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BLU JAM

— C A F E —

WEBSITE: BLUJAMCAFE.COM  &  /BLUJAMCAFE

CATERING • TAKE OUT • CORPORATE EVENTS

Blu Jam Café's philosophy is simple- create the best dishes utilizing fresh 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 Cafe. "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 use meats and fresh seafood with no antibiotics, no added hormones and strive to use organic produce!
Here is the short list of some of the farms and purveyors we use: Jacobs Farm, Rodoni farm, Riverdog Farm, Shetland Island Farm, Terra Firma Farm, BarM Meat Co., Pitman Ranch, Niman Ranch, John Givens Farm, Suzi's Farm, Mary Farms

WE SERVE ONLY BROWN CAGE FREE EGGS

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

All Day Breakfast

Argentinean Brunch Steak Gf

Grilled paillard of beef tenderloin, served on a bed of grilled potatoes and grilled vegetables, topped with one egg sunny side up, and house made chimichuri 19.95

Chilaquiles Gf

House made corn chips with scrambled eggs, pulled chicken braised in tomato, onions, cilantro, chipotle, black beans and cheddar cheese, topped with tomato salsa and sour cream 13.95

Steak and Eggs Gf

Grilled beef tenderloin with Stilton blue cheese, caramelized onions and grilled potatoes, topped with one sunny side up egg 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

Loxex

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

California Omelette

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

Simply Eggs

Three eggs fried, scrambled or poached, accompanied by grilled potatoes and toast 9.95
(chicken apple sausage or nitrate-free smoked bacon add 1.95)

Burgundy Omelette

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

Kamil's Breakfast

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

Brunch Carbonara Gf

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

Italian Breakfast Gf

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

Brunch Burger

Grilled Wagyu ground beef with nitrate-free uncured smoked bacon, chipotle aioli, wild arugula, fresh tomato, cheddar cheese, and one sunny up egg, served with grilled potatoes 15.95

Steak Hash Gf

Beef tenderloin, grilled, chopped and sautéed with baby spinach, caramelized onions, Stilton blue cheese, grilled potatoes, and mushrooms, topped with two softly poached eggs and herb-chive hollandaise sauce 19.95

Morning Hash

Eggs scrambled with Black Forest ham, onions, spinach, sun-dried tomatoes, grilled potatoes, & mozzarella, served with toast 12.95

Eggwich

Two over easy eggs, smoked bacon, smashed avocado, sliced tomatoes, arugula, pistou aioli on ciabatta, with grilled potatoes 12.95

Blu Jam Benedict

Poached eggs on a toasted English muffin with Black Forest Ham, crispy bacon, topped with hollandaise, with grilled 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 grilled potatoes 13.95

Norwegian Benedict

Poached eggs on a toasted English muffin with Scottish smoked salmon, sautéed spinach, grilled tomato and dill hollandaise, served with grilled 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 GMO free corn tortillas and grilled 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 grilled potatoes 11.95

Breakfast Quesadilla

Grilled chopped chicken breast scrambled with eggs, tomatoes, spinach and cheddar in grilled flour tortilla, served with avocado, homemade salsa and sour cream, with grilled potatoes 14.95

Rancheros Gf

Spicy combination of 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 GMO free corn tortilla, served with grilled potatoes 11.95

Choices of toast: sourdough, whole wheat, or rye (where applicable)

You can substitute mixed greens or fresh fruit for potatoes. Egg whites only add 1.50.

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Create your Own

Design your own omelette or scramble with up to 4 items with toast & grilled potatoes. 12.95

Chicken-Apple Sausage, Smoked Bacon, Black Forest Ham, Chopped Chicken Breast, Ground Turkey, Spinach, Salsa Fresca, Black Beans, Avocado, Tomato, Red Bell Peppers, Zucchini, Mushrooms, Onions, Basil, Chives, Chipotle Peppers, Jalapeños, Sun-Dried Tomatoes, Cilantro, Mozzarella, Cheddar, Goat Cheese, Stilton Blue Cheese, Pepperjack Cheese, Brie, Sour Cream.

Made with with brown cage free eggs. You can substitute mixed greens or fresh fruit for potatoes.

Substitute tofu or egg whites add 1.50 more. Each additional item (over 4) is 75¢.

