

# BREAKFAST SPECIALTIES

Toast Choices: Cinnamon Raisin, Whole Wheat, Sourdough, Rye or Tortilla

*On any Egg Dish Substitute: Certified Humane Cage Free Eggs \$1.00*

## **BLUE WILLOW SPECIAL**

Three Eggs\* Scrambled with Shredded Chicken, Diced Hatch Green Chiles, Tomatoes, and Chopped Corn Tortillas. Topped with Cheddar Cheese, Salsa, and Sour Cream.

Served with Homestyle Potatoes or Pinto Beans and Toast *gf* 10.25

## **EGGS BENEDICT BLUE WILLOW**

Wheat English Muffin with two Poached Eggs & Grilled Diced Ham covered with Blue Willow's Signature Cheddar & Swiss Cheese Sauce.

Served with your choice of Homestyle Potatoes or Pinto Beans 10.25

**Vegetarian Benedict Option:** Eggs, Avocado, Spinach & Tomato 10.25

## **NEW SONORAN CARNITAS BENEDICT**

Jalapeno Cornbread topped with Shredded Pork, Two Poached Eggs and Poblano Cream Sauce

Served with Homestyle Potatoes 11

## **SMOTHERED GREEN CORN TAMALES and EGGS**

Green Corn Tamale Pie covered with Beef Chili, Jalapenos and Melted Cheddar Cheese.

Served with a Flour Tortilla and Two Eggs any Style *gf* 10.25

## **CHORIZO SCRAMBLE**

All Beef Chorizo made in House and Scrambled with Eggs. Topped with Salsa and Cheddar Cheese.

Served with your choice of Homestyle Potatoes or Beans, and Toast *gf* 10.25

## **HUEVOS RANCHEROS**

Two Eggs Over Easy and Pinto Beans on Two Corn Tortillas. Topped with Salsa and Cheddar Cheese

Served with Homestyle Potatoes *gf* 10.25

## **TOFU BREAKFAST STIR FRY**

Cubed Tofu Sautéed with Spinach, Mushrooms, Tomatoes, Scallions, in Citrus, Ginger Tamari Marinade

Topped with Sesame Seeds and served with Brown Rice and Flour Tortilla *v/gf* 10.5 Add 2 Eggs \$2

## **BREAKFAST BURRITO**

Scrambled Eggs, Cheddar Cheese, Potatoes, and Pinto Beans Wrapped in a Large Flour Tortilla.

Served with House Made Fresh Salsa, Sour Cream, and Fresh Fruit 9.5

Add Shredded Chicken or Beef Chorizo \$3 Applewood Smoked Bacon \$2

**Vegan Burrito Option:** Sautéed Tofu, Potatoes and Avocado. Served with Fresh Salsa 9.5

## **TWO EGGS any STYLE Cage Free \$1 extra**

Served with Toast and Potatoes, or Tortilla and Pinto Beans *gf* 6.5

Add Bacon, Grilled Ham, Turkey Sausage or Pork Sausage 9.5

## **HOME MADE QUICHE of the DAY**

Served with Fresh Fruit and Potatoes 11

## **FRESH FRUIT CREPE**

Fresh Strawberries, Pineapple, and Banana with choice of Peach or Plain Yogurt in a Traditional French Crepe

Topped with Homemade Whipped Cream and Cinnamon (served cold) 9.25

## **WARM BAKED CINNAMON APPLE CREPE or PEACH & CANDIED WALNUT CREPE**

Topped with Powdered Sugar and Whipped Cream 9.25

## **BLUE WILLOW GRANOLA**

Rolled Oats, Pecans, Dried Cranberry, Agave Syrup, Pepitas, Almonds and Coconut *v* 6.50

Add Fresh Fruit and your choice of Plain or Peach Yogurt or both 8.5

*Gf= Gluten Free Option Available*

# OMELETTES *gf* \$9.75

Three Egg\* Omelettes Choice of Homestyle Potatoes, Brown Rice, or Pinto Beans, and Toast or Tortilla

