

Blue Sky Breakfast

Hot off the Griddle

We make our cake batter with real eggs, butter and fresh yogurt; real maple syrup add .99

Golden Griddlecakes	6.79	Blue Corn Pine Nut Cakes*	7.99
Blueberry Griddlecakes	7.79	Strawberry Short Cakes	7.99
Cranberry Pecan Cakes	7.99	French Toast	6.79
Caramel Pecan Cakes	7.99	Belgian Waffle	6.79
Coconut Pecan Cakes	7.99	Griddle Combo <small>2ea.eggs,bacon,cakes</small>	6.79
Blueberry Pecan Cakes	7.99	Croissant Sandwich	6.79

Many breakfast items can be vegetarian by substituting Veggie Sausage ~ n/c

Blue Sky Special*

Eggs, Homefries, bacon or sausage; Griddle Cakes, French Toast, Waffle, or Biscuits & Gravy 8.79

Great American Breakfast*

Two eggs; ham steak, bacon, or link sausage; English muffin; Blue Sky Homefries 6.99

Blue Sky Benedicts

California Croissant Benedict 8.99 fresh avocado, tomato, and hollandaise	Classic Eggs Benedict 8.99 smoked ham & hollandaise on English muffin
Smoked Salmon Benedict 9.79 cream cheese and chives on English muffin with hollandaise	Big Red Benedict* 8.99 sautéed spinach, veggies, smoked turkey, and roasted red pepper sauce on a croissant

Big Mama's Breakfast Skillets

Start with a skillet of Homefries, finish with basted eggs & melted CheddarJack. English muffin.

Farmhand Skillet* 8.79 bacon, ham, sausage, tomato, red pepper, mushrooms, zucchini, onion	Rambler* 8.79 chicken, spinach, onions, pecans, hollandaise
El Hombre Skillet* 8.79 bacon, tomatoes, onions, chili verde	Pepper Steak Skillet* 9.79 red pepper, onion, roasted red pepper sauce
Red & Green Skillet* 8.79 sausage, onions, Chili Verde & Salsa Roja	Rainbow Veggie Skillet* 7.99 spinach, tomato, zucchini, mushroom, red pepper, onions

Velvet Scrambles

Scrambled Eggs or Tofu; Blue Sky Homefries, English Muffin, Roasted Red Pepper Sauce

Tuscany Scramble* 8.79 caramelized onions, roasted red pepper, olives, feta, and cream cheese	Spinach Scramble* 8.79 fresh spinach, crisp bacon, mushrooms, cream cheese, and cheddarjack
Smoked Salmon Velvet* 8.99 onion, sweet red pepper, smoked salmon and cream cheese	Rio Grande* 8.69 green chilies, roasted red pepper, cream cheese, chili verde & cheddarjack

*** gluten free option available ; substitute gluten free bread .99**

Blue Sky Breakfast

On the Lighter Side

Fresh Fruit Ambrosia*	6.29	Creamy Rice Cereal*	5.79
strawberries, apples, grapes, pineapple, orange juice, yogurt, coconut and pecans		with coconut, pecans, butter & maple syrup	
Oatmeal or Our Own Granola	5.99	Berry Berry Fruit Crepes*	6.99
cranberries, pecans, milk & brown sugar		blueberries, strawberries & whipped cream	
Served with a Wicked Sticky Biscuit	6.99	Wicked Sticky	2.99
		cream cheese, cinnamon, caramel, pecans	

South of the Border

Santa Fe Huevos*	8.99	Chili Verde Breakfast Burrito	8.99
flour tortilla, spicy black beans, basted eggs, chili verde, cheddarjack, roasted red pepper, caramelized onions, sour cream, chives, served with Homefries		scrambled eggs, cheese, choice of chicken, sausage, ham or bacon, with chili verde, salsa roja, sour cream & chives, Homefries	
Huevos Rancheros*	6.99	Huevos Motulenos*	8.99
flour tortilla, eggs, fresh salsa roja & chili verde, cheddarjack, sour cream and chives		two corn tortillas, black beans, basted eggs, chili verde, feta cheese, and chives with fried bananas and Homefries	

French Style Omelettes

Light, fluffy three egg omelettes served with Blue Sky Homefries & English Muffin

High Protein Egg Whites and lighter cheese may be substituted in any Omelette for .99

