

## **Hot off the griddle** with whipped butter and syrup

Sweet Potato Pecan Cakes*	10.95	Carnitas Breakfast Stack	sweet potato pancake, pulled pork, 2 eggs, salsa verde	9.95
Blueberry Griddlecakes	9.45	Caramelized Banana Waffle		9.45
Golden Griddlecakes	8.45	Belgian Waffle		8.95
Blue Corn Pine Nut Cakes*	10.95	Sweet Potato Pecan Waffle*		9.95
Griddle Combo <small>2eggs, 2bacon, 2cakes</small>	8.95	Blue Corn Waffle*		9.95
French Toast	8.95			

## **Blue Sky Benedicts** 11.95 with poached eggs, homefries

California Croissant Benedict	sliced avocado, fresh tomato, hollandaise, croissant
Smoked Salmon Benedict	cream cheese, hollandaise, english muffin
Classic Eggs Benedict	thick smoked ham, hollandaise, english muffin
Carnitas Benedict	jalapenos, cream cheese, chives, hollandaise, english muffin,

## **Omelets and Scrambles** 10.95 with homefries, english muffin

Denver West Omelet*	bacon, sausage, ham, red pepper, onion, cheddar, sour cream & chives
Roasted Tomato & Artichoke Omelet*	fresh spinach and feta cheese
Avocado Bacon & Cheddar Omelet*	fresh avocado slices, bacon & cheddarjack
Lean Mean Protein Omelet*	egg whites, turkey, spinach, tomatoes, cheddarjack
Garden Veggie Omelet*	spinach, tomato, pepper, mushrooms, zucchini, onion, cheddarjack, avocado
Boulder Omelet	veggie sausage, red pepper, chili verde, salsa verde, cheddarjack, avocado
Spinach Scramble*	bacon, mushrooms, cream cheese, cheddarjack, hollandaise on the side
Rio Grande Scramble*	green chilies, red pepper, cream cheese, chili verde, cheddarjack, hollandaise

## **Breakfast Bowls, Burritos, Huevos**

Quinoa or Oatmeal Superfood Bowl*	8.95 bananas, blueberries, maple syrup drizzle, pepitas, milk, english muffin, honey almond butter
Ambrosia Fruit Bowl*	8.95 fresh pineapple, strawberries, grapes, apples, yogurt, maple syrup, pecans
Savory Breakfast Bowl*	9.95 quinoa, black beans, roasted tomatoes, artichokes, spinach, sautéed vegetables, yogurt, egg, spiced pepitas, cilantro (vegans sub tofu for eggs & yogurt)
Blue Sky Burrito	9.95 choice of ham, bacon, sausage, chorizo, chicken, carnitas or tofu. scrambled eggs, chili verde, cheddarjack, tomatoes, salsa verde, sour cream, chives, whole wheat tortilla, homefries.
Santa Fe Huevos*	10.95 corn tortillas, black beans, basted eggs, chili verde, cheddarjack, roasted tomatoes, sour cream, chives, homefries
Huevos Motulenos*	10.95 fried banana, corn tortillas, black beans, basted eggs, chili verde, feta, homefries
Mini Huevos*	8.95 corn tortilla, two basted eggs, chili verde, cheddarjack, homefries

## **Big Mama's Breakfast Skillets** 10.95 homefries, cheddarjack, basted eggs, english muffin

El Hombre Skillet*	bacon, tomatoes, onions, chili verde
Fiery Carnitas Skillet*	fire braised pulled pork, jalapenos, tomatoes, chili verde
Chorizo Skillet*	pepper, onion, chili verde, jalapenos
Country Skillet	sausage, onions, peppers, gravy
Farmhand Skillet*	bacon, ham, sausage, onion, red pepper, tomato, mushrooms, zucchini
Rainbow Veggie Skillet*	mushrooms, spinach, tomato, zucchini, pepper, onions

**Blue Sky Special\*** 11.95 eggs, bacon OR sausage. cakes, french toast, waffle OR biscuits & gravy, homefries

**Great American Breakfast\*** 9.99 eggs, ham, bacon or sausage, english muffin; homefries

**Breakfast Croissant Sandwich** 8.95 egg, bacon, cheddar, homefries

*please note: we do not accept carry out orders on the weekends*

## **Lunch Bowls and Salads\*** 11.95 dressing on the side

**Honey Chipotle Salad Bowl with Chicken, Salmon, or Tofu** fresh greens, quinoa, cherry tomatoes, avocado, cilantro, maple spiced pepitas, honey lime dressing

**Savory Quinoa Bowl with Chicken, Carnitas, Salmon, or Tofu** fresh spinach, sautéed vegetables, black beans, roasted tomatoes, roasted artichokes, cilantro, spiced pepitas, salsa, ranch

**Peanut Lime Bowl with Chicken, Salmon, or Tofu** cilantro lime slaw, quinoa, cherry tomatoes, cilantro, spiced pepitas, peanut lime sauce, honey lime dressing

**Spinach Salad with Chicken, Salmon, or Tofu** strawberries, maple glazed pecans, cranberries, feta, balsamic reduction, maple vinaigrette

**Roasted Tomato and Artichoke Salad with Chicken, Salmon, or Tofu** fresh greens, quinoa, feta, chives, balsamic reduction, balsamic vinaigrette