Health & Fitness

Spicy Tex Mex Tofu Hash V, Gf

Tofu scrambled with black beans, onion, chipotle, cilantro, grilled potatoes, tomatoes, salsa fresca, and avocado, served with GMO free 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 GMO free corn tortillas 12.95

Calories: 472 Fat: 10g Carbohydrates: 71g Protein: 28g

Smoked Salmon Platter

Scottish 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 spinach, basil, and zucchini, topped with two free-range 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 Granola V

Oven baked oats, coconut, almonds, raisins, cranberries and flax seeds, served with yogurt. 7.95

(add 75¢ for almond or soy milk)

Calories: 590 Fat: 48g Carbohydrates: 79g Protein: 28g

Vegan 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

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 berries, served with powdered sugar and vanilla bean sauce 12.95

Vanilla French Toast

With blackberry jam, vanilla yogurt, and fresh berries, served with powdered sugar and Butternut Mountain Farm maple syrup 12.95

French Toast

With fresh fruit and served with fresh berries, powdered sugar, and Butternut Mountain Farm maple syrup 10.95

Blueberry Pancakes

With fresh blueberries, powdered sugar, and served with Butternut Mountain Farm maple syrup 10.95

Three Pancakes

Classic Pancakes made the old fashion way, from scratch using fresh ingredients! Served with powdered sugar and Butternut Mountain Farm maple syrup 8.95

Sides & Extras

Toast (Wheat, Sourdough, Rye)	2.95
Smoked Scottish Salmon	8.95
Chicken Apple Sausage	4.95
BarM Nitrate-Free Uncured Smoked Bacon	4.95
One Brown Cage Free Egg	1.95
Grilled Potatoes	3.95
One Pancake	3.95
One Blueberry Pancake	4.95
Fruit Cup	3.95
Bagel with Cream Cheese or Butter (plain or onion)	3.95
Fresh Avocado	2.95
Cottage Cheese or Low Fat Vanilla Yogurt	3.95
Freshly Sliced Tomatoes	2.50
Sautéed Veggies	5.95
Pure Butternut Mountain Farm Maple Syrup (2 oz.)	1.50

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All Day Menu

House Made Soups

Homemade Vegan Split Pea Soup **V, Gf** 6.95

Kamil's Goulash Soup 6.95

Soup of the Day 6.95

Combos

Soup & Half Gourmet Sandwich 12.95

Soup & Half Salad 12.95
Except Steak Bistro Salad

Grilled Burgers

All served on brioche burger bun with choice of mixed greens, grilled potatoes or fresh fruit.

Classic Cheese Burger

Grilled Wagyu ground beef with wild arugula, fresh tomato, red onions, and cheddar cheese 13.95

Tex Mex Burger

Grilled Wagyu ground beef, smashed avocado, red onion, house made salsa, smoked chipotle aioli, and melted pepperjack cheese 14.95

Gourmet Burger

Grilled Wagyu ground beef, sautéed mushrooms, nitrate-free uncured smoked bacon, Stilton blue cheese, caramelized onions, wild arugula, and pistou aioli 15.95

Turkey Burger

Free range ground turkey, wild arugula, fresh tomato, red onions, and pistou aioli 12.95

Pressed Gourmet Sandwiches

Served with Choice of Mixed Greens, Grilled Potatoes, or Fruit

Turkey Reuben

Sliced turkey breast, house made 1000 island dressing, caraway seeds, sauerkraut, and provolone on a grilled rye bread 12.95

BBQ Chicken

Grilled chicken breast, smoked bacon, caramelized onions, mayo, tomato, BBQ sauce and provolone on a grilled ciabatta 12.95

Bacon Grilled Cheese

Aged Cheddar cheese, mozzarella, Chevre goat cheese, nitrate-free uncured smoked bacon, minced jalapeños and sliced tomatoes on a grilled sourdough 12.95

Garden **Vp**

Baby spinach, fresh mushrooms, sun-dried tomatoes, caramelized onions, fire roasted red bell peppers, Chevre goat cheese and home made pistou with fresh tarragon on a grilled ciabatta 12.95

European

Shaved black forest ham, brie cheese, caramelized onions, sliced tomatoes, dijon mustard and mayo on a grilled ciabatta 12.95

Turkey Pistou

Sliced turkey breast, tomatoes, herb pistou and provolone on a grilled ciabatta 12.95

El Paso

Pulled spicy chicken with minced jalapeños, braised onions, cilantro, sliced tomatoes, smashed avocado, chipotle aioli and pepperjack cheese on a grilled ciabatta 12.95

