

Breakfast

Blue Skies Berry Muffin
\$1.85

A delightful, moist and delicious muffin made with organic flour and a mix of blueberries, raspberries and blackberries.

Blue Skies Lemon Poppy Seed Muffin
\$1.85

A delightful, moist and delicious muffin made with organic flour, lemon, and poppy seeds.

Blue Skies Yogurt and Granola Parfait
\$3.95

1% Low-fat organic yogurt, topped with 100% organic granola.

Blue Skies Fruit Cup
\$3.75

Fresh fruit that will change seasonally.

Lunch

Blue Skies Thai Chicken Salad
\$7.25

Free-range, hormone-free, boneless, marinated chicken breasts, red onions, scallions, fresh ginger, cilantro, and toasted sesame seeds, served on a bed of romaine lettuce.

Peanut butter and jelly Sandwich
\$2.00

Organic peanut butter and homemade jelly.

Blue Skies Thai Tofu Salad
\$7.25

Marinated tofu, red onions, scallions, fresh ginger, cilantro, and toasted sesame seeds, served on a bed of romaine lettuce.

Blue Skies Mexican Grilled Chicken Salad
\$7.25

Free-range, hormone-free chicken breasts marinated in lime juice, garlic, chilies, olive oil, and then grilled with chickpeas, yellow, red and green bell peppers, celery, red onions, and greens.

Blue Skies Steamed Artichoke with Balsamic Mayonnaise Dip
\$2.25

Farm-fresh globe artichoke that is steamed and served with a dipping sauce of organic mayonnaise, salt, and aged balsamic dressing.

Blue Skies Chicken Tarragon & Cranberry Sandwich
\$6.75

Free-range, hormone-free, boneless chicken breast, fresh tarragon and organic dried cranberries and organic mayonnaise on a filone sandwich bun.

Blue Skies Turkey & Mozzarella Sandwich
\$6.75

Organic roast turkey breast, fresh mozzarella, organic spring mix, And virgin oil on a filone sandwich bun.

Blue Skies Egg Salad
\$6.75

Blue Skies Portobello Mushroom & Mozzarella Sandwich
\$6.75

Organic Portobello mushroom, fresh mozzarella, organic spring mix, organic spring mix and virgin oil on a filone sandwich bun.

Sweets

Blue Skies Fresh Whole Fruit

Fresh fruit that will change seasonally. Uncut organic fruit. Price will vary depending market price.

Blue Skies Chocolate Shortbread Cookie
\$1.95

Hand-made fresh shortbread cookie- dipped in premium dark chocolate!

Blue Skies Shortbread Cookie
\$1.75

Hand-made fresh shortbread cookie.

Blue Skies Organic Oatmeal Cookie
\$1.75

Hand-made dried apricot and organic oatmeal cookie.

Blue Skies Chocolate Chip Cookie
\$1.25