

FROM THE GARDEN

BUILD YOUR OWN ENTREE SALAD

STEP A Select a Fish

- Mahi Mahi (wild)
- Fijian Ono (wild)
- Swordfish (wild)
- Chicken Breast (halal)
- Yellowtail (wild)
- Salmon Filet (farmed)
- Chilean Seabass (wild)
- Pacific Snapper (wild)
- Ahi Tuna (served rare) (wild)
- Scallops (wild)
- Catfish (farmed)
- Tilapia (farmed)
- Whitefish (farmed)
- Giant Prawns (wild)
- Barramundi (farmed)
- Alaskan Halibut (wild)
- Smoked Salmon (farmed)
- Idaho Rainbow Trout (farmed)

* Ask Server for Availability & Pricing

STEP B Select a Seasoning

See Step 2 "FROM THE GRILL" for choices

STEP C Select a Salad

- BlueSalt Caesar Salad** 7.45
Romaine, parmesan, sourdough croutons, caesar dressing
- Greek Salad** 7.50
Spinach, arugula, heirloom tomatoes, cucumber, kalamata olives, feta cheese, pepperoncini, sumac & greek dressing
- Asian Slaw** 7.70
Cabbage, carrot, scallions, spinach, arugula, toasted almonds, sesame seeds, wonton crisps & orange teriyaki dressing
- Greens & Grains** 8.55
Fresh basil, spinach, arugula, grilled zucchini, asparagus, kale, broccolini, avocado, quinoa, pepitas, sesame seeds, flaked almonds & raspberry dressing
- Mexican Cantina Salad** 7.50
Cabbage, lettuce, black bean salsa, pico de gallo, avocado, jalapeno pepper, chipotle dressing & corn chips
- Garden Salad** 7.10
Romaine, mixed greens, cucumber, tomato, carrot, avocado & balsamic vinaigrette dressing
- Thai Noodle Salad** 7.70
Cabbage, spinach, romaine, rice noodles, carrots, cilantro, mint, lemongrass, dried onions, peanuts & thai dressing
- Mediterranean Salad** 7.70
Spinach, arugula, grilled red pepper, zucchini, broccolini, asparagus, sun-dried tomatoes, red onions, feta cheese, olives & balsamic dressing

TACOS & WRAPS

TACO COMBO PLATES

- A) Plain Grilled or Cajun Spiced
- B) Corn or Flour Tortillas

- With cabbage, cilantro, tomato, red onion & chipotle dressing
• Served with black bean salsa & pilaf rice • (Cheese added on request)
- Two Grilled Mahi Mahi Taco Plate 9.35
 - Two Grilled Salmon Taco Plate 9.80
 - Two Grilled Shrimp Taco Plate 10.20
 - Two Grilled Chicken Taco Plate 9.35
 - Two Fried Fish Taco Plate 9.80
 - Two Fried Calamari Taco Plate 9.80

TACO A LA CARTE

- A) Plain Grilled or Cajun Spiced
- B) Corn or Flour Tortillas

- With cabbage, cilantro, tomato, red onion & chipotle dressing
(Cheese added on request)
- Grilled Mahi-Mahi 3.70 (each)
 - Grilled Salmon 4.15 (each)
 - Grilled Shrimp 4.40 (each)
 - Grilled Chicken 3.70 (each)
 - Fried Fish 4.15 (each)
 - Fried Calamari 4.15 (each)

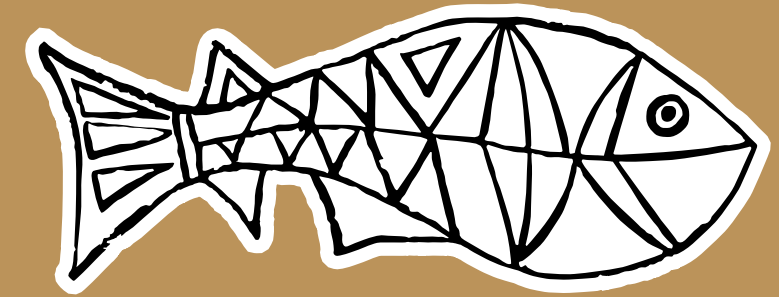
BLACKENED GRILLED WRAPS

Plain Flour or Spinach Tortilla

- Tomato, onion, cilantro, rice, cabbage & chipotle dressing
*Served with garden salad (Cheese added on request)
- Mahi-Mahi Wrap* 10.00
 - Salmon Wrap* 10.45
 - Shrimp Wrap* 11.10
 - Chili Cilantro Salmon Wrap 11.10
Tomato, cilantro, lettuce & onions, chili cilantro sauce
 - Veggie Wrap (vegan) 11.10
Grilled veggies, brown rice, tomato, pecans, chili cilantro dressing

