



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 Gfp = Gluten Free Possible

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

Water served upon request. 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

served from 8-4 daily

Chilaquiles Gf

House made corn chips, scrambled eggs, braised chicken, tomatoes, cilantro, chipotle, black beans, onions, cheddar cheese, salsa, sour cream 14.95

Loxex Gfp

Scottish smoked salmon, scrambled eggs, chives, onions, grape tomatoes, Brie cheese, sour cream, toast, grilled potatoes 15.95

California Omelette Gfp

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

Burgundy Omelette Gfp

Three egg omelette, organic baby spinach, mushrooms, Montchevre goat cheese, sun-dried tomatoes, chives, fresh tarragon, grilled potatoes, toast 13.95

Brunch Burger Gfp

Grilled ground Wagyu beef, smoked bacon, chipotle aioli, arugula, tomato, cheddar, sunny up egg, burger bun, grilled potatoes 15.95

Simply Eggs Gfp

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

Roma Via Paris Gfp

Scrambled eggs, baby spinach, grape tomatoes, red bell peppers, fresh basil, goat cheese, mozzarella, grilled potatoes, toast 13.95

Morning Hash* Gfp

Eggs scrambled with Black Forest ham, organic baby spinach, onions, sun-dried tomatoes, grilled potatoes, mozzarella, toast 13.95

Steak Hash* Gf

Grilled beef tenderloin chopped and sautéed with organic baby spinach, caramelized onions, gorgonzola, grilled potatoes, mushrooms, topped with two poached eggs, herb-chive hollandaise sauce 19.95

Salmon Hash* Gfp

Grilled, chopped Shetland Island salmon, organic baby spinach, tomatoes, red bell peppers, potatoes, capers, pickled red onions, two poached eggs, dill hollandaise, toast 15.95

Kamil's Breakfast

Elbow macaroni scrambled with eggs, smoked bacon, ham, garlic, chives, cheddar cheese 14.95

Eggwich

Two over easy eggs, smoked bacon, smashed avocado, sliced tomatoes, arugula, pistou aioli on grilled rustic bread, grilled potatoes 13.95

Blu Jam Benedict

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

Florentine Benedict

Poached eggs on a toasted English muffin with sautéed fresh spinach, mushrooms, sun-dried tomatoes, Brie cheese, topped with hollandaise sauce, grilled potatoes 13.95

Norwegian Benedict

Two poached eggs, Scottish smoked salmon, spinach, tomato, dill hollandaise, English muffin, grilled potatoes 15.95

Brunch Carbonara Gf

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

Italian Breakfast Gf

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

Migas Gf

Spicy combination of eggs scrambled with jalapeños, chipotle, ground beef chorizo sausage, red bell peppers, tortilla chips, mozzarella, topped with homemade tomato salsa, GMO free corn tortillas, grilled potatoes 12.95

Breakfast Quesadilla

Scrambled eggs, braised chicken, tomatoes, cilantro, chipotle, onions, spinach, avocado, cheddar inside a grilled flour tortilla, served with side of salsa, sour cream, grilled potatoes 15.95

Rancheros Gf

Two over easy eggs, red bell peppers, chipotle, cilantro, black beans, cheddar, salsa, avocado, sour cream, crispy corn tortilla, grilled potatoes 12.95

Create Your Own Scramble or Omelette 13.95 With up to 4 items, served with toast & grilled potatoes. Nitrate-free bacon, black forest ham, herb-chicken sausage, spinach, mushrooms, onions, grape tomatoes, red bell peppers, black beans, basil, cilantro, jalapeños, avocado, mozzarella, cheddar, or Italian gorgonzola.

You can exchange mixed greens or fresh fruit instead of potatoes. Egg whites only add \$1.50 more. Each additional item (over 4) is 95¢ extra.

*These dishes are cooked with potatoes and can't be substituted for greens or fruit
You can exchange mixed greens or fresh fruit instead of potatoes as a side. Egg whites only add 1.50.

