Blu Jam Café's philosophy is simple—create the best dishes utilizing fresh, organic, and local ingredients at an affordable price in a casual and relaxed environment. The name “Blu Jam” comes from the original location on Melrose which used to be an underground Jazz club where Miles Davis, Dizzy Gillespie and many others played hence why you’ll hear Jazz and Blues on our morning playlist.

Chef/Owner Kamil Majer has over 35 years of experience in various kitchens and restaurants including fine hotels such as the Ritz Carlton, Four Seasons and Biltmore Hotels. Drawing from his upbringing in Czechoslovakia and his extensive travels abroad, Kamil has created a fun and eclectic menu for Blu Jam Café. “Why should breakfast, the most important meal of the day be boring?” he says. Jokingly he adds, “If I cannot pronounce an ingredient I will neither use it nor will I eat it”. Breakfast is the most important meal of the day and here at Blu Jam Café we could not agree more.

V = Vegan    Vp = Vegan Possible    Gf = Gluten Free

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: Jacobs Farm, Rodoni Farm, Riverdog Farm, Terra Firma Farm, Pitman Ranch, Shetland Farm, and Niman Ranch.

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

Chilaquiles Gf
House made corn chips with scrambled eggs, pulled Mary’s Farm chicken, onions, cilantro, chipotle, black beans and cheddar cheese, topped with tomato salsa and sour cream 13.95

Steak and Eggs Gf
Grilled Niman Ranch beef tenderloin with gorgonzola cheese, caramelized onions and red potatoes, topped with two eggs sunny side up and hollandaise sauce 19.95

Breakfast Trio
Three eggs any style, two classic pancakes or French toast with smoked bacon or chicken apple sausage 12.95

Morning Hash
Eggs tossed with Black Forest ham, sun-dried tomatoes, spinach, onions, red potatoes and mozzarella, served with toast 12.95

Roma Via Paris
Three farm fresh eggs scrambled with spinach, zucchini, sun-dried tomatoes, chopped tomatoes, fresh tarragon, red bell peppers, fresh basil, Montchevre goat cheese and mozzarella, served with potatoes and toast 12.95

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

Simply Eggs
Three eggs fried, scrambled or poached, accompanied by crispy red potatoes and toast 8.95
(chicken apple sausage or bacon add 1.95)

Burgundy Omelette
Three egg omelette, spinach, mushrooms, Montchevre goat cheese, sun-dried tomatoes, chives, and fresh tarragon, served with crispy red potatoes and toast 12.95

Brunch Burger
Grilled Wagyu ground beef with crispy bacon, chipotle aioli, wild arugula, fresh tomato, cheddar cheese, and one egg cooked over easy, served with potatoes 15.95

Kamil’s Breakfast
Pan-roasted macaroni scrambled with eggs, smoked bacon, ham, garlic, chives, and cheddar cheese 13.95

Steak Hash Gf
Niman ranch beef tenderloin, grilled, chopped and sautéed with organic baby spinach, caramelized onions, gorgonzola, mushrooms, red potatoes, topped with two softly poached eggs and drizzled with herb-chive hollandaise sauce 19.95

Italian Breakfast Gf
Arborio rice with fresh mushrooms, sun dried tomatoes, baby spinach, fresh basil, fresh tarragon, and parmesan reggiano, topped with two poached eggs and drizzled with herb pistou 13.95

California Omelette
Three egg omelette, crispy smoked bacon, fresh tomato, avocado, sour cream & cheddar cheese, served with potatoes & toast 13.95

Eggwich
Over easy eggs, strips of crispy smoked bacon, fresh avocado, sliced tomatoes, arugula, pistou aioli on ciabatta, with crispy red potatoes 12.95

Blu Jam Benedict
Poached eggs on a toasted English muffin with Black Forest Ham, crispy bacon, topped with hollandaise, served with potatoes 13.95

Florentine Benedict
Poached eggs on a toasted English muffin with sautéed fresh spinach, mushrooms, sun-dried tomatoes, and brie cheese, topped with hollandaise sauce, served with potatoes 13.95

