



# **BLU JAM**

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*Cafe By Day, Bistro By Night*

**Cafe Hours:** 8am to 5pm *Everyday*

**Bistro Hours:** 6pm to 10pm *Wednesday to Sunday*

**Catering • Take Out • Corporate Events**

We strive to use organic produce, fresh seafood and free range meats  
with no added hormones or antibiotics.

We use nearby farms to support the local economy.

The consumption of raw or undercooked eggs, meat, poultry, seafood or shellfish may increase your risk of food borne illness.

Parties of six or more, 18% gratuity added.

# Breakfast Menu

Served from 8am to 5pm daily

## Breakfast Deal

Two eggs any style, two classic pancakes or French toast with smoked bacon, bockwurst or turkey sausage 10.95

## Simply Eggs

Two eggs fried, scrambled or poached, accompanied by crispy red potatoes and toast 7.95

(turkey sausage, bockwurst or bacon add 1.50)

## Eggs Bohemia

Two over easy eggs baked with black forest ham, smoked bacon and chives, served with crispy red potatoes and toast 9.95

## Morning Hash

Eggs tossed with black forest ham, sun-dried tomatoes, spinach, onions, red potatoes and mozzarella, served with toast 10.95

## Roma Via Paris

Three farm fresh eggs scrambled with spinach, sun-dried tomatoes, zucchini, chopped tomatoes, bell peppers, fresh basil, Montchevre goat cheese and mozzarella, served with potatoes and toast 10.95

## Loxex

Three farm fresh eggs scrambled with smoked Norwegian salmon, onions, tomatoes and brie cheese, topped with sour cream and chives, served with toast and potatoes 14.95

## Burgundy Omelette

Three egg omelette, spinach, mushrooms, Montchevre goat cheese, sun-dried tomatoes & chives, w/ crispy red potatoes & toast 10.95

## California Omelette

Three egg omelette, crispy smoked bacon, fresh tomato, avocado, sour cream & cheddar cheese, served with potatoes & toast 11.95

## Kamil's Breakfast

Pan-roasted macaroni scrambled with eggs, smoked bacon, ham, garlic, chives, and cheddar 12.95

## Old World

Eggs scrambled with sautéed onions, trio of mushrooms, chives and mozzarella, served with potatoes and toast 9.95

## Toscana Scramble

Grilled chopped Italian turkey and fennel sausage, farm fresh eggs, homemade pesto, mozzarella, chopped tomatoes, served with toast and potatoes 10.95

## Eggwich

Over easy eggs, strips of crispy smoked bacon, fresh avocado, sliced tomatoes, lettuce, pesto and mayo on a toasted ciabatta, with crispy red potatoes 11.95

## Blu Jam Benedict

Poached eggs on a toasted croissant with Black Forest Ham, crispy bacon, hollandaise, served with potatoes 11.95

## Florentine Benedict

Poached eggs on a toasted English muffin with sautéed fresh spinach, mushrooms, sun-dried tomatoes, and brie cheese, topped with hollandaise, served with potatoes 11.95

## Classic Benedict

Poached eggs on a toasted English muffin with Black Forest ham, topped with hollandaise, served with potatoes 10.95

## Norwegian Benedict

Toasted croissant, Norwegian smoked salmon, poached eggs, sautéed spinach, tomato and dill hollandaise, served with potatoes 14.95

## Migas

Spicy combination of eggs scrambled w/ jalapeños, chipotle, beef chorizo sausage, bell peppers, tortilla chips and mozzarella, topped with roasted salsa, served with flour tortilla and potatoes 10.95

## Wrap On Fire

Fresh eggs scrambled w/ spicy chipotle peppers, black beans, cilantro, tomato, bell peppers & cheddar rolled up in a large grilled flour tortilla, served w/ sour cream and crispy red potatoes 10.95

## Breakfast Quesadilla

Grilled chopped chicken breast scrambled with eggs, tomatoes, spinach and cheddar in grilled flour tortilla, topped with avocado, homemade salsa and sour cream, served with potatoes 12.95