Veggiewich **V**

Fresh tomato, arugula, smashed avocado, basil, roasted red bell pepper, fresh beets and vegan herb pistou on grilled whole wheat 12.95

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Fresh & Crisp Salads

Served with bread upon request

Beets and Greens **Vp, Gf**

Arugula, fresh beets, goat cheese, black currants, candied walnuts, and citrus vinaigrette 12.95

Sonoma **Vp, Gf**

Mixed greens, candied walnuts, sliced Granny Smith apples and seedless grapes with Stilton blue cheese and balsamic vinaigrette 12.95

Kale and Bacon Brunch Salad

Fresh Kale, nitrate-free uncured smoked bacon, dried cranberries, Stilton blue cheese, one sunny up egg and Dijon vinaigrette 13.95

Warm Mushroom Salad **Vp, Gf**

Sautéed fresh mushrooms, mixed greens, chopped tomatoes, goat cheese, chives and balsamic vinaigrette dressing 12.95

Steak Bistro Salad **Gf**

Sliced beef tenderloin, sun-dried tomatoes, roasted red bell peppers, Stilton blue cheese, and arugula with balsamic Dijon mustard vinaigrette 17.95

Blu Jam Cobb **Gf**

Grilled chicken breast, nitrate-free uncured smoked bacon, chives, chopped tomato, avocado, Stilton blue cheese, and house made ranch dressing on a bed of arugula 14.95

Kale and Strawberry Salad **Vp, Gf**

Fresh kale, strawberries, black currants, honey glazed walnuts, Chevre goat cheese, and balsamic vinaigrette 12.95

Add sliced grilled to order free-range chicken breast 3.95

Add grilled Scottish Shetland Island salmon 7.95

Add grilled beef tenderloin 8.95

Entrees

Served with bread upon request

Kamil's Lunch

Our famous Czech goulash served with macaroni and chives 14.95

Salmon and Spinach **Gf**

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

Pepper Steak **Gf**

Pepper crusted beef tenderloin with herb-garlic butter, grilled potatoes and pan roasted vegetables 19.95

Wagyu Beef Tacos **Gf**

Sautéed ground beef, diced red bell peppers, red onions, arugula, minced jalapeños, cheddar, chipotle sour cream and tomato salsa on three soft GMO free corn tortillas, served with spicy black beans 13.95

Herb Chicken **Gf**

Two grilled, free-range chicken breasts with mashed potatoes, sun dried tomato-herb sauce and grilled vegetables 15.95

Chicken Schnitzel

Two free-range chicken breasts, breaded and pan fried, served with mashed potatoes, lemon and grilled vegetables 15.95

Chicken "Tingas" Tacos **Gf**

Chicken braised in Italian San Marzano tomatoes, onions, cilantro and chipotle, served on three soft GMO free corn tortillas with mozzarella cheese and side of spicy black beans 12.95

Grilled Salmon **Gf**

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

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Coffee Drinks

Coffee 2.95

French Press Single Origin Coffee 4.95

Ask for today's selection

Latte or Cappuccino 4.50

Vanilla or Mocha Latte w/ whipped cream 4.95
(Hot or ice blended)

Americano double espresso with water 3.50

Macchiato double espresso with foam 2.95

Wake Up Call double espresso and coffee 3.95

Dirty Chai double espresso with spiced chai tea 4.95

Espresso 2.95

All espresso drinks are doubles

To exchange milk for soy or almond milk add .75

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

BJC Ginger Shot 2.95

Fresh squeezed ginger juice, freshly squeezed lemon juice
and cayenne pepper

Beverages

Iced Tea 2.95

Arnold Palmer 2.95

Spiced Chai Tea Latte 4.50

Hot or Ice Blended

Hot Chocolate w/ whipped cream 3.50

Lemonade 2.95

Coke, Diet Coke (8oz glass bottle) 2.95

Pelegirino (sparkling, 16.9oz glass bottle) 3.95

Panna (flat, 16.9oz glass bottle) 3.95

ART OF TEA COMPANY Loose Tea selections 4.95 each

Tisane/Fusions

CHAMOMILE/CAFFEINE FREE Meditation & reflection

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

MINT/CAFFEINE FREE Digestive Fuel & Soothing

Farm direct 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 a 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 green tea leaves and buds scented 9-12 times
with fresh jasmine blossoms.

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 fusion perfectly grace any meal.

Black

BREAKFAST Rise & Shine

This is our traditional blend of 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.

EARL GREY CREAM Silky, Brisk & Clean

Our blend of hand picked 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