Norwegian Benedict
Toasted English muffin, Scottish Shetland Island smoked salmon, poached eggs, sautéed spinach, tomato and dill hollandaise, served with potatoes 14.95

Migas Gf
Spicy combination of eggs scrambled with jalapeños, chipotle, beef chorizo sausage, red bell peppers, tortilla chips and mozzarella, topped with homemade tomato salsa, served with corn tortillas and potatoes 12.95

Wrap On Fire
Fresh eggs scrambled with spicy chipotle peppers, black beans, cilantro, tomato, red bell peppers, and cheddar cheese rolled up in a large grilled flour tortilla, served with sour cream and crispy red potatoes 11.95

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 14.95

Rancheros Gf
Two fried eggs, red bell peppers, chipotle, cilantro & black beans, topped with cheddar, tomato salsa, avocado and sour cream all on top of a crispy corn tortilla, served with potatoes 11.95

Brunch Carbonara Gf
Arborio rice with crispy smoked bacon, green peas, parsley and parmesan, topped with two poached eggs and herb pistou 13.95

Choices of toast: sourdough, whole wheat, or rye (where applicable)
You may substitute potatoes for mixed greens or fresh fruit where applicable. Egg whites only add 1.50.

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**From The Griddle**

**Our Signature Dish**

**Crunchy French Toast**
Egg brioche dipped in batter, rolled in crunchy corn flakes and grilled to perfection, topped with fresh fruit, served with vanilla bean sauce  12.95

**Vanilla French Toast**
With blackberry jam, vanilla yogurt, and fresh fruit  12.95

**French Toast**
With fresh fruit  10.95

**Blueberry Pancakes**
With fresh blueberries & powdered sugar  10.95

**Three Pancakes**
With powdered sugar  8.95
Our pancake batter is made in-house with our own secret recipe utilizing fresh ingredients

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**Health & Fitness**

**Spicy Tex Mex Tofu Hash**  V, Gf
Organic Tofu scrambled with black beans, onion, chipotle, cilantro, potatoes, tomatoes, salsa fresca, and avocado, served with corn tortillas  12.95
Calories: 565  Fat: 13g  Carbohydrates: 89g  Protein: 31g

**Far East Tofu Scramble**  V, Gf
Pan roasted tofu with arborio rice, garlic, sautéed onions, red bell peppers, fresh tomatoes, yellow curry, dried chili and baby spinach, served with corn tortillas  12.95
Calories: 472  Fat: 10g  Carbohydrates: 71g  Protein: 26g

**Smoked Salmon Platter**
Scottish Shetland Island smoked salmon, red onions, capers, cream cheese, lemon, sliced tomatoes, cucumbers and plain or onion bagel  14.95
Calories: 545  Fat: 9g  Carbohydrates: 42g  Protein: 33g

**Power House**  Gf
Six egg whites scrambled with organic spinach, basil, and zucchini, topped with two Mary’s Farm chicken breasts and San Marzano tomato sauce  15.95
Calories: 411  Fat: 2g  Carbohydrates: 15g  Protein: 77g

**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  13.95
Calories: 323  Fat: 9g  Carbohydrates: 10.5g  Protein: 47g

**House Made Vegan Organic Granola**  V
Oven baked organic oats, coconut, almonds, raisins, cranberries and flax seeds. Served with your choice of milk or low fat vanilla yogurt on the side.  7.95
(add 75¢ for almond or soy milk)
Calories: 950  Fat: 48g  Carbohydrates: 136g  Protein: 28g

**Vegan Organic Steel Cut Oatmeal**  V
Cooked to order in filtered water, topped with fresh fruit and black currants, served with brown sugar on the side  7.95
Calories: 199  Fat: 3g  Carbohydrates: 39g  Protein: 5g

**Large Fresh Fruit Bowl**  Vp, Gf
Served with low fat vanilla yogurt  9.95
(add granola 1.50)
Calories: 580  Fat: 3g  Carbohydrates: 140g  Protein: 6g

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All Day Menu

House Made Soups

Homemade Vegan Split Pea Soup V 6.95
with Herb Croutons

Kamil’s Famous Goulash Soup 7.95

Soup of the Day 6.95

Combos

With Goulash soup add 1.50

Soup & Half Gourmet Sandwich 12.95

Soup & Half Salad 12.95
Except Steak Bistro Salad

Gourmet Sandwiches

With either organic mixed greens, crispy red potatoes, or seasonal fresh fruit.