- 1) **THREE CHEESE** (Choice of Cheddar, Swiss, Jack, Feta, Brie)
- 2) **FETA CHEESE, ROASTED RED PEPPERS and SPINACH**
- 3) **BRIE CHEESE, HAM and CAMELIZED ONIONS**
- 4) **HAM, ROASTED MUSHROOMS and SWISS CHEESE**
- 5) **HAM, GREEN BELL PEPPERS and SWISS CHEESE**
- 6) **BASIL PESTO, MOZZARELLA CHEESE and TOMATOES**
- 7) **SHREDDED CHICKEN, AVOCADO and SWISS CHEESE**
- 8) **SHREDDED CHICKEN, HATCH GREEN CHILES and CHEDDAR**
- 9) **MONTEREY JACK, HATCH GREEN CHILES, and AVOCADO**
- 10) **BACON, JALAPENO, CAMELIZED ONION and CHEDDAR**
- 11) **MONTEREY JACK, ROASTED MUSHROOMS and SPINACH**
- 12) **CAMELIZED ONIONS, SPINACH, ROASTED MUSHROOMS and TOMATO**
- 13) **BACON, AVOCADO and CHOICE OF CHEESE**

**Omelette Add-Ons**

**Meats 2**  
Bacon, Ham, Chorizo, Chicken

**Cheeses & Vegetables 1**  
Cheddar, Swiss, Jack, Mozzarella, Feta, Brie, Avocado, Caramelized Onions, Roasted Red Pepper

**Vegetables .50**  
Spinach, Jalapeno, Tomato, Green Chiles, Raw Onion, Bell Pepper, Mushrooms, Olives

**Sour Cream or Salsa 1**

**Cage Free Eggs or Egg Whites 1**

## PANCAKES and FRENCH TOAST

~Served until 2 pm~

### **BUTTERMILK PANCAKES**

One Large Cake 4.5

Short Stack (2 Large Pancakes) 8

Add Blueberries 1.00 per cake

### **CINNAMON ROLL PANCAKE**

Topped with Cream Cheese Icing 5

Short Stack 8.5

### **EGG BREAD FRENCH TOAST**

Topped with Cinnamon and Powdered Sugar 7

### **OATMEAL**

Served with Brown Sugar, Raisins and Milk  
Garnished with Granola *v* 6

### **TOPPINGS**

Warm Baked Cinnamon Apples.....	3
Baked Peaches and Sugared Walnuts.....	3
Fresh Fruit and Whipped Cream.....	4
Crunchy Peanut Butter and Bananas.....	3
Nutella.....	2
Chocolate Chips.....	2
Substitute All Natural Maple Syrup.....	2
Substitute Sugar Free Syrup.....	1

## BREAKFAST SIDES

Applewood Smoked Bacon 4

Pork Sausage Patties or Links 4

Smoked, Grilled Ham 4

Pinto Beans or Potatoes 3

Seasonal Fresh Fruit Cup 3.5 Bowl 6

Toast or English Muffin 2

Turkey Sausage 4

Avocado 3.5

Sautéed Tofu 4

Brown Rice or Cottage Cheese 2.25

Green Corn Tamale Pie w/Salsa 4.5

Vegan Gluten Free Coffee Cake 3.5

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs or unpasteurized milk may increase your risk of foodborne illness.

# BLUE WILLOW LUNCH SPECIALTIES

~Served After 11 a.m.~

## **SALMON CAKES**

Three Panko Crusted Salmon Cakes on a Bed of Organic Mixed Greens.  
Served with Cucumber-Yogurt-Dill and Sriracha Mayo Sauces 13

## **MEATLOAF**

Made with Grass-fed, Locally Raised Double Check Beef. Choice of Mushroom Gravy or BBQ Sauce  
Served with Au Gratin Potatoes and Sautéed Fresh Vegetables 13

## **ST LOUIS STYLE BBQ PORK RIBS**

Served with Au Gratin Potatoes and Organic Mix Greens in a Lemon Vinaigrette 13

## **LASAGNA BOLOGNESE**

Homemade with Beef, Creamy Béchamel, Mozzarella and Herbed Marinara Sauce  
Served with Garlic Bread 13

## **SPINACH LASAGNA**

Homemade with Three Cheeses and Herbed Marinara Sauce.  
Served with Garlic Bread 12

## **CREPES**

**Spinach, Kale, Portobello Mushroom, and Monterey Jack**  
or

**Chicken, Broccoli, and Cheddar Cheese**

Two Traditional French Crepes Topped with Blue Willow Cheddar & Swiss Cheese Sauce.  
Served with Sautéed Fresh Vegetables and French Roll 12

## **QUICHE**

Served with Fresh Fruit, Organic Mixed Greens and French Roll  
Ask your Server for Today's Selection 13

