



**At Blues & Greens we are committed to lowering our impact on the planet and supporting our local economy. We have taken many steps in this journey: Zero Waste Policies, Energy Saving Investments and Operational Standards. We use locally grown and produced food whenever possible. We also feature great live music with local and National acts and a feature on the Blues. Check out our complete entertainment calendar at:**

**[WWW.BOULDERSHOMEOTHEBLUES.COM](http://WWW.BOULDERSHOMEOTHEBLUES.COM)**

**Blues & Greens @ the Boulder Outlook Hotel  
800 28th Street 303-442-3322  
[www.boulderoutlook.com](http://www.boulderoutlook.com)**



## Road House Specials

Yep, we are a Blues Club, so we gotta have some Road House Food. Big Portions, low price, generally made from Conventionally produced products. Like Mom made, or like you found at a diner on a back road. Served with a side salad.

Sunday: Chicken Pot Pie \$9.50

Monday: Mom's Goulash \$6.95

Tuesday: Beef Stew \$9.95

Wednesday: Mac & Cheese \$6.95

Thursday: Meatloaf \$9.95

Friday: Fish & Chips \$9.95

Saturday: 1/2 Cornell BBQ Chicken \$10.95



All of our soups are made from scratch using fresh ingredients. See the specials page for today's selections.

\$3.50 Cup

\$5.50 Bowl

## DAILY SPECIALS

These change all the time, so you have to see the specials insert to see what they are. We look around to see what's available from local farmers and then have fun. We always try to have at least one vegan or vegetarian item everyday.

# SALADS

### VEGGIE CHEF SALAD

Mixed organic greens with carrots, tomato, seasonal veggies & sprouts  
\$6.95

### SPINACH SALAD

Organic Spinach, Mushrooms, Red Onion, Roasted Red Peppers, Organic Hard Boiled Egg and Your Choice of Vegan Bacon or Real Bacon \$7.50

### GREEK SALAD

Mixed Greens with cucumbers, tomatoes, kalamata olives, pepperoncini peppers, green peppers, red onion, hearts of palm, roasted red peppers, sprouts & Feta Cheese. \$9.50

Add a grilled chicken breast or tofu to any of the above salads  
for \$2.50

### SIDE SALAD

Mixed greens with tomatoes, cucumbers, red onions & sprouts. \$3.50

### HOME MADE DRESSINGS

Made in house from scratch

Blue Cheese, Balsamic Vinaigrette, Ranch, Organic Tangy Tofu,  
Agave-Mustard, Greek Vinaigrette, Oil & Raspberry Vinegar

Low-Fat Italian (this one is not made in house)

# From the Grill

## HAMBURGER

Locally raised all natural third pound ground beef patty from Homestead Farm served on a Rudi's cracked wheat bun with lettuce, tomatoes and red onions. Served with French Fries \$7.75

## GRILLED CHICKEN BREAST

All-natural Red Bird Farms chicken breast served with homemade chipotle mayo, lettuce tomatoes & red onion on a Rudi's cracked wheat bun. Served with French Fries \$6.75

## GRILLED PORTABELLA MUSHROOM

Lightly marinated in Balsamic Vinaigrette with lettuce, tomatoes & red onions on a Rudi's cracked wheat bun. Served with French Fries. \$6.75

Add Sautéed Mushrooms for \$.50

Add Cheese for \$1.00

Substitute Sweet Fries for \$1 or a Side Salad for \$1.50

Cheese Choices: American, Swiss, Blue, Gouda or Cheddar

# Sandwiches

## THE VEGAN TRIPLE DECKER

Black Bean Pate, Our House Made Hummus with sprouts, tomatoes, avocado, onions & lettuce served on Rudi's Cracked Wheat Bread \$6.50

## CHICKEN SALAD

Blues & Greens Chicken salad with tarragon, celery & grapes served with lettuce and tomatoes on Rudi's Cracked Wheat Bread \$6.50

## SEITAN PHILLY (vegetarian...vegan if you skip the cheese)

House-made Seitan (Wheat Gluten) with peppers, onions & mushrooms on a whole wheat hoagie roll. Choice of Cheese. Served with French Fries. \$6.95

Add a side of our hand cut French Fries, or Sweet Potato Fries for \$1.50

# APPETIZERS

## CHICKEN FINGERS

All natural, free-range chicken strips lightly breaded & fried served with Ranch Dressing or our own BBQ Sauce \$6.75

## RAW VEGETABLE PLATTER

Seasonal vegetables served with dipping condiments. \$7.95

## LOCAL MUSHROOMS & CHEESE

Hazel Dell Farms supplies us with a variety of mushrooms on a weekly basis, We sauté them with butter and mushroom broth and topped them with Parmesan cheese. Served with bread for dipping. \$9.25

## FRESH FRIES

Hand-cut Russet potatoes fried in no-trans fat Canola & Corn Oil Blend.  
\$3.50

SWEET POTATO FRIES \$3.75

# DESSERTS

Our desserts are supplied by local producers.

\$5.00 per Slice

Cakes from Indulge Bakery, Louisville, CO  
Ask Your Server for Today's Selection

Aunt Kay's Chocolate Zucchini Cake  
(Think Brownie)  
Gluten Free—Dairy Free  
Served with a glass of fat-free Milk or Soy Milk

Glacier Ice Cream

A changing selection, including some that can only be sold to folks who are of legal drinking age!