B.L.T.A.
Strips of smoked crispy bacon, arugula, tomato, avocado, pistou aioli on toasted ciabatta 11.95

Veggiewich Vp
Fresh tomato, arugula, basil, avocado, roasted red bell peppers, beets, vegan herb pistou, and provolone on whole wheat 12.95

European
Shaved Black Forest ham, melted brie, caramelized onions, sliced tomato, dijon mustard, & mayo on toasted ciabatta 12.95

L.A. Club
Sliced turkey breast, Black Forest ham, crispy bacon, avocado, tomato, cucumber, mayo and provolone on toasted ciabatta 13.95

Caprese
Fresh ovaline mozzarella with sliced tomato, fresh basil, arugula, and balsamic vinaigrette on toasted ciabatta 11.95

Turkey Pistou Panini
Oven-roasted turkey breast, tomatoes, house made pistou and provolone cheese, on pressed ciabatta bread 13.95

Uptown
Oven-roasted turkey breast, sliced tomato, cucumber, mayo, Dijon mustard, avocado and provolone cheese on toasted ciabatta 12.95

BBQ Chicken
Grilled free range breast of chicken, smoked bacon, caramelized onion, melted provolone, mayo, tomato and BBQ sauce on toasted ciabatta 12.95

Garden Panini Vp
Baby spinach, sautéed mushrooms, mozzarella, sun-dried tomatoes, caramelized onions, fire-roasted red bell pepper, Montchevre goat cheese and house made pistou, on pressed ciabatta bread 12.95

Grilled Cheese
Grilled sandwich with melted mozzarella, Montchevre goat cheese, cheddar cheese, and sliced tomatoes on sourdough bread 9.95
Add Ham or Bacon 1.95
Add Jalapeño 75¢

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# Entrees

**Herb Chicken**
Two grilled, Mary's Farm chicken breasts with mashed potatoes, sun dried tomato-herb sauce and grilled vegetables  15.95

**Chicken Schnitzel**
Two Mary's Farm chicken breasts, breaded and pan fried, served with mashed potatoes, lemon and grilled vegetables  15.95

**Kamil's Lunch**
Our famous Czech goulash served with macaroni and chives  14.95

**Argentinean Brunch Steak**
Grilled paillard of Niman ranch steak, served on a bed of grilled herb potatoes and grilled vegetables, topped with two eggs sunny side up, and house made chimichurri  19.95

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**Grilled Burgers**

All served on brioche burger bun (except the vegan burger) with choice of organic mixed greens, crispy red potatoes or fresh fruit.

<table>
<thead>
<tr>
<th><strong>Classic Cheese Burger</strong></th>
<th><strong>Turkey Burger</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Grilled Wagyu ground beef with wild arugula, fresh tomato, caramelized onions and cheddar cheese  13.95</td>
<td>Lean free range ground turkey, wild arugula, fresh tomato, caramelized onions and pistou aioli  12.95</td>
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<table>
<thead>
<tr>
<th><strong>Gourmet Burger</strong></th>
<th><strong>Vegan Burger</strong></th>
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</thead>
<tbody>
<tr>
<td>Grilled Wagyu ground beef with pistou aioli, sautéed mushrooms, crispy bacon, gorgonzola, caramelized onions, wild arugula  15.95</td>
<td>House made grilled tofu based vegan patty with wild arugula, vegan herb pistou, and sliced tomato on a vegan ciabatta  11.95</td>
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</tbody>
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Add crispy smoked bacon 1.95  Add jalapeño .50
Add avocado 1.95  Add any cheese 1.00

