

# BREAKFAST BLUEPLATES

Monday – Friday until 11:00am.

No substitutions, not available to go or on federal holidays or game days.



Caramel French Toast

## 8.99 BLUES

### EGG SANDWICH\*

Cage-free Amish eggs any style, English muffin, white American cheese, home fries.

- **GF** Nitrate-free bacon or sausage - add 1.49

### OLD STANDBY\*

Cage-free Amish eggs any style, home fries, buttermilk biscuit.

## 9.99 BLUES

### BUTTERMILK PANCAKES

Stack of three cakes, whipped butter.

- Blueberry, Banana, Cranberry, Pecan or  
Chocolate Chip pancakes - add 1.49

### COUNTRY GRIDDLE

Cage-free Amish eggs scrambled, sausage, home fries, mushrooms, onions, green peppers, jack cheddar, sausage gravy, buttermilk biscuit.

### CARAMEL FRENCH TOAST

Challah bread, salted caramel drizzle, powdered sugar.

## 10.99 BLUES

### THE AMERICAN FAVORITE\*

Cage-free Amish eggs any style, choice of breakfast meat, home fries, buttermilk biscuit.

### JACK CHEDDAR CHEESE OMELETTE

Shredded jack cheddar with home fries.

- Diced **GF** nitrate-free bacon, sausage,  
or ham - add 1.49 each

### BUTTERMILK PANCAKES & EGGS\*

Two cakes, whipped butter, cage-free Amish eggs any style, choice of meat.

- Blueberry, Banana, Cranberry, Pecan, or  
Chocolate Chip pancakes - add 1.49

Breakfast  
Blueplates  
INCLUDE  
COFFEE &  
JUICE

## Healthier Flexitarian Options

♥ Lower in Fat & Cholesterol    **VG** Vegetarian    🌱 Plant-Based (Vegan)    **GF** Gluten-Free

We use a common equipment for food products. We cannot guarantee that any item sold will be free from traces of allergens. Our kitchen is not a gluten-free environment.

\* Contains (or may contain) raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. 01/23-Breakfast-DC

# LUNCH BLUEPLATES

Monday – Friday, 11:00am – 4:00pm.

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## 10.99 CHOOSE TWO

Choose two, either half sandwich, soup, or side salad from items listed below. Full descriptions inside menu.

### HALF SANDWICHES

**VG** TOMATO-MOZZARELLA

JUNIOR TURKEY CLUB

SOUTHWEST TURKEY

### SIGNATURE SOUP BOWLS

MOM'S CHICKEN NOODLE

TURKEY CHILI

KICKIN' CRAB & CORN CHOWDER

**It's Back!** SD VEGGIE CHILI

### SIDE SALADS

**VG** MIXED GREENS

CAESAR SIDE

Choose Two:

**VG** Tomato-Mozzarella  
& Mixed Greens Salad



## 11.99 BOWLS

Asian Brown Rice Bowl with Fried Chicken



### **VG** MEATLESS TACO BOWL

Two bbq Beyond Meat tacos, guacamole, pickled ginger, black bean salsa, cilantro, flour tortillas, pickled onions and banana peppers, side of greens, roasted corn, squash, and quinoa salad.

### ASIAN BROWN RICE BOWLS

Sambal agave-glazed protein, tamari soy, basil, zucchini, carrots, kale, roasted organic corn, scallions, bean sprouts, radish, peach salsa.

Choose from:

**GF** Shredded Ribeye

**VG GF** Asparagus

Fried Chicken

## UNDER 600 CALORIES

### **♥** LEMON CHICKEN PICCATA

Lemon-caper sauce, cinnamon-chipotle farro with zucchini and tomato, scallions, basil, fresh veggies. 12.99

- Cal 598, Fat 28g, Chol 98mg,  
Carb 38g, Fiber 6g, Prot 45g

### **♥ GF** GRILLED FAROE ISLANDS SALMON\*

Sustainable salmon, cinnamon-chipotle spiced, lemon-garlic sauce, brown rice and organic non-GMO edamame beans, fresh veggies. 16.99

- Cal 588, Fat 27g, Chol 71mg,  
Carb 53g, Fiber 6g, Prot 34g



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