## **VEGETABLE STIR FRY**

Zucchini, Yellow Squash, Bell Peppers, Broccoli, Carrots, Snow Peas and Bean Sprouts  
Sautéed in a Wheat Free Citrus Soy Ginger Marinade

Served over Brown Rice and topped with Sliced Almonds *v/gf* 11.5

With Cubed Sautéed Tofu or Grilled Chicken 14.5

## **BLUE WILLOW TOSTADA**

Crispy Flour Tortilla Topped with Pinto Beans, Lettuce, Cheddar Cheese, Tomatoes,  
Scallions, Sour Cream, Avocado and Black Olives. Served with Fresh Salsa 12.5  
Add Chicken \$3

## **MEDITERRANEAN PLATE**

Hummus, Pita Bread, Kalamata Olives, Feta Cheese, Fire Roasted Red Pepper and Grilled Eggplant *gf* 12.5

## **FRENCH BRIE and SPICED FRUIT COMPOTE**

Served with Fresh Fruit, Candied Walnuts.

Choice of Lavosh Crackers or Blue Diamond Almond Thins *gf* 11

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## SIDES

Cajun Spiced Blackened Salmon 8

Sautéed Vegetables 4

Macaroni and Cheese 5

Fresh Fruit Cup 3.5 Bowl 6

Housemade Hummus with Pita 6

Chicken Salad 6

Two Green Chile Cheddar Cornbread 2.5

Green Corn Tamale Pie w/Salsa 4.5

*Gf= Gluten Free Option Available*

# SALADS

**Add to any salad:** Grilled Chicken.....4.5 Sautéed Tofu.....3.5 Blackened Salmon.....8

## APPLE SALAD

Seasonal Apples, Goat Cheese and Spiced Pecans on Organic Mixed Greens with Apple Cider Vinaigrette *gf* 11.5

## BLACKENED SALMON CAESAR

Pan Seared Cajun Spiced Salmon on Romaine with Parmesan Cheese and Herbed Croutons 13.5  
Substitute Grilled Chicken 11.5 Plain 7.5

## *NEW* ROASTED BEET SALAD

Red and Yellow Roasted Beets, Goat Cheese, Walnuts, Mandarin Oranges on Spinach and Mixed Greens with Lemon Herb Vinaigrette *gf* 10.5

## GREEK SALAD

Romaine, Feta, Kalamata Olives, Cucumber, Red Onion, and Cherry Tomatoes with Greek Dressing *gf* 10

## CHEF SALAD

Romaine, Avocado, Turkey, Ham, Cheddar Cheese, Swiss Cheese, Egg, Cherry Tomatoes, and Croutons  
Creamy House Vinaigrette, Blue Cheese or Ranch Dressing 11.5

## CHICKEN SALAD STUFFED AVOCADO or TOMATO (contains walnuts)

Served with Seasonal Fresh Fruit and Cottage Cheese *gf* Avocado...12.5/Tomato...11.5

## ORGANIC MIXED GREEN SALAD or SMALL CAESAR 4

# HOT SANDWICHES

## GRILLED PESTO CHICKEN BREAST

Basil Pesto, Lettuce, Tomato, Mozzarella Cheese and Mayo on a Fresh Baked Telera Roll 11

## CRISPY FISH SANDWICH

Panko Crusted Alaskan Cod Filet, Jalapeno Aioli and Lettuce on a Brioche Roll.  
Served with choice of Fresh Fruit or Kettle Cooked Potato Chips 11

## BARBEQUED PULLED PORK

Served with choice of Fresh Fruit or Kettle Cooked Potato Chips on a Brioche Roll 11

## DOUBLE CHECK RANCH MEAT LOAF

Grass-fed, Locally Raised Beef from Double Check Ranch with Lettuce, Tomato and Mayo 11

## GRILLED EGGPLANT

Feta Cheese, Roasted Red Peppers, Cucumber, Spinach, Tomato, and Mayo 11

# COLD SANDWICHES

Choice of Sourdough, Wheat, Rye, Brioche or Telera Roll

## OVEN ROASTED TURKEY

Smoked Bacon, Avocado, Swiss Cheese, Lettuce, Tomato and Jalapeno Aioli 11

## CHICKEN SALAD with DRIED CRANBERRIES and WALNUTS

Lettuce and Tomato 10.5

## GRILLED SWEET POTATO and HUMMUS

Fresh Spinach, Red Onion and Tomato. Served with Organic Mixed Greens and House Dressing *v* 11