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From The Griddle

Our Signature Dish

Crunchy French Toast

French brioche dipped in our secret batter, rolled in crunchy corn flakes and grilled to perfection, topped with fresh berries, served with powdered sugar and vanilla bean sauce 13.95

Vanilla French Toast

French brioche layered with vanilla yogurt, house made blueberry jam, and black currants, sprinkled with powdered sugar 13.95

Maui French Toast

Cornflake crusted French toast, caramelized bananas, mint, shaved coconut, sprinkled with powdered sugar, tropical pineapple sauce 13.95

Blueberry Pancakes

With fresh blueberries, powdered sugar and served with Butternut Mountain Farm maple syrup 12.95

Health & Fitness

We use only Gluten free, GMO free organic tofu

Sicilian Tofu Scramble V, Gf

Organic GMO free tofu scrambled with organic red quinoa, baby spinach, mushrooms, red bell peppers, onions, grape tomatoes, and basil 12.95

Spicy Vegan Tex Mex Tofu Hash* V, Gf

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

Vegan Steel Cut Oatmeal V

Organic oatmeal cooked to order in filtered water, topped with fresh berries and black currants 8.95

House Made Granola Vp

Oven baked oats, coconut, almonds, currants, cranberries and flax seeds, topped with vanilla yogurt 9.95
(add 95¢ for almond or soy milk)

Vegan Quinoa Breakfast Bowl V, Gf

Protein packed organic quinoa served with fresh strawberries, dried cranberries, shaved coconut, cinnamon, and roasted almonds 9.95

Vegan Organic Tofu Rancheros V, Gf

GMO free crispy tortilla, topped with organic tofu, black beans, red bell peppers, avocado, pico de gallo, vegan chipotle "sour cream", served with grilled potatoes 12.95

Muscle Beach Gfp

Organic spinach scrambled with egg whites, free range ground turkey, onions, grape tomatoes and fresh thyme, served with mixed greens and toast 13.95

Power House Gf

Organic baby spinach scrambled with egg whites and fresh basil, with two grilled free range chicken breasts and house made San Marzano tomato sauce 15.95

Large Fresh Fruit Bowl V, Gf

Variety of seasonal fruit 9.95
(add granola 1.50)

Smoked Salmon Platter Gfp

Scottish smoked salmon, red onions, capers, cream cheese, lemon, sliced tomatoes, cucumbers and plain or onion bagel 15.95

Sides & Extras

Toast	2.95	Assorted Fresh Fruit Cup	3.95
Smoked Scottish Salmon	9.95	Bagel with Cream Cheese or Butter (plain or onion)	3.95
Herb Chicken Sausage	4.95	Fresh Avocado	2.95
BarM Nitrate-Free Uncured Smoked Bacon	4.95	Freshly Sliced Tomatoes	2.95
One Brown Cage Free Egg	1.95	Sauteed Vegetables	5.95
Grilled Potatoes	3.95	Cup of Fresh Berries	4.95
One Blueberry Pancake	4.95	Pure Butternut Mountain Farm Maple Syrup (2 oz.)	.95

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Lunch Menu

served from 11-4 daily

House Made Soups

Vegan Split Pea with Grilled Bread V, Gfp

Split peas, vegetable stock, organic carrots, celery, onions, garlic, fresh herbs, grilled bread 7.95

Mushroom and Vegetable V, Gf

Fresh Portabello, Button mushrooms, vegetable stock, fresh herbs, organic carrots, celery, Russet potatoes, onions, fresh chives, Enoki mushrooms 7.95

Combos

Soup & Half Fresh Salad 13.95

Soup & Half Sandwich 13.95

Grilled Burgers

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

Classic Cheese Burger Gfp

Grilled Wagyu ground beef, fresh tomato, pickled red onion, cheddar cheese, house made 1000 island dressing 12.95

Tex Mex Burger Gfp

Grilled Wagyu ground beef, smashed avocado, house made Pico de Gallo, chipotle aioli, cheddar cheese 13.95

Gourmet Burger Gfp

Grilled Wagyu ground beef, organic arugula, sautéed mushrooms, nitrate-free bacon, Gorgonzola cheese, pistou aioli 14.95

Turkey Burger Gfp

Grilled free range ground turkey, organic arugula, sliced tomatoes, house pickled red onions, pistou aioli 11.95

Gourmet Sandwiches

All served on rustic bread with a choice of organic mixed greens, grilled potatoes or fresh fruit

Turkey Reuben

Sliced free range turkey breast, house made 1000 island dressing, caraway seeds, sauerkraut, mozzarella cheese 12.95

Bacon Grilled Cheese

Mozzarella, cheddar, Chevre goat cheese, nitrate-free uncured bacon, minced jalapeños, sliced tomatoes 11.95

El Paso Chicken

Pulled chicken braised with tomatoes, onions, and cilantro, smashed avocado, minced jalapenos, chipotle aioli, mozzarella 12.95

Turkey Pistou

Sliced free range turkey breast, sliced tomatoes, herb pistou, mozzarella cheese 12.95

Veggiewich V

Organic baby rainbow kale, smashed avocado, red radishes, yellow beets, sliced tomatoes, pickled onions, vegan tarragon pistou 11.95