## Rancheros

Two fried eggs over a crispy corn tortilla, lettuce, bell peppers, chipotle, cilantro & black beans, topped with cheddar, roasted tomato salsa, avocado and sour cream, served with potatoes 10.95

## Steak and Eggs

Grilled all natural Angus beef tenderloin with gorgonzola cheese, caramelized onions, red potatoes, topped with fresh eggs and hollandaise 19.95

## Salmon Hash

Chopped fresh salmon sautéed with red potatoes, tomatoes, capers, chives and olives topped with poached eggs and dill hollandaise, served with toast 14.95

## Mazatlan Scramble

Eggs scrambled with fresh sautéed shrimp, onions, roasted red bell peppers, fresh jalapeños, cilantro, and mozzarella. Served with crispy red potatoes and toast 14.95

You may substitute potatoes for mixed greens or fresh fruit. Choices of toast: sourdough, whole wheat, rye or rosemary.

Served from 8am to 5pm daily

### Designer Special

Design your own omelette or scramble with up to four items with toast and potatoes. 10.95

Turkey Sausage, Smoked Bacon, Black Forest Ham, Chopped Chicken Breast, Roasted Tomato Salsa, Spinach, Avocado, Tomato, Bell Peppers, Zucchini, Olives, Mushrooms, Onions, Basil, Chives, Sun-Dried Tomatoes, Cilantro, Mozzarella, Cheddar, Brie, Goat Cheese, Gorgonzola, Cream Cheese, Black Beans, Sour Cream.

Substitute eggs for tofu with homemade basil-tomato sauce add 1.50.

Substitute eggs for egg whites add 1.50.

## Health & Fitness Breakfast

### Tex Mex Tofu Hash (eggless)

Organic Tofu scrambled with black beans, onion, chipotle, cilantro, potatoes, tomatoes, salsa fresca, and avocado, served with corn tortillas 10.95

### Far East (eggless)

Organic roasted tofu, fresh mint, carrots, zucchini, bean sprouts, spinach & soy-citrus vinaigrette, served with toast 10.95

### Smoked Salmon Platter

Smoked Norwegian salmon, red onions, capers, cream cheese, lemon, sliced tomatoes, cucumbers & plain or onion bagel 12.95

### Power House

Six egg whites scrambled with spinach, topped with flame-broiled chicken breast and sautéed tomatoes and basil 13.95

Calories: 419 Fat: 3.5g Carbohydrates: 14g Protein: 80.1g

### Muscle Beach

Six egg whites scrambled with fresh thyme, ground turkey, onions, spinach and chopped tomatoes, served with a cup of low fat cottage cheese and toast 11.95

Calories: 280 Fat: 6.5g Carbohydrates: 12.5g Protein: 42.5g

### Olympus

Six egg whites scrambled with chopped flame-broiled chicken breast, spinach, zucchini and fresh tomato-basil sauce, served with mixed greens and toast 12.95

Calories: 411 Fat: 3.3g Carbohydrates: 12.3g Protein: 79.7g

### Hearty Granola

Oats, wheat, honey, almonds & fresh fruit w/ milk or low fat vanilla yogurt topped with fresh berries, bananas and black currants 7.95

### Hot Oatmeal

Cooked to order, topped with fresh berries, bananas and black currants, served with brown sugar on the side 7.95

### Seasonal Fresh Fruit

Served with low fat vanilla yogurt 9.95

(add granola 1.50)

