



• Breakfast •

Served All Day

Local organic tofu may be substituted for eggs in any breakfast. Substitute egg whites for \$1.29  
Cheeses are Monterey Jack, cheddar, pepperjack, swiss and american. Sub feta for \$.99

**Cheese Omelet** .....\$8.49

Choice of jack, cheddar, swiss or pepper jack.  
Sub feta or sharp white cheddar cheese for \$.99  
Served with home-fries & toast or sub beans & tortillas.

Add tomatoes, onions, bell peppers, garlic,  
olives, zucchini, broccoli, mushrooms, salsa,  
sour cream, spinach or green chilis.....\$.99 each  
(Veggies only - Pick 5 for \$2.99 or 3 for \$1.99)

Add sausage patty, ham, bacon, chicken apple sausage,  
avocado or tofu sausage .....\$1.99 each

**Two Egg Breakfast** .....\$5.99

Served with home-fries & toast or sub beans & tortillas.

With sausage patty, ham, bacon, tofu sausage or  
chicken apple sausage.....\$8.99

**Steak and Eggs** .....\$14.99

An 8 oz. local grass-fed New York cooked to order,  
with two eggs, home fries & toast or sub beans & tortillas.

**Biscuits and Gravy**.....\$6.99

2 buttermilk biscuits topped with traditional or veggie gravy.

**Oatmeal w/brown sugar, cinnamon and milk** .....\$4.99

With the works....(raisins, almonds, walnuts,  
blueberries and bananas).....\$7.99

**Buttermilk Pancakes** .....\$4.99

1 cake.....\$4.99

2 cakes.....\$6.99

Pure Maple Syrup .....\$1.49

**Add to Oatmeal, Pancakes, French Toast:**

organic raisins, toasted almonds or walnuts,  
blueberries or bananas..... \$.99 each

**Our own thick-**

**sliced French Toast**

1 slice..... \$3.59

2 slices..... \$4.99

**Karen's Potatoes** .. .....\$8.99

Potatoes sauteed with tomatoes, red and green peppers  
and onions. Topped with melted jack and cheddar  
cheese, sour cream and green onions  
with your choice of two eggs.  
Make it vegan with avocado and tofu scramble

**Croissant Sandwich** .. .....\$5.99

A warm, flaky croissant filled with egg and melted cheese  
and your choice of bacon, turkey, ham, sausage,  
tofu sausage or avocado.

**Bagel Sandwich**.....\$4.99

A toasted seeded or plain bagel filled with egg and  
melted cheese and your choice of bacon, turkey,  
ham, sausage, tofu sausage or avocado.

**Breakfast Burrito** . .....\$8.99

A warm flour tortilla stuffed with eggs, cheese,  
red and green peppers, onions, potatoes and beans,  
topped with cheese, salsa and sour cream.

**Sides**

Toast or Tortillas . ....\$1.79

Home-fried potatoes .....\$2.29

Beans and Cheese.....\$2.29

Single biscuit and gravy .....\$3.79

Gravy - Traditional or Vegetarian .....\$2.29

Sausage patty, ham, bacon,  
chicken apple or tofu sausage.....\$4.29

Orange Cranberry Scone.....\$1.49

Fruit (when available).....\$3.99

**Big Blue Slam** .....\$9.49

Your choice of pancakes, french toast or biscuit and gravy served with two eggs and  
choice of bacon, sausage patty, chicken apple sausage, tofu sausage or avocado.

**Breakfast Club** .....\$9.99

Turkey, bacon, avocado and melted pepperjack between two slices of french toast.  
Served with home fries and syrup.

**Huevos Rancheros** .....\$8.99

Crispy corn tortillas topped with red beans, two eggs, ranchero sauce,  
melted jack and cheddar cheese, guacamole, sour cream, lime and green onions.

**Chicken Fried Steak** .....\$9.99

Smothered in gravy and served with home fries, two eggs and toast.

**Sampler - A little bit of everything**.....\$9.49

Two eggs, home fries and gravy, beans and cheese, salsa,  
toast or tortilla and fruit.

**Chorizo Scramble**.....\$8.99

Chorizo sausage sauteed with peppers and onions, mixed into scrambled eggs  
and served with beans and cheese, tortillas and salsa.

**Quiche of the Day** .....\$8.99

Served with home fries or salad.

## • Lunch •

Starting at 10 am

### Specialty Sandwiches

Includes choice of hand-cut french fries,  
ginger garlic potatoes or green salad.  
(Substitute a cup of housemade soup for \$.99)

#### 1) Ginger Garlic Roast Beef.. ....\$9.99

Roast beef sauteed w/ginger, garlic,  
onions and bell peppers. Topped with  
melted pepper jack cheese on a warm  
dutch crunch roll with cream cheese.

#### 2) Focaccia Sandwich .....

Warm focaccia filled with tomatoes, olives,  
jack and cheddar cheese and your choice of  
turkey, ham, roast beef or avocado.