Salsa Roja Omelette*	8.79	Spinach Benedict Omelette	8.79
green chillies & cheddar, sour cream & chives		fresh spinach, tomato, cream cheese, and hollandaise	
Denver West Omelette*	8.79	The Matterhorn Omelette*	8.79
bacon, sausage, and ham, with red pepper, onion, cheddar, sour cream & chives		spinach, mushrooms, roasted red pepper, caramelized onions, cheddarjack	
Southwestern Omelette*	8.79	Boulder Omelette	8.79
bacon, tomato, chili verde, & cheddarjack		veggie sausage, roasted peppers, chili verde, salsa roja, cheddarjack and fresh avocado	
Smoked Salmon Omelette*	8.79	Avocado Bacon & Cheddar*	8.99
cream cheese, onion, & sweet red pepper		fresh avocado slices, crisp bacon & cheddar	
My Big Fat Greek Omelette*	8.79	Classic Cheese Omelette*	7.79
basil, tomato, pepper, onions, Feta, olives		with choice of bacon, ham, or sausage	8.79
Garden Veggie Omelette*	8.79		
spinach, tomato, red pepper, mushrooms, zucchini, onion, cheddarjack, and avocado			

Cottage Cheese for potatoes +.99 ~ Fruit for potatoes +.99 ~ Veggie sausage for meat n/c ~
Natural Eggs +.99 ~ Egg whites +.99 ~ Tomatoes for Potatoes n/c ~ Fruit or Tomato &
Avocado for Potatoes & Muffin n/c ~ Tofu for eggs n/c

*gluten free option available – ask your server; substitute gluten free bread .99

WE MAKE EVERY EFFORT TO ASSURE "GLUTEN FREE" BUT WE CANNOT GUARANTEE IT.

Blue Sky Lunch

Vegetarian Option: substitute tofu or garden veggie burger in any salad or sandwich n/c

Blue (Sky) Plate Specials

Served with fresh sautéed vegetables, potatoes, and your choice of salad or soup

Jamaican Jerk Chicken* 9.99	Sesame Ginger Tofu* 8.99
on spicy black beans with pineapple salsa	marinated, breaded, sautéed, pineapple salsa
Sesame Crusted Salmon* 10.99	Fajita Steak Sauté* 10.99
on spicy black beans with pineapple salsa	pepper, onion, black beans, pineapple salsa

Rainbow Garden Salads*

Organic Field Greens; Organic spinach, pepper, carrot, cucumber, red cabbage, and tomato.

Topped with pecans, scallions, and croutons; served with a breadstick & dipping oil

Southwest Blackened Salmon 10.99	Jamaican Jerk Chicken Salad 9.99
pan fried with cumin & chili, homemade ranch	fresh pineapple salsa and honey lime Dressing
Sesame Crusted Salmon 10.99	Mediterranean Chicken Salad 9.99
pan fried, with avocado lime dressing	feta, basil, olive tapenade, balsamic vinaigrette
Spinach Salad w/Grilled Chicken 9.99	Avocado, Strawberry & Chicken 9.99
strawberries, pecans, cranberries, feta cheese, caramelized onions, balsamic maple vinaigrette	citrus marinated chicken, honey lime dressing
Grilled Chicken Salad 8.99	Creamy Chicken Salad Salad 9.99
citrus marinated chicken, avocado lime dressing	grapes, cranberries, pecans; maple vinaigrette

The Sandwich Board

All sandwiches served with choice of homemade soup, salad, fresh fruit or criss cross fries

Some of our sandwiches come with garlic mayo; please let us know if you don't want it!

Fajita Wrap Chicken or Steak 9.49	Chicken Salad Wrap 8.99
salsa, avocado, sour cream, cheese, lettuce	pecans, cranberries, grapes, pepper. lettuce
Smoked Turkey & Bacon Wrap 8.99	Blackened Salmon Wrap 10.99
salsa, avocado, sour cream, cheese, lettuce	salsa, avocado, sour cream, cheese, lettuce
Steakhouse Panini* 9.99	Turkey Club Panini* 8.99
red pepper & onion, cheddarjack	bacon, tomatoes, and swiss on Foccacia
Chicken Salad Panini* 8.99	Mediterranean Turkey Panini* 8.99
grapes, pecans, cranberries, swiss on Foccacia	roasted pepper, caramelized onions, and feta
Santa Fe Chick Croissant Melt* 9.79	Veggie Cheddar Croissant Melt* 8.99
chili verde, sour cream, chives, cheddarjack	zucchini, mushroom, pepper, carrot, spinach
Steak Croissant Melt* 10.79	California Chick Croissant Melt* 9.79
with sautéed fresh veggies and cheddarjack	fresh avocado, crisp bacon, and swiss
Jerk Chick Croissant Melt* 9.79	BLT Croissant Melt* 8.99
spicy chicken breast, bacon & cheddarjack	crisp bacon, melted cheddarjack and chives
Classic BLT or ALT on Wheat* 8.79	Classic Bacon Cheese Burger* 8.99