## From The Griddle

### Three Pancakes

with powdered sugar 8.95

### Blueberry Pancakes

with fresh blueberries & powder sugar 10.95

### Fresh Banana Pancakes

with strawberries, candied walnuts, whipped cream and dark chocolate 10.95

### French Toast

with fresh berries and bananas 9.95

### Vanilla French Toast

with blackberry jam, vanilla yogurt, fresh berries & bananas 10.95

### Lemon Crepes

with butter, sugar and whipped cream 7.95

### Strawberry Crepes

with cottage cheese, dark chocolate and whipped cream 9.95

All pancake and crepe mixes are house made using fresh ingredients

## Sides & Extras

Italian Turkey & Fennel Sausage 3.50

Veal & Pork Bockwurst 3.95

Smoked Bacon 3.95

One Egg 1.50

Crispy Red Potatoes 3.50

One Classic Pancake 3.95

One Fruit Pancake 4.95

Fresh Seasonal Fruit 4.95

Scoop of Chicken Curry 3.95

Grilled Chicken Breast 3.95

Bagel w/ Cream Cheese or Butter (plain or onion) 2.95

Sautéed Spinach with Garlic & Olive Oil 4.95

Fresh Avocado 1.95

Cottage Cheese or Low Fat Vanilla Yogurt 2.95

Freshly Sliced Tomatoes 2.50

Pure Maple Syrup (2 oz.) 1.00

Served from 8am to 5pm daily

# Lunch Menu

## Soups & Starters

**Homemade Vegan Split Pea Soup** 4.95 6.95  
*with Herb Croutons*

**Kamil's Famous Goulash Soup** 6.95 7.95

**Soup of the Day** 4.95 6.95

**Fresh Ovaline Mozzarella** 8.95  
*With tomatoes, fresh basil and balsamic vinaigrette*

**Shrimp Ceviche** 9.95  
*Lime marinated shrimp, onions, cilantro, minced tomatoes, chipotle aioli, crispy corn tortillas*

## Paninis

Grilled sandwiches served with organic mixed greens, crispy red potatoes, or seasonal fresh fruit.

### Turkey Pesto

*Oven-roasted turkey breast, grilled tomatoes, house made pesto and provolone cheese on grilled focaccia* 12.95

### Campania

*Fresh whole milk ovaline mozzarella, roasted red bell peppers, grilled tomato and house made pesto on grilled focaccia* 12.95  
*with prosciutto di parma* 14.95

### Steak

*Beef tenderloin, roasted red bell peppers, sautéed mushrooms, caramelized onions, gorgonzola, provolone and balsamic aioli on grilled focaccia* 14.95

### Garden

*Baby spinach, sautéed mushrooms, mozzarella, sun-dried tomatoes, caramelized onions, fire-roasted red bell pepper, Montchevre goat cheese and house made pesto on grilled focaccia* 12.95

## Wraps

Rolled up in a grilled flour tortilla. Served with with organic mixed greens, crispy red potatoes, or seasonal fresh fruit.

### Veggie Heaven (vegan)

*Julienne of carrots, zucchini, chopped tomatoes, micro greens, avocado, fresh mint, bean sprouts and balsamic vinaigrette* 11.95

### Italian Turkey

*Oven-roasted turkey breast, fire-roasted red bell peppers, spinach, fresh basil, shredded mozzarella and balsamic vinaigrette* 11.95

### Southwest

*Grilled chopped chicken breast, cilantro, crispy bacon, tomato, black beans, cheddar, chipotle and ranch* 12.95

## Lunch Combos

With Goulash add 1.50

**Cup of Soup & Half Gourmet Sandwich** 12.95  
*Except Ahi tuna*

**Cup of Soup & Half Salad** 12.95  
*Except Ahi Tuna Salad or Steak Bistro Salad*

**Cup of Soup & Whole Wrap** 13.95

## Gourmet Sandwiches

Served on toasted ciabatta with either organic mixed greens, crispy red potatoes, or seasonal fresh fruit.

