

BREAKFAST SPECIALTIES

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

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* 10.50

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

SONORAN CARNITAS BENEDICT*

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

Served with Homestyle Potatoes 11

BREAKFAST TOSTADA*

Two Eggs over Easy and Black Bean Puree on a Crispy Flour Tortilla topped with Avocado, Tomato, Green Onion, Cotija Cheese, Poblano Cream Sauce. Served with Fresh Fruit 9.75

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 *✓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

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

Add Bacon, Grilled Ham, Turkey or Pork Sausage 9.5

HOME MADE QUICHE of the DAY

Served with Fresh Fruit and Potatoes 11

TROPICAL FRESH FRUIT CREPE

Fresh Strawberries, Mango, Pineapple, and Banana with Vanilla Greek Yogurt in a Traditional French Crepe

Topped with Homemade Whipped Cream and Toasted Coconut (served cold) 9.25

WARM BAKED CINNAMON APPLE CREPE

Topped with Powdered Sugar and Whipped Cream 9.25

BLUE WILLOW GRANOLA

Rollled Oats, Pecans, Dried Cranberry, Agave Syrup, Pepitas, Almonds and Coconut *✓* 6.50

Add Fresh Fruit, Vanilla Greek 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, SPINACH**
- 3) **BRIE CHEESE, HAM, CARAMELIZED ONIONS**
- 4) **HAM, ROASTED MUSHROOMS, SWISS CHEESE**
- 5) **HAM, GREEN BELL PEPPERS, SWISS CHEESE**
- 6) **BASIL PESTO, MOZZARELLA CHEESE, TOMATOES**
- 7) **SHREDDED CHICKEN, AVOCADO, SWISS CHEESE**
- 8) **SHREDDED CHICKEN, HATCH GREEN CHILES, CHEDDAR**
- 9) **MONTEREY JACK, HATCH GREEN CHILES, AVOCADO**
- 10) **BACON, JALAPENO, CARAMELIZED ONION, CHEDDAR**
- 11) **MONTEREY JACK, ROASTED MUSHROOMS, SPINACH**
- 12) **CARAMELIZED ONIONS, SPINACH, ROASTED MUSHROOMS, TOMATO**
- 13) **BACON, AVOCADO, 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

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 *gf* 6

TOPPINGS

Warm Baked Cinnamon Apples.....	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 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

Whole Wheat, Sourdough, Rye Toast 1.5

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

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

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

SALADS

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

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

SANDWICHES

Bread Choices- Sourdough, Whole Wheat, Rye, Brioche, Telera Roll

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, Jalapeno/Avocado Aioli, Pineapple Salsa, Cilantro/Lime Slaw
on a Brioche Roll with choice of Fresh Fruit or Kettle Cooked Potato Chips 12.5

BARBEQUED PULLED PORK

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

BLUE WILLOW CLUB

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

GRILLED EGGPLANT

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

CHICKEN SALAD with DRIED CRANBERRIES and WALNUTS

Lettuce and Tomato 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

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

Gf= Gluten Free Option Available

DESSERTS

Fresh Baked Daily

TODAY'S SPECIALTY

Always Home Made. Ask your Server for Today's Selection.... **6.50/8.00**

CHOCOLATE SOUR CREAM CAKE

Blue Willow's Award Winning Signature Dessert.
Dark Chocolate Icing, Fudge Sauce and Fresh Home Made Whipped Cream.... **6.50**

HOME MADE PIE du Jour

Ask for Today's Selection**5.50**

CARROT CAKE

Topped with Cream Cheese Frosting....**6.50**

CHOCOLATE CREPES with FRESH STRAWBERRY

Traditional Thin French Pancakes Filled with House made
Fudge Sauce and topped with Fresh Whipped Cream...**6.50**

HOT FUDGE OR CARAMEL SUNDAE

Breyer's Vanilla Ice Cream with
Choice of Topping and Fresh Whipped Cream.....**6.50**

VEGAN GLUTEN FREE CHOCOLATE CUPCAKE.....4.00

Add Breyer's Vanilla Ice Cream to any Dessert....2.50

BEVERAGES

VALENCIA ORANGE JUICE 2.5/4.5

FRUIT JUICES Apple, Cranberry, Grapefruit **2.5/3.5**

LEMONADE 2.5

LAVENDER BLUEBERRY LEMONADE (no refills) **3.5**

PRICKLY PEAR LEMONADE 3.5

BOTTLED MEXICAN COKE 3

BOTTLED ROOT BEER 3

COKE, DIET COKE, SPRITE (can) 2

ROOT BEER or COKE FLOAT 5

ICED TEA Regular or Raspberry **2.5**

HOT TEAS Earl Grey, English Breakfast,
Premium Green, Pomegranate Raspberry
Matcha, Orange Spice, Chamomile, Peppermint

HOT CHOCOLATE 4

OREGON CHAI Hot or Iced **4**

SAN PELLEGRINO 3.25

AQUA PANNA 3.25

MILK 2/3 CHOCOLATE 2.5/3.5

COFFEE

FRENCH ROAST COFFEE 2.75

ICED COFFEE 2.75

COFFEE FLOAT 5

AFFOGATO 5

LONDON FOG 4.50

MATCHA GREEN TEA LATTE 4.50

CAPPUCCINO 3.5

CAFE MOCHA Hot or Iced **4.5**

CAFÉ LATTE 4

CHOCOLATE MACAROON LATTE 4.5

CARAMEL MACCHIATO 4.5

ESPRESSO Double shot or Americano **2.5**

COFFEE ADD ONS

VANILLA, COCONUT, WHITE CHOCOLATE or CARAMEL SYRUP.....50

SOY or ALMOND MILK....1.00

BAILEY'S IRISH CREAM....5.00