

BLUE WIND

gourmet

STARTERS

ANTIPASTO PLATE / 9.95

Roasted tomatoes, roasted red peppers, mozzarella, basil, served with toasted ciabatta and focaccia bread and olive oil

HUMMUS PLATE / 8.95

Tomatoes, cucumbers, caramelized onions, and crispy flatbread

PAN-SEARED

AHI TUNA-RARE / 10.95

Served with pickled ginger, wasabi, soy sauce

PIZZAS / FLATBREADS

MEDITERRANEAN PIZZA / 10.50

Roasted tomatoes, basil, roasted red peppers, and feta cheese

8" FOUR CHEESE PIZZA / 8.95

Additional toppings 1.25 each: pepperoni, bacon, ham, extra cheese

GLUTEN-FREE PIZZA / 12.95

Pesto, tomatoes, onions, roasted red peppers, squash, zucchini, mozzarella, goat cheese with chicken 13.95

TROPICAL BBQ FLATBREAD / 10.95

Pulled pork, caramelized onions, mango salsa and barbeque sauce with our Pressed cayenne olive oil drizzle

CAPRESE FLATBREAD / 9.95

Roasted garlic, roasted tomatoes, roasted red peppers, basil, mozzarella

SALADS

COBB SALAD / 10.95

Bleu cheese, cheddar, parmesan, egg, avocado, tomato

With Chicken 13.95, Shrimp 14.95, Cajun Catfish 14.95, Salmon 15.95, Rare Ahi Tuna 14.95

CHEF SALAD / 12.95

Tomatoes, egg, roast beef, ham, turkey, cheddar, parmesan, swiss

GINGER TERIYAKI SALMON SALAD / 12.95

Tomatoes, parmesan, avocado, and a touch of Pressed honey ginger white balsamic

STRAWBERRY & GOAT CHEESE / 11.95

Arugula, candied pecans, grilled chicken breast, Pressed olive oil, Pressed blackberry ginger balsamic drizzle

TOMATO MOZZARELLA SALAD / 10.95

Mozzarella, tomatoes, pesto, parmesan, with Pressed Italian herbs of Naples dark balsamic

SIDE SALAD / 3.95

Tomatoes, parmesan

SIDES

CHIPS / 1.50

SIDE SALAD / 3.95

SIDE VEGGIE / 3.95

CHEDDAR TOAST / 4.75

TOASTED BREAD / 3.25

Ciabatta or Focaccia with olive oil

SOUPS

SMALL 4.55 / LARGE 5.95

Chicken Tortilla, Corn and Crab Chowder, Tomato Basil Bisque, Lentil Masala

HOURS

Monday-Friday / 9:00 AM-7:30 PM
Saturday, Sunday / 9:30 AM-7:30 PM

CONTACT

301-737-2714
info@bluewindgourmet.com
22803 Gunston Dr.
Lexington Park, MD 20653

@BlueWindGourmet  

DRESSINGS

Balsamic Vinaigrette, Ranch, Caesar, Sesame Ginger, Crumbled Bleu Cheese paired with Balsamic Vinaigrette

ADD-ONS

Chicken 3.95, Crab Cake 10.95, 1/2 Avocado 1.50, Roasted Vegetables 3.95



Gluten Free menu items also include: Chicken Tortilla Soup, Lentil Masala or Black Bean Soup (when available), Balsamic Vinaigrette, Caesar, Ranch

WRAPS

Served with chips or side salad
Upgrade to small soup for 2.50 or large soup for 4.00

CHICKEN PESTO WRAP / 10.95

Chicken, pesto, avocado, feta, greens, tomatoes

CAJUN SHRIMP WRAP / 11.95

Cajun shrimp, remoulade sauce, greens, tomatoes

LAMB AND BEEF GYRO / 10.95

Lamb and beef, tzatziki sauce, feta, greens, tomatoes

ROCKFISH WRAP / 12.95

Old Bay seasoned rockfish, pepper jack, remoulade sauce, avocado, greens, tomatoes

SANDWICHES

Served with chips or side salad
Upgrade to small soup for 2.50 or large soup for 4.00

On your choice of ciabatta or focaccia bread or make it a wrap

BBQ PULLED PORK / 9.95

BBQ pulled pork, pepper jack

GRILLED CHICKEN BREAST / 10.95

Chicken, bacon, swiss

SMOKED TURKEY / 9.95

Turkey, bacon, pepper jack

ROAST BEEF / 9.95

Roast beef, caramelized onions, mozzarella

THE PORK TRIFECTA / 10.95

BBQ pulled pork, ham, bacon, pepper jack

THE GARBAGE / 11.95

Roast beef, ham, turkey, BBQ pulled pork, bacon, swiss, cheddar, mozzarella

BLUE WIND REUBEN / 10.95

Turkey, swiss, sauerkraut, remoulade on marbled rye

CHICKEN AVOCADO MOZZARELLA / 10.95

Chicken, basil, avocado, mozzarella

BUFFALO CHICKEN / 10.95

Chicken, bacon, buffalo sauce, pepper jack

SWEET POTATO SANDWICH / 9.95

Bacon and goat cheese

HAM & BRIE CROISSANT / 8.95

Pressed fig dark balsamic drizzle and greens

 **Gluten Free wrap available to substitute for any sandwich or wrap / 1.50**

SEAFOOD

Dependant on market availability

Served with chips or side salad
Upgrade to small soup for 2.50 or large soup for 4.00

BLACKENED SHRIMP TACOS / 12.95

Remoulade sauce, arugula, mango salsa

SALMON BLT / 12.95

Ginger teriyaki salmon, bacon, greens, tomatoes, served with remoulade sauce on marbled rye

CRAB CAKE SANDWICH / MARKET PRICE

Served with remoulade sauce

CAJUN CATFISH / 10.95

Cajun seasoned catfish, pepper jack, avocado, served with remoulade sauce

MEAT-FREE SANDWICHES

Served with chips or side salad
Upgrade to small soup for 2.50 or large soup for 4.00

THE BIG CHEESE / 9.95

Bleu cheese, feta, parmesan, cheddar, mozzarella, swiss, pepper jack

GARDEN WRAP / 9.95

Hummus, greens, squash, zucchini, roasted red peppers, roasted tomatoes and goat cheese

DOUBLE GARDEN BURGER / 11.95

Two vegan patties, pepper jack, greens, tomatoes, served with pesto

VEGGIE REUBEN / 9.95

Squash, zucchini, roasted red peppers, caramelized onions sauerkraut, swiss cheese and remoulade on marbled rye bread

ADD-ONS : 1/2 Avocado 1.50, Bacon 2.25, Extra Cheese 1.25, Kosher Pickle at no charge