### Rare Tuna Sandwich

*Sashimi grade Ahi tuna seared rare, topped with micro greens, avocado and chipotle-mint aioli* 14.95

### B.L.T.A.

*Strips of smoked crispy bacon, lettuce, tomato, avocado, pesto and mayo* 10.95

### Uptown

*Oven-roasted turkey breast, sliced tomato, cucumber, mayo, Dijon mustard, avocado and provolone cheese* 11.95

### Veggiewich

*Grilled tomato, micro greens, basil, avocado, roasted red bell peppers, beets, pesto aioli & provolone on whole wheat* 10.95

### Caprese

*Sliced fresh ovaline mozzarella, tomato, fresh basil and balsamic vinaigrette* 10.95

### BBQ Chicken

*Grilled breast of chicken, smoked bacon, caramelized onion, melted provolone, mayo, tomato & BBQ sauce* 12.95

### Venetian Chicken

*Grilled chicken breast, melted mozzarella, pesto, mayo, fire-roasted red bell pepper and fresh tomato* 11.95

### L.A. Club

*Sliced turkey breast, black forest ham, crispy bacon, avocado, tomato, cucumber, mayo and provolone* 12.95

### Grilled Cheese

*Grilled sandwich with melted mozzarella, Montchevre goat cheese, cheddar and sliced tomatoes on sourdough bread* 9.95

Add Ham or Bacon 1.95

Served from 8am to 5pm daily

## Grilled Burgers

Served with organic mixed greens, crispy red potatoes, or seasonal fresh fruit.

### The Burger

Grilled Angus ground beef, lettuce, tomato, & caramelized onions on a burger bun, served with side of mayo 10.95

### Gourmet Burger

Grilled Angus ground beef, pesto aioli, sautéed mushrooms, gorgonzola, smoked bacon, caramelized onions, and micro greens on a burger bun 13.95

### Turkey Burger

Lean ground turkey, tomato, lettuce, caramelized onions, and pesto aioli on a burger bun 10.95

### Vegan Burger

House made vegan patty rolled in herb bread crumbs with grilled tomatoes, caramelized onions & micro greens on a burger bun 10.95

Any cheese add 1.00

Smoked Bacon or Avocado add 1.50

## Main Courses

### Grilled Fresh Salmon

Lemon-caper sauce, mashed potatoes and pan roasted green beans 14.95

### Salmon and Spinach

Grilled salmon on a bed of wilted baby spinach and zucchini, topped with sauce of tomatoes, olives, capers, and basil 14.95

### Herb Chicken

Grilled chicken breast, mashed potatoes, herb-sundried tomato butter and pan-roasted green beans 12.95

### Chicken Schnitzel

Breast of chicken, breaded and pan-fried, served with mashed potatoes, pan-roasted green beans and lemon 13.95

### Filet Mignon

Grilled Niman Ranch filet mignon, mashed potatoes, green beans, and red wine-chipotle-coffee sauce 19.95

### Kamil's Lunch

Pan roasted macaroni topped with our famous Czech style meat goulash 13.95

### Baja Bouillabaisse

Spicy tomato-cilantro and chipotle broth with fresh seafood and vegetables 14.95

## Fresh and Crisp Salads

Served with bread upon request

### Mediterranean Salad

Greens, beets, fire roasted peppers, chopped tomatoes, fresh ovaline mozzarella & fresh basil drizzled with balsamic vinaigrette 11.95

### Red Beets and Greens

Organic greens, pan seared red & golden beets, roasted red bell peppers, gorgonzola cheese, Black currants, candied walnuts and balsamic vinaigrette 12.95

### Sonoma

Organic mixed greens, candied walnuts, sliced granny smith apples and seedless grapes with gorgonzola cheese and balsamic vinaigrette 10.95

### Steak Bistro Salad

Sliced Niman Ranch beef tenderloin, sun-dried tomatoes, roasted red bell peppers, gorgonzola cheese, and organic mixed greens with balsamic vinaigrette 16.95

### Rare Ahi Tuna Salad

Greens with seared rare sashimi grade Ahi tuna, bean sprouts, julienne of carrots & zucchini, avocado, fresh mint and soy-citrus vinaigrette 15.95

