

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

Sweet Potato Pecan Cakes <b>GF</b>	11.95
Blueberry Griddlecakes	10.95
Golden Griddlecakes	9.95
Blue Corn Pine Nut Cakes <b>GF</b>	11.95
French Toast	9.95
Belgian Waffle	9.95
Sweet Potato Pecan Waffle <b>GF</b>	10.95
Blue Corn Waffle <b>GF</b>	10.95

## **Breakfast Stacks \* GlutenFreeOptions**

Carnitas Breakfast Stack	11.95	sweet potato pancake, pulled pork, bacon, 2eggs, pineapple salsa
Elvis French Toast Stack	11.95	2 french toast, peanut butter, caramelized bananas, bacon
Strawberries & Cream Stack	10.95	belgian waffle, fresh strawberries, cream cheese glaze
Honey Chipotle Chicken Blue Corn Waffle Stack	12.95	bacon, 2eggs, pineapple salsa
Griddle Combo	10.95	two eggs, two bacon slices, two griddle cakes, whipped butter

## **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
Nashville Benedict	13.95	biscuit, cream cheese, pulled pork, bacon, hollandaise, crispy jalapenos

## **Breakfast Bowls GlutenFree**

Oatmeal or Quinoa & Wild Rice Superfood Bowl	9.95	banana, dried blueberries, dried cranberries, maple coconut cream, maple glazed pecans, milk, english muffin and honey almond butter
Sesame Quinoa & Wild Rice Bowl	10.95	sauteed spinach, mushrooms, zucchini, roasted tomatoes, 2 eggs, side hollandaise
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; <i>add bacon, ham, chorizo, chicken or carnitas 12.95</i>
Mediterranean Breakfast Bowl	11.95	sesame quinoa and wild rice, sauteed spinach, onions, zucchini, red peppers; tomatoes, tzatziki, feta, chives, two eggs

## **Burritos, Huevos\* GlutenFreeOptions**

Blue Sky Burrito	12.95	choice of ham, bacon, sausage, chorizo, chicken, carnitas, or veggie sausage. scrambled eggs, chili verde, cheddarjack, tomatoes, salsa, sour cream, chives, in a whole wheat tortilla, homefries.
Crispy Huevos	12.95	crispy corn tortillas, chorizo, crispy jalapenos, red pepper, chili verde, roasted corn, cheddarjack, two basted eggs, homefries
Santa Fe Huevos	12.95	corn tortillas, black beans, 2 basted eggs, chili verde, cheddarjack, tomatoes, sour cream, chives, crispy jalapenos, homefries
Huevos Motulenos	12.95	fried banana, corn tortillas, black beans, basted eggs, chili verde, feta, crispy jalapenos, homefries
Mini Huevos	9.95	corn tortilla, two basted eggs, chili verde, cheddarjack, homefries

## **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

**Fiery Carnitas** fried jalapenos, tomatoes, chili verde

**Fiesta Chorizo** pepper, onion, chili verde, fried jalapeno

**Country Skillet** sausage, onions, peppers, gravy

**Rainbow Veggie** mushrooms, spinach, tomato, zucchini, pepper, onions

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

**Blue Sky Special** 13.95 2 eggs, homefries, CHOICE of bacon or sausage, CHOICE of 2 griddle cakes, 2 french toast, Belgian waffle, or biscuits & gravy

**Breakfast Tacos** 12.95 choice of chorizo, carnitas, or veggie sausage, spinach, black beans, roasted corn, 2 eggs, chili verde, red pepper, chipotle cream, cheddar, salsa, homefries

**Breakfast Croissant Sandwich** 10.95 2 eggs, bacon, cheddarjack, homefries

**Spinach & Bacon Handful** 11.95 flatbread, 2 eggs, cream cheese, homefries

**Green Eggs and Ham Handful** 11.95 flatbread, spinach pesto, 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, feta

**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

**Salads & Bowls GlutenFree Grilled Chicken** 13.95 **Salmon** 14.95 **Tofu** 12.95

**Superfood Salad Bowl** spinach, kale, carrot, cucumber, tomato, radish, red pepper, broccoli, red cabbage, sesame quinoa & wild rice, avocados, pineapple salsa, maple pecans, dried blueberries & cranberries, citrus vinaigrette

**Strawberry Avocado Salad** romaine, red cabbage, carrots, radish, maple glazed pecans, honey lime

**Mediterranean Salad with Lemon Sesame Quinoa** romaine, carrot, red cabbage, radish, kale, wild rice, tomato, cucumber, feta, balsamic glaze, tzatziki, citrus vinaigrette

