# BREAKFAST BLUEPLATES

# Monday - Friday until 11:00am.

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



# 8.99 **BLUES**

#### **EGG SANDWICH\***

Cage-free Amish eggs any style, English muffin, white American cheese, home fries. – 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 🚭 nitrate-free bacon, sausage, or ham - add 1.49 each

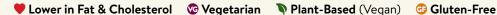
### **BUTTERMILK PANCAKES & EGGS\***

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

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



## Healthier Flexitarian Options







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.

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

## 10.99 CHOOSE TWO

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

### HALF SANDWICHES

**TOMATO-MOZZARELLA** JUNIOR TURKEY CLUB SOUTHWEST TURKEY

### SIGNATURE SOUP BOWLS

MOM'S CHICKEN NOODLE **TURKEY CHILI KICKIN' CRAB & CORN CHOWDER** Vack! SD VEGGIE CHILI

### SIDE SALADS

**MIXED GREENS** CAESAR SIDE



## 11.99 **BOWLS**



### 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:

Shredded Ribeye

N G Asparagus

Fried Chicken

# **UNDER 600 CALORIES**

## LEMON CHICKEN PICCATA

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

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

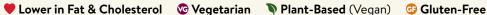
### GRILLED FAROE ISLANDS SALMON\*

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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