 Italian Sausage, Broccoli Raviolis 9**

*Charred Corn, Tomato Vinaigrette, Micro Popcorn Shoots*

### **4oz Cedar Plank Roasted Wild Sockeye Salmon 9**

*Backyard Green Beans, Whipped Yukon Gold Potatoes, Root Beer Glaze*

### **1/2 Lobster Mac & Cheese 12**

*Penne Pasta, Lobster Sherry Sauce, Spinach, Caramelized Onion*



## MARTINI LIST & COCKTAILS

**3720 8.00**

*Lemon Vodka, Blue Curacao, Pineapple Juice*

### **Million Dollar Margarita 10.00**

*Patron Silver, Cointreau, Sour, Grand Marnier*

### **Dreamsicle 8.00**

*Stoli Vanilla, Orange Juice*

### **Gold Digger 8.00**

*Raspberry Vodka, Cointreau, Pineapple Juice, Cranberry Juice*

### **Pomegranate Margarita 10.00**

*Patron Silver, Pama Liquor, Triple Sec, Lemonade, 7up,  
Rose's Lime, Cranberry Juice*

### **Trifecta 8.00**

*Orange Vodka, Lemon Vodka, Raspberry Vodka, Rose's Lime*

### **Red Apple Martini 8.00**

*Smirnoff, Apple Pucker, Cranberry Juice*

### **Fruits of Passion 8.00**

*Orange Vodka, X-Rated Vodka, Triple Sec, Pineapple Juice, Cranberry Juice*

## SOUPS

**Lobster, Crawfish, Tomato, Bisque**

6/ Bowl 4/ Cup

### Soup Du Jour

Ask Your Server for Today's Daily Selection

## SALADS

\*Add Chicken, Shrimp or Salmon for 8

### Bibb Wedge 8

Tender Bibb Lettuce, Bacon Lardons, Crumbled Blue Cheese, Spiced Nuts, Maple Balsamic Dressing\*

### Spinach and Summer Berry Salad 8

Triple Berry Lavender Vinaigrette, Goat Cheese, Fresh Berries, Almond Brittle Croutons

### Watermelon, Tomato, and Cucumber Salad 8

Del Cabo Heirloom Tomatoes, Watermelon, Cucumbers, Burrata Cheese tossed with a Broken Sherry Piquante Vinaigrette

### Bitterroot Caesar Salad 8

Romaine Lettuce, Asiago Cheese Crisp, Chipotle Caesar Dressing\*

## ENTREE SALADS

### Mediterranean Brick Oven Chicken 16

Israeli Cous Cous, Kalamata Olives, Red Onions, Cucumbers, Feta Cheese, Greek Olive Oil, Artichokes, Cherry Tomatoes, Lemon Juice

### Mustard Seed Crusted Flat Iron 18

Grilled Flat Iron Steak, Chopped Romaine, Cherry Tomatoes, Crumbled Blue Cheese, Cucumbers tossed with Creamy Pt. Reyes Blue Cheese Dressing

## FLATBREADS

**Del Cabo Tomato, Pesto, Goat Cheese 13**

**Cheese, Cheese, Cheese, Cheese 13**

**Prime Rib, Horseradish Cream, Cheese & Caramelized Onions 16**

**Roasted Red Pepper, Amaltheia Feta, Kalamata Olives 13**

**Pepperoni, Tomato Sauce, Mozzarella Cheese 15**

**Redneck Sausage, Tomato Sauce, Mozzarella Cheese 15**

## STARTERS

### Cast Iron Cheese Bake 8

Fontina, Asiago & Goat Cheese, Housemade Crunchy Bread, Add Alaskan King Crab \$4

### Corn Flake Crusted Fried Oysters 8

Smoked Bacon Green Goddess Dressing

### Crispy Duck Wings "Caribbean Style" 8

Caribbean Jerk Spice, Citrus Butter, Scallion Pesto, Tomato Oil

### BC Yukon Gold Potato Chips 8

Topped with a Pt. Reyes Blue Cheese Sauce & Crumbled Pt. Reyes Blue Cheese

### Lobster Hush-Puppies 12

Chopped Lobster, Fresh Herbs, Sweet Chipotle, Maple Butter

### Polenta Crusted Calamari 12

Thai Chili, Sweet Soy, Ginger Emulsion

## BIG BITES

ADD A HOUSE SALAD TO ANY ENTREE FOR 4

### "FOUR LEGS"

All Steaks are USDA Choice, served with Whipped Yukon Gold Potatoes & Garlic Green Beans

### 8 oz Beef Tenderloin 26

Sundried Tomato Basil Butter, Crispy Onions

### 8 oz Blue Cheese Crusted Flat Iron 22

Aged Balsamic Reduction

### 10 oz Texas Top Sirloin 23

House Steak Sauce

### Canyon Prime Rib

Horseradish Sauce & Au Jus

12 oz- 22 16 oz- 26

### 12 oz Grilled Delmonico 25

Roasted Garlic Chive Butter

### 12 oz "Caribbean Style" Delmonico 25

### Steak of the Day "Market Price"

Ask Your Server for Today's Selection

### Wild Game Feature "Market Price"

Ask Your Server for Today's Selection

### Italian Sausage, Broccoli Ravioli 21

Charred Corn, Tomato, Leek Vinaigrette, Micro Popcorn Shoots

### Buttermilk Fried Ashley Farms Chicken 19

Black Pepper Gravy, Garlic Swiss Chard, Fresh Biscuits

### Niman Ranch Grilled Pork Chop 24

Summer Succotash, Marshmallow Sweet Potatoes

### Chicken Scaloppini 19

Interlaced with Sundried Tomatoes, Mozzarella & Spinach, finished with Kalamata Olive Tapenade

### Lobster Mac & Cheese 24

Caramelized Onions, Spinach, Asiago, Penne Pasta

### Crispy Duck Breast 24

Warm Smoked Red Onion, Bacon Vinaigrette, Backyard Green Beans, Grilled Parmesan Potatoes

### Lobster Linguine 24

Tossed with Fresh Egg Linguine, Scallion, Lemongrass Butter Sauce

### Black Garlic Chicken Linguine 22

Roasted Chicken, Kalamata Olives, Shallots, Blistered Del Cabo Tomatoes, Breakfast Radish, Black Garlic, Romano Pecorino Cheese

### Beef Short Ribs 23

BBQ, Red Onions, Smoked Tomato Corn Spoon Bread, Green Beans, Crispy Onions

### Pan-Fried Veal Livers 21

Country Ham, Caramelized Onion Bourbon Sauce

### Brick Oven Lobster, Scallop, Shrimp Cannelloni 26

Brandy-Sherry Essence

### Blue Canyon Burger 14

Blue Canyon Fries, Aged Cheddar, Shredded Lettuce, Sliced Tomato, Gherkin

### STEAK DONENESS

**Rare:** Red, cool on the inside • **Medium Rare:** Red, warm center • **Medium:** Hot reddish pink center

**Medium Well:** Pink throughout • **Well Done:** No pink at all

\*These items may contain raw or undercooked ingredients \*These items are cooked to order\*

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.\*