

SALADS & SOUPS

SOUP DU JOUR, VEGETARIAN CHILI ✓*gf*, **BEEF CHILI** *gf* Cup 4.25 Bowl 6.5

ROASTED BEET SALAD Spinach, Mixed Baby Greens, Roasted Beets, Walnuts, Goat Cheese, Mandarin Oranges, Citrus Vinaigrette *gf* 11

BLACKENED SALMON CAESAR

Pan Seared Cajun Spiced Salmon on Romaine with Parmesan and Croutons 14
with Grilled Chicken (instead of Salmon) 12 Plain 7.5

GREEK SALAD Feta, Kalamata Olives, Tomato, Cucumber, Onion, Greek Dressing *gf* 11

CHEF SALAD Avocado, Turkey, Ham, Cheddar, Swiss, Egg, Tomatoes and Croutons.
Choice of Blue Cheese, Ranch, Creamy House Vinaigrette or Lemon Herb Vinaigrette 12

CHICKEN SALAD STUFFED AVOCADO Served with Fresh Fruit and Cottage Cheese *gf* 13

BLUE WILLOW TOSTADA Pinto Beans, Lettuce, Tomatoes, Green Onions, Cheddar Cheese, Black Olives, Avocado, Sour Cream, Crispy Tortilla, Salsa 12.5 with Grilled Chicken 15.5

SALMON CAKES served on Micro Greens with Tarragon Caper Tartar Sauce 13

MEDITERANEAN PLATE with Housemade Hummus, Kalamata Olives, Feta Cheese, Roasted Red Pepper and Grilled Eggplant, Pita Bread 12.5

SANDWICHES

Bread Choices: Sourdough, 7 Grain, Rye, Pita, Brioche Roll or Telera Roll.

OVEN ROASTED TURKEY Bacon, Avocado, Swiss, Lettuce, Tomato, Mayonnaise 11

CHICKEN SALAD Walnuts and Dried Cranberries, Lettuce, Tomato, Mayonnaise 11

GRILLED EGGPLANT (Hot) Feta, Roasted Red Pepper, Cucumber, Spinach, Tomato, Mayo 11

BARBEQUED PULLED PORK Served on a Brioche Roll with Potato Chips 11

QUICHE AND CREPES

QUICHE served with Organic Mixed Greens, Seasonal Fruit. Selections Change Daily 13

SPINACH, KALE, PORTOBELLO MUSHROOM, MONTEREY JACK CREPES Cheese Sauce, Sautéed Fresh Vegetables, French Roll 12.5

CHICKEN, BROCCOLI, CHEDDAR CREPES Cheese Sauce, Sautéed Vegetables, French Roll 12.5

STARTERS

FRENCH BRIE Apples, Spiced Fruit Compote, Candied Walnuts, Lavosh Crackers *gf* 12

HUMMUS AND PITA BREAD 6.5

DINNER PLATES

SPICE RUBBED FRESH ATLANTIC SALMON* Pan-Roasted, Cucumber Yogurt Sauce, Roasted Yukon Gold Potatoes, Sautéed Broccoli and Carrots* *gf* 23

PECAN CRUSTED FRESH IDAHO RAINBOW TROUT

Pan-Fried Boneless Filets, Pecan and Panko Bread Crumb Crust, Lemon Butter, Mashed Yukon Gold Potatoes, Sautéed Broccoli and Carrots (Half Order) 16.5 (Full Order) 22

ARIZONA SUNSET CHICKEN Grilled Chicken Breast with Pineapple Salsa, Black Bean Sauce, Red Chile Vinaigrette, Tamale Pie, Sautéed Zucchini and Yellow Squash *gf* 14.5

GAUCHO STEAK Marinated, Grilled and Sliced Flank Steak*, Red Chile Sauce, Tamale Pie, Sautéed Zucchini and Yellow Squash *gf* 17.5

APPLE CIDER RIBS Slow Cooked and Grilled St. Louis Style BBQ Pork Ribs, Au Gratin Potatoes, Sautéed Broccoli and Carrots *gf* 17.5

BLUE WILLOW MEATLOAF Locally Raised All-Natural Grass-fed Beef, Mashed Yukon Gold Potatoes, Sautéed Broccoli and Carrots. Mushroom Gravy or BBQ Sauce 16.5

CHICKEN VEGETABLE STIR-FRY *v/gf* Broccoli, Carrots, Zucchini, Squash, Bell Peppers, Snow Peas, Bean Sprouts, Almonds, Brown Rice. Ginger/Citrus/Soy Sauce 13.5 *sub* Tofu 14.5 Shrimp 16.5

PASTAS

SHRIMP SCAMPI Sautéed Shrimp with Garlic White Wine Lemon Butter Sauce, Crushed Red Pepper, Tomatoes, Parsley, Herbed Bread Crumbs and Parmesan Cheese. Capellini Pasta 16.5

CHICKEN PESTO PASTA Grilled Chicken, Pesto Cream Sauce, Toasted Pine Nuts, Parmesan Cheese, Penne Pasta 15.5

LASAGNA BOLOGNESE Homemade with Creamy Béchamel Sauce, Ground Beef, Marinara, Mozzarella and Parmesan. Garlic Bread. 14

SPINACH LASAGNA with Three Cheeses and Herbed Marinara. Served with Garlic Bread 13

Add to any Entree

SMALL GREEK SALAD or **BEET SALAD** 5

SMALL CAESAR or **MIXED ORGANIC GREENS SALAD** 3

HOME MADE SOUP OF THE DAY, BEEF CHILI or **VEGAN CHILI** 3

BREAKFAST FOR DINNER

*During dinner service we offer a limited breakfast menu.
If it is not listed here then it is not available after 5pm.*

MADE TO ORDER OMELETTES*

Choose up to three ingredients:

Swiss, Cheddar, Monterey Jack, Applewood Smoked Bacon, Chicken, Ham, Mushrooms, Avocado, Tomatoes, Spinach, Green Chiles and Onion. Served with Toast and Roasted Potatoes. *gf* 11.50

BLUE WILLOW SPECIAL

Eggs* Scrambled with Chicken, Chopped Corn Tortillas, Green Chiles and Tomato and topped with Cheddar Cheese, Salsa and Sour Cream. Served with Toast and Roasted Potatoes *gf* 11.25

TOFU BREAKFAST STIR-FRY

Spinach, Mushrooms, Tomatoes, Green Onion, and Sesame Seeds. Served with Brown Rice and Tortilla. *v/gf* 11.50 Add Eggs 2.0

HUEVOS RANCHEROS

Two Eggs* over easy on Corn Tortillas and Pinto Beans. Topped with Salsa and Cheddar Cheese. Served with Roasted Potatoes. *gf* 11.50

gf = Gluten Free Option Available Upon Request

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

BEVERAGES

COLD DRINKS

- Pellegrino Sparkling Mineral Water 3.25
- Panna Natural Spring Water 3.25
- Iced Tea 2.5
- Lemonade 2.5
- Coke, Diet Coke, Sprite, Ginger Ale, Root Beer 2
- Floats (Root Beer, Coke, Coffee) 5
- Fresh Orange Juice 2.5/4.5
- Apple, Cranberry or
Grapefruit Juices 2.5/3.5
- Chocolate Milk 2.5/3.5



HOT DRINKS

- Blue Willow Coffee 2.75
- Herbal Teas 2.5
- Hot Chocolate 3.5
- Espresso 2.5
- Cappuccino 3.5
- Café Latte 3.5
- Mocha (Hot or Iced) 4
- Oregon Chai 3.5
- Milk 2/3