**Crispy Southwest Salad Bowl** tortilla chips, greens, black beans, pepper, roasted corn, chipotle glaze, ranch

**Honey Chipotle Salad Bowl** greens, quinoa, tomatoes, roasted corn, avocado, maple pecans, honey lime

**Spinach Salad** strawberries, pecans, dried blueberries & cranberries, feta, balsamic, reduction, maple vinaigrette

**Creamy Chicken Salad Bowl** fresh greens, spiral slaw, tomatoes, grapes, dried blueberries & cranberries, red peppers, maple glazed pecans, balsamic reduction, maple vinaigrette (no protein option)

**Blue Sky Plate Special Grilled Chicken** 13.95 **Salmon\*** 14.95 **Tofu** 12.95

sesame quinoa & wild rice, black beans; sauteed spinach, zucchini, mushrooms, & pepper, kale slaw

**Sandwiches, Burgers, Flatbread GlutenFreeOptions** soup, kale salad, sweet potato fries, or waffle fries

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

**Jalapeno Popper Carnitas Grill** 13.95 sourdough, bacon, cream cheese, cucumber, chives, swiss, jalapenos

**Spinach Pesto Turkey Grill** 13.95 sourdough, smoked turkey breast, roasted tomatoes, swiss

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

Grilled Chicken Gyro 13.95 flatbread, tzatziki, romaine, tomato, cucumber, feta, chives  
Classic BLT, ALT, TLT 11.95 or TBALT 13.95 sourdough, lettuce, tomato, garlic mayo  
Chicken Salad Grill 13.95 sourdough, grapes, cranberries, pecans, red pepper, lettuce, tomato, swiss  
Build-a-Burger (Beef or Chipotle Black Bean) 12.95 lettuce, tomato, garlic mayo, additional toppings .50  
Spinach Pesto & Grilled Chicken Flatbread 12.95 tomatoes, spinach, feta, balsamic glaze  
Smoked Turkey, Roasted Tomato & Bacon Flatbread 12.95 garlic mayo, cheddarjack, chives, ranch

## Espresso

### **Cappuccino** 5.49

espresso, steamed milk with lots of foam

### **Grande Latte** 5.49

espresso, lots of steamed milk, a little foam

### **Black & White Mocha** 5.95

espresso, white & dark chocolate, whip cream

### **Snickerdoodle** 5.95

espresso, chocolate, hazelnut, caramel, whip cream

### **Cinnamon Latte** 5.95

espresso, cinnamon, vanilla, whip cream

### **Caramel Latte** 5.95

espresso, steamed milk, caramel, whip cream

### **Almond Joy** 5.95

espresso, steamed milk, white & dark chocolate,

almond syrup, whip cream

### **Boulder Sherpa Chai Latte** 5.95

strong, sweet sherpa honey chai tea & steamed milk

### **Wired Chai** 6.95

espresso, oregon chai tea and steamed milk

## Smoothies

### **Ocean Breeze** 5.95

strawberries, pineapple, banana, apple juice

### **Boomin Blueberry** 5.95

blueberries, kale, banana, orange juice

### **Flying Elvis** 6.95

espresso, chocolate, peanut butter, milk, banana

### **Screaming Banshee** 5.95

chocolate, peanut butter, milk, banana

### **Berry Blues** 5.95

strawberries, blueberries, banana, yogurt

### **Super Green** 5.95

spinach, pineapple, banana, apple juice

## Juices

### **Spicy Tomato Pepper Carrot** 5.95

### **Beet Carrot Apple Lemon Ginger** 5.95

### **Carrot Apple Ginger** 5.95

### **Lemon Apple Ginger** 5.95

### **Strawberry Apple Pineapple** 6.95

### **Beet Spinach Strawberry Apple** 5.95

### **Kale Spinach Apple Carrot** 5.95

### **Spinach Grape Apple Ginger** 5.95

## Milkshakes

**Very Vanilla** 6.50

**Double Chocolate** 6.50

**Fresh Strawberry** 6.50

**Espresso** 6.50

**Peanut Butter Cup** 6.50

**Creamy Oregon Chai** 6.50

## Children's Menu (kids 12 and under) GlutenFreeOptions 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, english muffin, fruit

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 cheddarjack cheese on thick vienna bread, fries

## Beverages

Juices: fresh orange, apple,  
tomato, cranberry 3.50, 6.50  
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

**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*

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