DESSERTS

- New York Cheesecake with nuts
- Pecan Bar
- Petite Choc Fantasy
- Strawberry Cheesecake
- Carrot Bars
- Creme Brulee Cheesecake
- Lemon Cake
- Chocolate Chip Skillet 6.55/11.30
Freshly baked chocolate chip cookie, topped with vanilla bean ice cream drizzled with chocolate syrup



BLUESALT FISH GRILL

"DISCOVER FRESH, SEAFOOD COOKED WITH PASSION!"

We Offer Delivery & Takeout Online

Next time Order Directly from us

Scan and Select Location to Order



REDONDO BEACH

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Redondo Beach, CA 90278
Order and Pick Up Redondo Store:
424. 247.7414 (EXT 1)

TORRANCE

23215 Hawthorne Blvd,
Torrance, CA 90505
Order and Pick Up Torrance Store:
424. 383.1769 (EXT 2)

FRANCHISE OPPORTUNITIES
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APPETIZERS - RAW/CURED/MARINATED

Ceviche of White Fish 🍴	7.50 / 9.90
Marinated in lime juice with tomato, red onion, cilantro. Served with tortilla chips	
White Fish Ceviche Tostada 🍴	9.70
(2) Tostadas topped with ceviche & avocado	
Hawaiian Style Salmon Poke	9.90
Marinated with sesame, garlic, red onions, scallions, avocado & wonton crisps	
Peruvian Scallops on the Half Shell (6)	13.75
Sweet and tender Peruvian scallops served on the half shell, topped with a zesty house-made vinaigrette	
Scallop + Octopus Salad	11.05
Tossed with fresh basil, baby arugula, red peppers, onions, green zucchini, in a ginger soy dressing	
Ahi Poke	11.60
Diced Ahi tuna, avocado, cucumber, cilantro, carrots with ginger dressing. Topped with cured onions and garnished with wonton chips.	

APPETIZERS - CHILLED

Authentic Mexican Shrimp Cocktail	16.50
8 ounces of shrimp (chilled), chopped cilantro, tomato, onion, cucumber, lime juice, ketchup, clam juice & tomato juice, garnished with avocado. Served with saltine crackers, ketchup and tapatio on side	
Guacamole & Chips - Made to Share	market price
ADD WHITE FISH CEVICHE	Add 3.45
BlueSalt Appetizer Salads	5.25
See our Salad Menu for freshly made appetizer sized salads	
Mediterranean Octopus Salad	11.60
Grilled marinated octopus, tossed in our mediterranean salad	

APPETIZERS - HOT

Crispy Brussel Sprouts	10.50
7oz brussel sprouts, blanched, halved & fried. Marinated with ponzu sauce, fresh garlic, parmesan cheese, lemon juice & capers. Topped with croutons & parmesan cheese	
Cajun Sweet Potato Fries	5.35
Ranch dressing & chili cilantro sauce	
Grilled Octopus Skillet	11.70
With braised chickpeas, tomato & feta cheese	
Charred Peri-Peri Prawns 🍴	14.55
Prawn sauteed in a peri-peri sauce served over a mixed green garnish salad, with a side of peri-peri sauce	
Salt & Pepper Calamari	9.70
Coated in our house blend seasoning & fried golden, With lime aioli, chili cilantro sauce	
Crab Cakes	9.50
With a garnish salad, lime aioli & chipotle mayo	
Shrimp Scampi	14.40
Succulent shrimp sauteed in a rich garlic butter sauce with white wine, fresh lemon, and a touch of red pepper flakes, and served with toasted Garlic bread for dipping	