Savory Crepes*

light, healthy, savory: fresh sautéed veggies, roasted red pepper sauce, breadstick & dipping oil, potatoes

Chicken Crepes 8.99	Spinach Crepes 8.99
---------------------	---------------------

Desserts: Fresh Fruit Sundae ~ Caramel Nut Ice Cream ~ Berry Berry Dessert Crepe 3.99

Blue Sky Juice & Coffee Bar

We use Organic Fruits and Vegetables when available

Fresh Fruit Smoothies

Add protein (egg whites), EFA oil (Udos's Blend), Coconut Oil or Acidophilus .59

Ocean Breeze strawberries, pineapple, banana, apple juice	4.49	Bahama Mama banana, fresh pineapple, orange & pineapple juice	4.49
Blue Moon pineapple, blueberries, banana, apple juice	4.49	Black Forest Strawberries, chocolate, banana, raspberry syrup	4.49
Berry Berry Blues strawberries, blueberries, banana, yogurt, vanilla	4.49	Screaming Banshee chocolate, peanut butter, milk, banana, vanilla	4.49
Flying Elvis chocolate, peanut butter, milk, banana, espresso	4.99	Super Green Spinach, pineapple, banana, apple juice	4.49

Fresh Juices Made to Order 8oz...4.69 ~ 16 oz...5.99

Spicy Tomato, Pepper, Carrot	Lemon Apple Ginger
Carrot Apple Ginger	Strawberry Apple
Carrot Orange Ginger	Strawberry Pineapple Apple
Pineapple Apple Ginger	Strawberry Orange
Spinach Grape Apple Ginger	Carrot Pineapple Apple Ginger OJ

The Coffee Bar

Cappuccino espresso, steamed milk with lots of foam	3.99	Cinnamon Latte espresso, cinnamon, vanilla, whip cream	4.49
Grande Latte espresso and lots of steamed milk	3.99	Caramel Latte espresso, steamed milk, real caramel, whip cream	4.49
Black & White Mocha espresso, white and dark chocolate, whip cream	4.49	Almond Joy Espresso, steamed milk, white & dark chocolate, almond syrup, whip cream	4.49
Red Velvet Mocha espresso, white & dark chocolate, raspberry syrup, whip cream	4.49	Chai Latte strong, sweet spiced Indian tea & steamed milk	4.49
Snickerdoodle espresso, chocolate, hazelnut, caramel, whip cream	4.49	Wired Chai chai tea and steamed milk, double shot of espresso	5.49

Real Ice Cream Milkshakes

Very Vanilla Shake	4.99	Creamy Chai Shake	4.99
Double Chocolate Shake	4.99	Caramel Milkshake	4.99
Fresh Strawberry Shake	4.99	Banana Dream Shake	4.99
Espresso Milkshake	4.99	Pina Coloda Shake	4.99

Beverages

Fresh Orange and Grapefruit Juice, Apple Juice, Tomato Juice, Cranberry Juice ~ Small	2.99	Large	3.99		
Organic Coffee & Decaf	2.49	Iced Tea, Soda	2.79	Chocolate Milk	2.69/3.99
Organic Flavored Coffee	2.49	Fresh Lemonade	3.79	Hot Chocolate	2.69/3.99
Gourmet Hot Tea	2.99			Cold Milk	2.49/3.69

Welcome to Blue Sky Café.

*We are dedicated to offering the freshest, most natural ingredients; organic fruits and vegetables as available, (especially in salads, smoothies, and fresh made juices,) fresh, natural chicken and healthy fats and oils (olive oil, canola oil, pure butter-
no hydrogenated fats.)*

We offer a variety of gluten free choices; our sauces, soups, and dressings are homemade and gluten-free. We recycle as much as possible, use biodegradable carry out containers, and energy efficient lighting. We believe our business practices should reflect our personal values: take care of each other, take care of our environment, offer fresh food made with love and service from the heart.

**Blue Sky Café and Juice Bar
14403 West Colfax Avenue
Lakewood, CO 80401
303.216.2670**

PRICES ARE SUBJECT TO CHANGE