**Creamy Chicken Salad Bowl** fresh greens, cilantro lime slaw, cherry tomatoes, grapes, cranberries, red peppers, maple glazed pecans, balsamic reduction, maple vinaigrette

## **Sandwiches** choice of kale slaw, soup, sweet potato fries or waffle fries

**Fire Braised Carnitas Grill\*** 11.95 flatbread, garlic mayo, roasted tomatoes, swiss, sour cream, chives

**California Chicken Croissant Melt\*** 11.95 garlic mayo, avocado, bacon, swiss, lettuce, tomato

**Smoked Turkey & Bacon Wrap** 11.95 avocado, sour cream, cheddarjack, lettuce, salsa verde,

**Turkey Grill with Roasted Tomatoes, Artichokes, Bacon\*** 11.95 flatbread, mayo, spinach, swiss

**Veggie Burger\*** 10.95 house made, tomato, avocado, kale slaw, salsa verde

**BYO Burger\*** 11.95 grass fed beef, lettuce, tomato, garlic mayo. add .50 each: mushrooms, onions, red peppers, chilies, cheddarjack, swiss, bacon, chorizo, jalapenos, avocado

**Fajita Wrap with Carnitas, Chicken, or Salmon** 11.95 sautéed pepper & onion, cheddarjack, greens, avocado, salsa verde, sour cream, cilantro, chives

**Chicken Salad Croissant\*** 11.95 grapes, cranberries, pecans, pepper, lettuce, tomato

**Classic BLT or ALT\*** 10.95 whole wheat, bacon or avocado, lettuce, tomato, garlic mayo

## **Flatbread**

**Roasted Tomato & Artichoke** 8.95 garlic mayo, spinach, feta, balsamic reduction

**Grilled Chicken, Roasted Tomato & Artichoke** 9.95 garlic mayo, spinach, feta, balsamic

**Spicy Salmon Fish Tacos\*** 11.95 cilantro cabbage slaw, chives, spiced pepitas, cheddarjack, sour cream, salsa verde, side kale slaw

**Fire Braised Carnitas Tacos\*** 11.95 cilantro cabbage slaw, chives, spiced pepitas, cheddarjack, sour cream, salsa verde, side kale slaw

## **Beverages**

fresh orange; apple, tomato,	Organic Flavored Coffee	2.99	Fresh Lemonade	3.99
cranberry juice 2.99, 3.99	Gourmet Hot Tea	2.99	Milk, Chocolate Milk	2.79, 3.79
Organic Coffee & Decaf 2.99	Iced Tea, Soda	2.99	Hot Chocolate	2.99, 3.99

**\* notes gluten free item or option available – we cannot guarantee gluten free consuming raw or undercooked meats, poultry, or eggs may increase your risk of food borne illness**

***please note: we do not accept carry out orders on the weekends***

## **Fresh Fruit Smoothies** 4.99

Ocean Breeze strawberries, pineapple, banana, apple juice  
Boomin Blueberry blueberries, kale, banana, orange juice  
Berry Berry Blues strawberries, blueberries, banana, yogurt, vanilla  
Flying Elvis chocolate, peanut butter, milk, banana, espresso  
Super Green spinach, pineapple, banana, apple juice  
Screaming Banshee chocolate, peanut butter, milk, banana, vanilla

## **Fresh Juices Made to Order** 4.99 / 6.99

Spicy Tomato Pepper Carrot  
Beet Carrot Apple Lemon Ginger  
Carrot Apple Ginger  
Strawberry Apple Pineapple  
Kale Spinach Apple Carrot  
Beet Spinach Strawberry Apple  
Spinach Grape Apple Ginger  
Lemon Apple Ginger

## **Espresso Bar** 4.99

Cappuccino espresso, steamed milk with lots of foam  
Grande Latte espresso and lots of steamed milk with a little foam  
Black & White Mocha espresso, white and dark chocolate, whip cream  
Snickerdoodle espresso, chocolate, hazelnut, caramel, whip cream  
Cinnamon Latte espresso, cinnamon, vanilla, whip cream  
Caramel Latte espresso, steamed milk, real caramel, whip cream  
Almond Joy espresso, steamed milk, white & dark chocolate, almond syrup, whip cream  
Chai Latte strong, sweet oregon chai tea & steamed milk  
Wired Chai espresso, oregon chai tea and steamed milk

## **Real Ice Cream Milkshakes** 5.99

Very Vanilla  
Double Chocolate  
Fresh Strawberry  
Espresso  
Peanut Butter Cup  
Creamy Oregon Chai

## **Children's Menu (kids 12 and under)**

Funny Face Pancake\* 3.95 blueberry eyes, strawberry nose, whipped cream smile!  
Kid's Pancake Sandwich\* 4.95 one mini pancake, one egg, 2 bacon strips, butter and syrup  
Granny's French Toast\* 4.95 two pieces with powdered sugar, butter and syrup  
Kid's Combo\* 4.95 one egg, two bacon strips, english muffin, fruit  
Egg-a-Muffin 4.95 english muffin, one scrambled egg, cheese, veggie sausage, fruit  
Grilled Turkey and Cheese\* 5.95 sliced smoked turkey on vienna bread, fries  
Grilled Cheese\* 4.95 cheddarjack cheese on thick vienna bread, fries

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