



ACCORDING TO THE AMA, OMEGA 3 OILS FOUND IN FISH PLAY A CRUCIAL ROLE IN BRAIN FUNCTION AND CHILDREN'S EATFISH.^{PLAY A CRUCIAL ROLE} BRAIN DEVELOPMENT.

A HEALTHY KIDS MENU {\$7}

Bluewater strives to make the healthy option the easy choice. All items are served with carrot sticks and fruit. If you prefer any item fried, we use panko -a Japanese breadcrumb that absorbs very little oil! Choose an entrée, side and beverage below:

GRILLED DIPPING STICKS

Fish; Shrimp; Chicken;

Choose one:

Steak; Salmon.

BURGER PATTY (NO BUN)* **OR CHEESEBURGER SLIDER**

> PASTA WITH TOMATO SAUCE OR **BUTTER & ROMANO CHEESE**

Includes Ranch dressing for dipping.

GRILLED CHEESE SANDWICH

CHOOSE ONE SIDE Garden salad,^{*} fresh veggies,^{*} edamame,^{*} rice,^{*} scalloped potato or french fries.

CHOOSE ONE BEVERAGE Fruit juice (apple, cranberry, orange, pineapple) or low-fat milk.

SHARK ATTACK {\$3}

Plunge into this blueberry soda as gummy sharks circle waiting for you to feed them shark bait—red POM juice!

COKE FLOAT {\$5}

Old fashioned coke with a scoop of vanilla ice cream on top!

DESSERTS {\$2} **CUP OF DIRT WITH WORMS**

Vanilla ice cream, Oreo cookie crumbles and Gummi worms!

ICE CREAM SUNDAE

Vanilla ice cream, chocolate syrup, whipped cream and a cherry!



ITEMS WITH AN ASTERISK (*) INDICATE A HEALTHY KIDS MENU CHOICE, WE OFFER ITEMS THAT MEET QUALIFYING NUTRITION CRITERIA BASED ON LEADING HEALTH ORGANIZATIONS' RECOMMENDATIONS, INCLUDING THE 2010 USDA DIETARY GUIDELINES BLUEWATER GRILL RECYCLES, USES ZERO TRANS FAT OIL, AND PURCHASES SUSTAINABLE SEAFOOD. WE STRIVE TO DO OUR PART BY PURCHASING RECYCLED PAPER PRODUCTS FOR OUR MENU AND TO-GO PACKAGING. WE ALSO LIMIT OUR USE OF STYROFOAM.