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**Fresh & Crisp Salads**

Served with bread upon request

<table>
<thead>
<tr>
<th><strong>Beets and Greens</strong></th>
<th><strong>Blu Jam Cobb</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Vp, Gf</td>
<td>Gf</td>
</tr>
<tr>
<td>Arugula, fresh beets, goat cheese, black currants, candied walnuts, and citrus vinaigrette  12.95</td>
<td>Marinated chopped grilled chicken breast, crispy smoked bacon, chives, chopped tomato, avocado, gorgonzola, and ranch dressing on a bed of arugula  14.95</td>
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<table>
<thead>
<tr>
<th><strong>Sonoma</strong></th>
<th><strong>Warm Mushroom Salad</strong></th>
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<tbody>
<tr>
<td>Vp, Gf</td>
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<tr>
<td>Organic mixed greens, candied walnuts, sliced grannysmith apples and seedless grapes with gorgonzola cheese and balsamic vinaigrette  12.95</td>
<td>Sautéed fresh mushrooms, organic mixed greens, chopped tomatoes, goat cheese, chives and balsamic vinaigrette dressing  12.95</td>
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</tbody>
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<thead>
<tr>
<th><strong>Steak Bistro Salad</strong></th>
<th><strong>Tuscany Salad</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Gf</td>
<td>Vp, Gf</td>
</tr>
<tr>
<td>Sliced Niman Ranch beef tenderloin, sun-dried tomatoes, roasted red bell peppers, gorgonzola cheese, and arugula with balsamic Dijon mustard vinaigrette  17.95</td>
<td>Arugula with fresh ovaline mozzarella, roasted red bell peppers, tomatoes, basil, and balsamic vinaigrette dressing  12.95</td>
</tr>
</tbody>
</table>

Add sliced grilled to order Mary's Farm chicken breast 3.95
Add grilled Scottish Shetland Island salmon 7.95
Add grilled Niman Ranch beef 8.95

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**Herb Chicken**

Two grilled, Mary's Farm chicken breasts with mashed potatoes, sun dried tomato-herb sauce and grilled vegetables  15.95

**Chicken “Tingas” Tacos**

Chicken braised in Italian San Marzano tomatoes, onions, cilantro and chipotle, served on three soft corn tortillas with mozzarella cheese and side of spicy black beans  13.95

**Grilled Salmon**

Fresh Scottish Shetland Island salmon served with grilled vegetables, mashed potatoes, and lemon-caper sauce  16.95

**Salmon and Spinach**

Grilled fresh Scottish Shetland Island salmon served with sautéed spinach, zucchini, green peas and sauce of Italian San Marzano tomatoes, capers, and basil  16.95

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**Sweet Temptations**
Ask your server about today’s selection of desserts

**Coffee Drinks**
- Organic Coffee  2.95
- French Press Single Origin Coffee  4.95
  Ask for today’s selection
- Organic Latte or Cappuccino  4.50
- Vanilla or Mocha Latte w/ whipped cream  4.95
  (Hot or ice blended)
- Americano double espresso w/ water  3.50
- Macchiato double espresso w/ foam  2.95
- Wake Up Call double espresso and coffee  3.95
- Dirty Chai double espresso with spiced chai tea  4.95
- Organic Espresso  2.95
  All espresso drinks are doubles
  To exchange milk for soy or almond milk add .75

**Tea Drinks**
- Organic Iced Tea  2.95
- Arnold Palmer  2.95
- Organic Loose Teas  4.95
  From Art of Tea Company

**Organic Juice Bar**
All juices are freshly squeezed
- Freshly Squeezed Juice  4.95
  Create your own combo (up to 3 choices): Orange, Grapefruit, Apple, Carrot, Cucumber, Celery, Ginger
  Kamil’s favorite combo: carrot, apple, & ginger
  Shot of Ginger Juice  1.50

**Beverages**
- Spiced Chai Tea Latte  4.50
  Hot or Ice Blended
- Hot Chocolate w/ whipped cream  3.50
- Fresh Squeezed Lemonade  2.95
- Coke, Diet Coke (8oz glass bottle)  2.95
- Pellegrino (sparkling, 16.9oz glass bottle)  2.95
- Panna (flat, 16.9oz glass bottle)  2.95

**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.

**White**
- WHITE COCONUT CREME Dreamy Tropical Infusion
  This tea is a popular favorite among many! Delivers a sweet and soothing balance of coconut and is great hot or iced.

- 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 smokey 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

Menu items and prices subject to change.