# SOUPS

Bowl Served with a French Roll, Green Chile Cheddar Cornbread or Flour Tortilla

**HOMEMADE CHILI:** Choice of Beef or *Vegan* – Topped with Cheddar and Scallions

**SOUP DU JOUR:** Ask your server for today's selection.

Bowl....6.50 Cup.....4.25

# BEVERAGES

<b>FRENCH ROAST COFFEE</b> .....2.75	<b>VALENCIA ORANGE JUICE</b> .....2.5/4.5
<b>HOT TEAS</b> - Earl Grey, English Breakfast, Orange Spice Black, Green, Pomegranate Raspberry, Orange Spice Herbal, Chamomile, Peppermint..... 2.5	<b>JUICES</b> Apple, Cranberry, Grapefruit, Tomato.....2.5/3.5
<b>CAPPUCCINO / DECAF</b> .....3.5	<b>ICED TEA</b> Regular or Raspberry ..... 2.5
<b>LATTE</b> ..... 3.5	<b>LEMONADE</b> ..... 2.5
<b>CAFE MOCHA</b> ..... 4	<b>LAVENDER BLUEBERRY LEMONADE</b> (No Refills)...3.5
<b>AFFOGATO</b> - Espresso poured over Vanilla Ice Cream..... 4	<b>PRICKLY PEAR LEMONADE</b> ..... 3.5
<b>ICED COFFEE</b> .....2.75	<b>BOTTLED 'MEXICAN COKE'</b> ..... 2
<b>ICED MOCHA</b> ..... 4	<b>BOTTLED ROOT BEER</b> ..... 2
<b>COFFEE FLOAT</b> with Breyer's Vanilla Ice Cream.....5	<b>COKE, DIET COKE, SPRITE</b> ..... 2
<b>HOT CHOCOLATE</b> ..... 3.5	<b>ROOT BEER or COKE FLOAT</b> ..... 5
<b>OREGON CHAI</b> - Hot or Iced ..... 3.5	<b>SAN PELLEGRINO</b> ..... 3.25
<b>ESPRESSO/DECAF</b> ..... 2.5	<b>ACQUA PANNA</b> ..... 3.25
	<b>MILK</b> .....2/3 <b>CHOCOLATE</b> ..... 2.5/3.5

## COFFEE ADD ONS

**VANILLA, WHITE CHOCOLATE or Caramel Syrup**.....50  
**BAILEY'S IRISH CREAM**....5.00

## BLUE WILLOW SIGNATURE COCKTAILS \$7.50

### Prickly Pear or Traditional Margarita

made with Corazon 100% Agave Tequila

### Classic Bloody Mary made with Skyy Vodka

### Arizona Sunset

Skyy Vodka, Pineapple Juice,  
Orange Juice and Grenadine

### MIMOSAS

Individual Bottle of Champagne and 6 oz Carafe of Juice.

See menu insert for selections \$8

## WINE LIST

### WHITE/BLUSH

<b>KENDALL JACKSON CHARDONNAY</b> ..... 7.5
<b>SONOMA CUTRER CHARDONNAY</b> ..... 8.5
<b>SAINT M RIESLING</b> ..... 7
<b>CHASING VENUS SAUVIGNON BLANC</b> ..... 7.5
<b>A to Z OREGON PINOT GRIS</b> ..... 7.5
<b>BERINGER WHITE ZINFANDEL</b> ..... 5

### RED

<b>CHARLES SMITH CABERNET SAUVIGNON</b> ... 8.5
<b>FRANCIS COPPOLA MERLOT</b> ..... 7
<b>BODEGA NORTON RESERVE MALBEC</b> ..... 8
<b>MACMURRAY RANCH PINOT NOIR</b> ..... 8
<b>RED or WHITE ORGANIC SANGRIA</b> .....7

## BEER LIST

**FAT TIRE AMBER ALE, KILTIFTER SOTTISH STYLE ALE, DOS EQUIS LAGER ESPECIAL,  
MUDSHARK 'FULL MOON BELGIAN STYLE WHITE ALE, SAM ADAMS BOSTON LAGER,  
PAULANER HEFEWEIZEN, BUD LIGHT, ODELL INDIA PALE ALE, KALIBER(Non-akoholic)**.....4.25