### The Cobb

Marinated chopped grilled chicken breast, crispy smoked bacon, chives, chopped tomato, avocado, gorgonzola, and ranch dressing on a bed of fresh romaine lettuce 12.95

### Warm Mushroom Salad

Sautéed trio of mushrooms, organic mixed greens, chopped tomatoes, goat cheese, chives and balsamic vinaigrette dressing 11.95

### Blu Caesar Salad

Crispy romaine lettuce, herb croutons, sun dried tomatoes, parmesan, anchovies and Caesar dressing 9.95

Add sliced grilled to order chicken breast 3.95

Add grilled salmon 7.95

Add chopped grilled natural prime beef tenderloin 8.95

Add sashimi grade seared Ahi tuna 8.95

# BLU JAM

## Cafe By Day, Bistro By Night

### Sweet Temptations

Ask your server about today's selection of desserts

### Coffee Drinks

Organic Coffee 2.50

Organic Latte or Cappuccino 3.95

Vanilla or Mocha Latte w/ whipped cream 4.50  
(Hot or ice blended)

Organic Espresso single 1.95 double 2.50

Americano 2.50

Machiato 2.95

Wake Up Call 2.95

### Tea Drinks

Organic Iced Tea 2.50

Palmer 2.50

Organic Loose Teas 3.95

From Art of Tea Company

### Juice Bar

Freshly Squeezed Juice small 3.50 large 4.50

Orange, Grapefruit, Carrot, Apple

Designer Juice Combos small 3.95 large 4.95

Combine any of these: Orange, Grapefruit,  
Carrot, Apple, Celery, Beet, Ginger

### Beverages

Spiced Chai Tea Latte 3.95

Hot or Ice Blended

Hot Chocolate w/ whipped cream 3.50

Lemonade 2.50

Coke, Diet Coke 2.50

Small Sparkling or Flat Water 3.00

Large Sparkling or Flat Water 6.00

### Tisane/Fusions

ORGANIC CHAMOMILE/CAFFEINE FREE Meditation & reflection

*The sweet calming taste of organic Egyptian chamomile helps to ease the mind and soothe the soul.*

ORGANIC MINT/CAFFEINE FREE Digestive Fuel & Soothing

*Farm Direct Organic Mint fusion.*

CHOCOLATE MONKEY Rich Creamy & Wild

*Ohhhhhhhhhhhhh my!!!*

*Chocolate, banana, rooibos and pink peppercorn blended together with apple bits to create an incredible dessert tea. Great hot or iced.*

### White

WHITE PEACH Luscious & Succulent

*White Peach offers an organic white tea blended with peach and apricot essence infused with osmanthus flowers. Delicate, aromatic and fruity with hints of apricot guava & persimmon.*

### Green

WHITE TIP JASMINE Calming & Centering

*Hand picked organic green tea leaves and buds scented 9-12 times with fresh jasmine blossoms.*

ORGANIC GUNPOWDER Smoky & Fresh Cut Greens

*Fresh green tea leaves rolled into small spheres resembling gunpowder, producing a grassy infusion with a slightly smoky flavor.*

### Oolong

PLUM OOLONG Sweet Spicy and Autumnal Fruits

*Succulent schizandra berries & sweet amber oolong leaves blended with the tender essence of plum. Steeped multiple times, the gentle, sweet taste and pleasant characters of this sublime organic fusion perfectly grace any meal.*

### Black

ORGANIC BREAKFAST Rise & Shine

*This is our traditional blend of organic black tea. It provides a robust flavor perfect for starting the day. A collection of black teas delivering a smooth malty brew with a clean finish.*

ORGANIC EARL GREY CREAM Silky, Brisk & Clean

*Our blend of hand picked organic black teas, from select gardens in China and India. The full bodied leaves are then blended with oil of bergamot, offering a light citrus aroma.*

Customized by [ArtOfTea.com](http://ArtOfTea.com)

Executive Chef/Owner: Kamil Majer

Designer/Owner: David Fris