

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 TAMALE 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, Chicken 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 CARAMELIZED 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, CARAMELIZED ONION and CHEDDAR**
- 11) **MONTEREY JACK, ROASTED MUSHROOMS and SPINACH**
- 12) **CARAMELIZED 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

Chicken 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 14

LASAGNA BOLOGNESE

Homemade with Beef, Creamy Béchamel, Mozzarella and Herbed Marinara Sauce
Served with Garlic Bread 14

SPINACH LASAGNA

Homemade with Three Cheeses and Herbed Marinara Sauce.
Served with Garlic Bread 12.5

CHICKEN POT PIE

Roasted Chicken, Potatoes, Carrots, Peas, Corn, Green Beans, Cream and Spices
in a Flaky Homemade Crust. Served with your choice of Organic Field Greens or Caesar Salad 13

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
With Cubed Sautéed Tofu 14.5 or Grilled Chicken 13.5

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* 12

SIDES

Cajun Spiced Blackened Salmon 8
Sautéed Vegetables 4
Macaroni and Cheese 5
Fresh Fruit Cup 3.5 Bowl 6

Housemade Hummus with Pita 6.5
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 14
Substitute Grilled Chicken 12 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* 11

GREEK SALAD

Romaine, Feta, Kalamata Olives, Cucumber, Red Onion, and Cherry Tomatoes with Greek Dressing *gf* 11

CHEF SALAD

Romaine, Avocado, Turkey, Ham, Cheddar Cheese, Swiss Cheese, Egg, Cherry Tomatoes, and Croutons
Creamy House Vinaigrette or Ranch Dressing 12

CHICKEN SALAD STUFFED AVOCADO or TOMATO (contains walnuts)

Served with Seasonal Fresh Fruit and Cottage Cheese *gf* Avocado...13/Tomato...12

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

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

Boars Head Oven Gold Turkey, Smoked Bacon, Avocado, Swiss Cheese, Lettuce, Tomato and Jalapeno Aioli 11

CHICKEN SALAD with DRIED CRANBERRIES and WALNUTS

Lettuce and Tomato 11

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

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

COFFEE ADD ONS

VANILLA, WHITE CHOCOLATE or CARAMEL SYRUP	50
SOY or ALMOND MILK	1.00
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

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

RED

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

BEER LIST

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