#### 3) Grilled Chicken ....\$9.99

Grilled chicken breast topped w/sauteed  
bell peppers, onions, mushrooms, Monterey Jack cheese,  
tomato and lettuce on a warm french roll.

#### 4) Hamburger or Tofu Burger .....

1/2 pound Humboldt grass-fed ground beef or  
Tofu Shop tofu patty served with all the fixins.  
Add mushrooms or cheese .....\$1.19  
Add bacon or avocado .....\$1.99

#### 5) Grilled Veggie .....\$8.49

Sauteed zucchini and yellow squash, mushrooms,  
red and green bell peppers, onions and melted cheese  
of your choice. Served on a warm pita with  
fresh tomato and lettuce.

#### 6) Club Sandwich.....\$8.99

Triple decker classic. Turkey, crisp bacon,  
tomato, lettuce, Monterey Jack cheese and mayo  
on three slices of toasted sourdough.

#### 7) Quesadilla.....\$8.99

Two whole wheat tortillas filled with  
Monterey Jack cheese, tomatoes and fresh basil.  
Grilled with garlic. Served with salsa.

#### 8) Grilled Cheese .....\$5.99

Cheddar and jack cheeses melted to perfection  
on your choice of sourdough or wheat bread.  
Add ham, bacon or avocado..... \$1.99

#### 9) BLT.....\$6.99

Crisp bacon, lettuce and tomato with  
mayonnaise on toasted sourdough or wheat bread.  
Double the bacon.....\$1.99  
Add avocado .. ....\$1.99

### Soups and Salads

Salads served with your choice of these house made dressings:  
bleu cheese, ranch, honey mustard, bahamic italian or  
1000 island.

#### Soup of the Day

Cup.....\$2.99 Bowl.....\$4.49 Bread Bowl.....\$6.79

#### Jeff's Clam Chowder

Cup.....\$3.99 Bowl.....\$5.49 Bread Bowl.....\$7.79

#### Soup and Salad.....\$7.99

A bowl of soup with a garden salad.

#### Chef Salads

##### Carnivore.....\$9.49

Crisp salad lettuce with turkey, ham, tomato,  
onion, olives, cucumber, shredded jack and cheddar  
cheese, croutons and hard-boiled egg.

##### Omnivore.....\$8.99

Crisp salad lettuce with avocado, tomato, olives,  
onion, cucumber, shredded jack and cheddar cheese,  
croutons and hard-boiled egg.

##### Herbivore.....\$8.99

Crisp salad lettuce with avocado, tomato,  
sunflower seeds, cucumber, olives, onions,  
kidney and garbanzo beans and croutons.

#### Sides

Garden Salad.....\$3.79

Ginger Garlic Potatoes.....\$3.49

French Fries.....\$2.59

Sweet Potato Fries.....\$3.59

## • Kid's Menu •

#### A) Grilled Cheese Served w/fries .....\$2.99

#### B) Peanut Butter & Jelly Served w/fries.....\$2.99

Choice of grape or strawberry jelly.

#### C) Ramen Noodles Served with toast .....\$2.99

Choice of beef or chicken.

#### D) Hamburger Served w/fries.....\$3.99

Add cheese .....\$ .59

# Drinks

- Hot Cocoa with whip.....\$3.59
- Oregon or Planet Chai....\$3.59
  - Oregon is sweeter
  - Planet is spicier
- Hot tea.....\$1.99
  - Earl grey, English Breakfast, Mint, Chamomile, Lemon
- Share a Pot...\$2.99
  
- Big Blue Blend organic medium dark roast coffee....\$2.59

## Organic Espresso Bar

- Latte' .....\$3.69
- Mocha.....\$3.99
- White Mocha...\$3.99
- Mexican Mocha...\$3.99
- Breve' ...\$3.89
- Red Eye.....\$3.69
- Americano.....\$2.69
- Cappuccino.....\$3.39
- Double Espresso....\$2.59
  
- Orange, Tomato or Cranberry .....\$2.29
- Organic Unfiltered Apple Juice.....\$2.69
- Fresh Organic Carrot Juice.....\$3.79
- Carrot Orange.....\$3.79

- Big Blue Blend Iced Tea ....\$2.89

- Soda .....\$1.99
  - Coke, Diet Coke or Sprite

- Perrier.....\$1.79

- Milkshakes.....\$4.79
  - Chocolate, Mexican Chocolate, Vanilla, Chai or Strawberry
- Mocha Milkshake (made with two espresso shots).....\$5.59
  - Chocolate, Mexican Chocolate or White Chocolate

- Mimosa (champagne and orange juice)....\$3.99

- Pitcher of Mimosas.....\$10.00

## Beer

- Steelhead Pale Ale or Oatmeal Stout.....\$3.99
- Bud or Bud Light.....\$3.29