Vegan Tofu Reuben V

Grilled organic GMO free tofu, sauerkraut, caraway seeds, daikon sprouts, house made vegan chipotle 1000 island dressing 11.95

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Entree Salads

Southwest Chicken Salad **Gf**

Organic wild arugula, grape tomatoes, black beans, chicken breast, crispy corn tortilla chips, avocado and house made cilantro-lemon vinaigrette 13.95

Organic Quinoa Salad **V, Gf**

Organic rainbow baby kale, organic red quinoa, yellow beets, pineapple, roasted almonds, red radishes, fresh mint and citrus vinaigrette 12.95

Warm Mushroom Salad **Gf, Vp**

Organic baby mixed greens, Enoki mushrooms, sautéed Portobello and Button mushrooms, sun dried tomatoes, Chevre goat cheese and balsamic vinaigrette 12.95

Organic Kale and Strawberry Salad **Gf, Vp**

Organic rainbow baby kale, fresh strawberries, black currants, roasted shaved almonds, Chevre goat cheese and balsamic vinaigrette 12.95

Blu Jam Cobb Salad **Gf**

Wild organic baby arugula with chopped free-range chicken breast, nitrate-free bacon, grape tomatoes, avocado, Gorgonzola and house made ranch dressing 14.95

Organic Tofu and Kale Salad **V, Gf**

Grilled organic tofu tossed with Organic rainbow baby kale, grape tomatoes, red radishes, avocado and daikon sprouts, drizzled with sesame-ginger vinaigrette 12.95

Add sliced grilled to order free-range chicken breast 3.95

Add grilled Scottish Shetland Island salmon 9.95

Our ketchup, blueberry jam, granola, and salad dressings are just a few items made from scratch at each location. We're proud to have deliveries six days a week and freezer free kitchens.

"If I cannot pronounce an ingredient, I will not eat it. I truly believe that you are what you eat!"

We hope you enjoy!

Chef Kamil and the entire Blu Jam Café Staff

Entrees

Herb Chicken **Gf**

Grilled free range chicken breasts, grilled potatoes and grilled vegetables, fresh herb infused olive oil with sun dried tomatoes 14.95

Grilled Shetland Island Salmon **Gf**

Fresh salmon on a bed of Arborio rice, parsley and green peas, drizzled with lemon gremolata 16.95

Grilled Shetland Island Salmon and Quinoa **Gf**

Fresh salmon served on a bed of sauteed organic baby spinach, red quinoa, green peas and sauce of Italian San Marzano tomatoes, capers and basil 16.95

Argentinean Steak **Gf**

Grilled all natural beef tenderloin, chimichurri sauce, grilled potatoes and grilled vegetables 19.95

Add 1 sunny up egg 1.95

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BLU JAM CAFE

Coffee Drinks

French Press Single Origin Coffee 4.95
"Coop San Lucas Toliman" Guatemala
Grown in volcanic soil in altitude between 4,000ft to 6,000ft, very complex, chocolate and smokey notes.

Regular or Decaf Coffee 3.50
Hot or Iced. One refill only.

Latte or Cappuccino 4.50
Hot or Iced

Vanilla or Mocha 4.95
Hot or Iced

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
Hot or Iced

Espresso 2.95
All espresso drinks are doubles
To exchange milk for soy or almond milk add .95

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
Chef Kamil's favorite combo: carrot, apple, and ginger

BJC Ginger Shot 2.95
*Fresh squeezed ginger juice, freshly squeezed
lemon juice and cayenne pepper*

Beverages

Iced Tea 3.50

Arnold Palmer 3.50

Spiced Chai Tea Latte 4.95
Hot or Iced

Hot Chocolate 3.95

Homemade Lemonade 3.50

Fresh Strawberry-Mint Lemonade 4.50

Coke, Diet Coke (8oz glass bottle) 2.95

Pelegriano (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
Hot or Iced

Tisane/Fusions

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.*

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

WE CAN CATER YOUR NEXT EVENT!

**We offer large platters that are perfect for any party or meeting.
Available 8am - 4pm every day.**

Visit our website blujamcafe.com for the complete menu and to place your orders.



BLU JAM
— C A F E[®] —

**LOOKING FOR A LOCATION FOR YOUR NEXT CELEBRATION,
BUSINESS MEETING, DINNER PARTY, OR FILM SHOOT?
Look no further! Blu Jam Café is available for rental after hours from 4pm.**

For information & pricing email us at info@blujamcafe.com

WEBSITE: BLUJAMCAFE.COM  &  /BLUJAMCAFE