FROM THE GRILL

STEP 1

Select ONE of the following

- Mahi Mahi (wild)
- Fijian Ono (wild)
- Swordfish (wild)
- Chicken Breast (halal)
- Yellowtail (wild)
- Salmon Filet (farmed)
- Chilean Seabass (wild)
- Pacific Snapper (wild)
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- Scallops (wild)
- Catfish (farmed)
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- Giant Prawns (wild)
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- Alaskan Halibut (wild)
- Smoked Salmon (farmed)
- Idaho Rainbow Trout (farmed)

* Ask Server for Availability & Pricing

STEP 2

Select ONE of the following

- Italian Herbs
- Smoked Sea Salt
- Cajun Spice Rub 🍴
- Jamaican Jerk Rub
- Peri Peri Spice Rub 🍴
- Lemon Pepper Spice Rub
- Cajun Garlic Butter 🍴
- Herb & Garlic Butter
- Chive & Almond Butter
- Lime Aioli
- White Miso Glaze
- Chipotle Mayonnaise
- Thai Dipping Sauce 🍴
- Orange Teriyaki Sauce
- Dijon Mustard & Dill Mayo
- Chipotle & Cilantro Butter
- Peri Peri Lemon Butter 🍴

EXTRA SPICE/BUTTER/SEASONING ADD \$1.00

STEP 3

Select TWO of the following

- Cous Cous
- Home Style American Coleslaw
- Braised Chickpeas with Tomato
- Rosemary Potatoes with Garlic
- Grilled Corn with Black Pepper
- Brown Rice with Red Quinoa & Pecans
- Pilaf Rice
- Caesar Salad
- French Fries
- Garden Salad
- Black Bean Salsa

- Brussel Sprouts - Add \$1.50
- Sweet Potato Fries - Add \$1.75
- Grilled Zucchini Ribbons - Add \$1.50
- Grilled Mediterranean Vegetables - Add \$1.75
- Broccoli with Chive & Almond Butter - Add \$1.50
- Arugula & Spinach Salad w/Parmesan Cheese - Add \$1.50

* All Seafood Subject to Market Availability & Pricing * PRICES SUBJECT TO CHANGE

SEAFOOD CLASSICS

ALL CLASSICS SERVED WITH COLESLAW AND FRIES

Beer Battered Fish & Chips	12.90
Fried fish with tartar sauce and a lemon wedge	
Fisherman's Basket	17.45
Beer battered fish, shrimp, calamari, crab cake, scallops, hush puppies with trio of sauces	
Fried Calamari Plate	13.45
Golden crispy calamari with lime aioli & chili cilantro sauce	
Panko Catfish & Chips	14.45
Breaded Catfish with cocktail sauce	
Battered Shrimp & Chips	14.30
With cocktail sauce	
Fried Whole Fish	market price
Served with a garden salad and french fries	

SOUPS

Cup / Bowl

NE Clam Chowder	5.50 / 6.65
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SIDES

Homestyle American Coleslaw	3.00
Garden Salad with choice of Dressing (vegan)	3.00
Arugula & Spinach Salad with Parmesan	3.30
Cous Cous	3.15
Grilled Zucchini Ribbons (vegan)	3.30
Grilled Corn with Black Pepper	3.15
Grilled Mediterranean Vegetables (vegan)	3.35
Broccoli with Chive & Almond Butter	3.35
Braised Chickpeas with Tomato (vegan)	3.15
Rosemary Potatoes with Garlic (vegan)	3.15
Brown Rice with Quinoa & Pecans (vegan)	3.15
Sweet Potato Fries (vegan)	3.35
Herb & Garlic Bread	2.20
Guacamole or Avocado	market price

KIDS MENU

Under 12 years only please!!

Ages 12 and older are kindly asked to order from our regular menu. An upcharge will apply for any orders made from kids menu

Shrimp with Fries	6.50
Grilled Mahi Mahi with Fries	6.50
Grilled Chicken with Fries	6.50
Chicken Quesadilla with Fries	6.50
Battered Fish with Fries	6.50
Teriyaki Grilled Mahi with Fries	6.50
Grilled Salmon with Fries	8.00

ADD SPICE/ BUTTER/ SEASONING OR DRESSING ADD \$1.00

KID'S HEALTHY MEAL DEAL! ONLY \$5.95

Select a kids meal from above "BUT SUBSTITUTE" the Fries for choice of

- Brown Rice & Quinoa with Pecans
- Broccoli
- Cous-Cous
- Garden Salad