

Blue Sky Café and Juice Bar Limited Menu

Nov2020

14403 W. Colfax Ave, Lakewood, CO 80401 303-216-2670 blueskycafe.biz

Espresso

Black&White Mocha 5.95

espresso, white and dark chocolate, whip cream

Snickerdoodle 5.95

espresso, chocolate, hazelnut, caramel, whip cream

Cinnamon Latte 5.95

espresso, cinnamon, vanilla, whip

Caramel Latte 5.95

espresso, steamed milk, caramel, whip cream

Almond Joy 5.95

espresso, steamed milk, white & dark chocolate, almond syrup, whip cream

Chai Latte 5.95

strong, sweet sherpa honey chai tea & steamed milk

Wired Chai 6.95

espresso, oregon chai tea and steamed milk

Smoothies

Boomin Blueberry 5.95 blueberries, spinach, banana, orange juice

Flying Elvis 6.95 espresso, chocolate, peanut butter, milk, banana

Berry Blues 5.95 strawberries, blueberries, banana, yogurt

Ocean Breeze 5.95 strawberries, pineapple, banana, apple juice

Super Green 5.95 spinach, pineapple, banana, apple juice

Screaming Banshee 5.95 chocolate, peanut butter, milk, banana

Juices 5.95

Spicy Tomato Pepper Carrot

Beet Carrot Apple Lemon Ginger

Beet Spinach Strawberry Apple

Carrot Apple Ginger

Lemon Apple Ginger

Strawberry Apple

Kale Spinach Apple Carrot

Spinach Grape Apple Ginger

Hot off the griddle with whipped butter and syrup

Sweet Potato Pecan Cakes GF 11.95

Blueberry Griddlecakes 10.95

Golden Griddlecakes 9.95

Blue Corn Pine Nut Cakes GF 11.95

French Toast 9.95

Belgian Waffle 9.95

Sweet Potato Pecan Waffle GF 10.95

Blue Corn Waffle GF 10.95

Breakfast Stacks * GlutenFreeOptions

Elvis French Toast Stack 11.95 2 french toast, peanut butter, caramelized bananas, bacon

Griddle Combo Stack 10.95 two eggs, two bacon slices, two cakes, whipped butter

Strawberries & Cream Stack 10.95 belgian waffle, fresh strawberries, cream cheese glaze

Honey Chipotle Chicken Sweet Potato Waffle Stack 12.95 bacon, 2eggs, pineapple salsa

Blue Sky Benedicts * poached eggs, homefries

California Croissant Benedict 13.95 sliced avocado, fresh tomato, hollandaise, croissant

Smoked Salmon Benedict* 14.95 cream cheese, hollandaise, english muffin

Classic Eggs Benedict 13.95 thick smoked ham, hollandaise, english muffin

Burritos, Huevos* GlutenFreeOptions

Blue Sky Burrito GFO 12.95 choice of ham, bacon, sausage, chorizo, chicken, or veggie sausage. scrambled eggs, chili verde, cheddarjack, tomatoes, chili verde, sour cream, chives, in a whole wheat tortilla, homefries.

Crispy Huevos 12.95 crispy corn tortillas, chorizo, fried jalapenos, red pepper, chili verde, cheddarjack, two basted eggs, cilantro, homefries

Santa Fe Huevos 12.95 corn tortillas, black beans, 2 basted eggs, chili verde, cheddarjack, tomatoes, sour cream, chives, fried jalapenos, homefries

Huevos Motulenos 12.95 fried banana, corn tortillas, black beans, basted eggs, chili verde, feta, homefries

Breakfast Bowls GlutenFree

Savory Breakfast Bowl 11.95 black beans, roasted tomatoes, spinach, sesame quinoa & wild rice, sautéed vegetables, tzatziki, 2 eggs

Burrito Breakfast Bowl 11.95 spinach, quinoa & wild rice, black beans, avocado, roasted corn, red peppers, cheddar, chili verde, two eggs, fried jalapenos, chives; *add bacon, ham, chorizo, chicken or carnitas 12.95*

Sesame Quinoa & Wild Rice Bowl 10.95 sauteed spinach, mushrooms, zucchini, roasted tomatoes, 2 eggs, side hollandaise

Big Mama's Skillets GlutenFreeOptions 12.95 homefries, cheddarjack, basted eggs, english muffin

El Hombre bacon, tomatoes, onions, chili verde

Farmhand bacon, ham, sausage, onion, pepper, tomato, mushrooms **Rainbow Veggie** mushrooms, spinach, tomato, zucchini, pepper, onion

Fiesta Chorizo pepper, onion, chili verde, fried jalapeno

Country Skillet sausage, onions, peppers, gravy

Breakfast Tacos with Chorizo GF, or Veggie Sausage 12.95 spinach, black beans, roasted corn, 2 eggs, chili verde, red pepper, chipotle cream, cheddar, salsa, homefries

Blue Sky Special 13.95 2eggs, homefries, bacon OR sausage, CHOICE 2cakes, 2french toast, waffle, or biscuits & gravy

Great American Breakfast 11.95 2eggs, homefries, english muffin; choice ham, bacon or sausage

Breakfast Croissant Sandwich 10.95 egg, bacon, cheddarjack, homefries

Breakfast Handful 10.95 flatbread, 2 eggs, cream cheese, spinach, bacon, homefries

Green Eggs and Ham Handful 10.95 flatbread, spinach pesto, spinach, cream cheese, ham, homefries

Omelets and Scrambles GlutenFreeOptions 12.95 homefries, english muffin

Denver West Omelet bacon, sausage, ham, red pepper, onion, cheddar, sour cream & chives

Jalapeno Popper Omelet fresh jalapenos, red pepper, onion, bacon, cream cheese, cheddarjack

Roasted Tomato & Bacon Omelet fresh spinach, cheddarjack

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, cheddar, avocado, salsa

Boulder Omelet veggie sausage, red pepper, chili verde, cheddarjack, avocado, tomato

Spinach Scramble bacon, mushrooms, cream cheese, cheddarjack, side hollandaise

Rio Grande Scramble green chilies, red pepper, cream cheese, chili verde, cheddarjack

Sandwiches, Flatbread GlutenFreeOptions soup, sweet potato fries, or waffle fries

Chicken Salad Croissant 13.95 grapes, cranberries, pecans, pepper, lettuce, tomato

Spinach Pesto Turkey Grill 12.95 sourdough, smoked turkey breast, roasted tomatoes, swiss

California Chicken Melt 13.95 croissant, grilled chicken, avocado, bacon, swiss cheese, garlic mayo

Chicken Salad Grill 13.95 sourdough, grapes, cranberries, pecans, red pepper, lettuce, tomato, swiss

Grilled Chicken Gyro 12.95 flatbread, tzatziki, romaine, tomato, cucumber, feta, chives
Classic BLT, ALT, TLT 10.95 or TBALT 12.95 sourdough, lettuce, tomato, garlic mayo
Grilled Chicken & Spinach Pesto Flatbread 11.95 tomatoes, spinach, feta, balsamic glaze
Smoked Turkey, Roasted Tomato & Bacon Flatbread 11.95 ranch, cheddarjack

Beverages

Juices: Fresh Orange 3.50
Apple, Tomato, Cranberry 3.50
Organic Coffee & Decaf 3.25
Organic Flavored Coffee 3.25
Gourmet Hot Tea 3.25
Iced Tea, Soda 3.25
Fresh Lemonade 4.50
Milk, Chocolate Milk 3.50, 5.50
Hot Chocolate 3.95, 5.95

Children's Menu GlutenFree options available

Funny Face Pancake 5.95 blueberry eyes, strawberry nose, whipped cream smile!
Kid's Pancake Sandwich 6.95 one mini pancake, one egg, 2 bacon strips, butter and syrup
Granny's French Toast 6.95 two pieces with powdered sugar, butter and syrup
Kid's Combo 6.95 one egg, two bacon strips, fruit, English muffin
Egg-a-Muffin 6.95 english muffin, one scrambled egg, cheese, veggie sausage, fruit
Grilled Turkey and Cheese 7.95 sliced smoked turkey on vienna bread, fries
Grilled Cheese 6.95 cheddar jack cheese on thick Vienna bread, fries

GF gluten free item GFO gluten free option available for extra charge. We cannot guarantee gluten free.

**These items may be served raw or undercooked. Consuming raw or undercooked meats, poultry, or eggs may increase your risk of food borne illness*