

# BLUE COURT GRILL

## BREAKFAST

Monday - Friday 7:00 - 11:00 am | Saturday 8:00 - 11:00 am

### AVOCADO TOAST 7

Wheat bread, arugula, avocado, egg, bacon bits

### SANDWICH 4.50

English muffin, egg, cheese, choice of sausage patty, bacon or ham  
Sub croissant +1.25

### BOWL 7

Scrambled eggs, bacon, sausage, spinach, tomatoes, avocado

## APPETIZERS

Chips and Salsa 6 | Chips and Queso 8

Chili Cheese Fries 8.50

Chicken Tenders 7 (*buffalo style or sweet heat +1*)

## SALADS

### GARDEN 7.50

Mixed lettuce, carrots, tomatoes, red onions, cheese, bacon bits, croutons  
*Chicken or chicken tenders +4.50*

### CHICKEN CAESAR 11.50

Romaine, chicken, parmesan, croutons

### COBB 11.75

Mixed lettuce, tomatoes, turkey, ham, red onion, blue cheese crumbles, bacon, egg, croutons

### STRAWBERRY 12

Spinach, strawberries, blue cheese crumbles, candied pecans, bacon

*Sriracha Ranch | Ranch | Balsamic vinaigrette  
Caesar | Italian | Blue Cheese | 1000 Island*

## KIDS & SIDES

Grilled cheese 5 | PB&J 5

Kraft Mac & Cheese 5 | Hot dog 5

Fries small 2.50 | large 5

Fruit cup 5 | Celery & carrots 4 | Banana 1

## SANDWICHES

### BLT 8

Grain bread, bacon, spinach, tomato, mayo

### CLUB 11.50

Grain bread, turkey, ham, bacon, mayo, spinach, tomato, red onion, provolone

### CHICKEN BACON 11.50

Chicken, bacon, provolone, sriracha mayo, spinach, tomato, red onion

### SMOKED TURKEY CROISSANT 9

Turkey, provolone, lettuce, tomato, grain mustard aioli

### JALAPENO PIMENTO CROISSANT 8

Homemade pimento cheese, lettuce, tomato

### CHICKEN SALAD 9

Made in house with pecans, dried cranberries, mayo and celery, grain bread or croissant

## BUILD YOUR OWN 9.50

### PROTEIN - PICK 1

Beef patty  
Grilled chicken breast  
Vegetable patty

### CHEESE - PICK 1

Cheddar, american, provolone, pepper jack

### TOPPINGS

Lettuce, tomato, onion, pickles, jalapenos, mustard, barbecue sauce, sriracha ranch, buffalo sauce, grilled onions

*Bacon, egg, blue cheese crumbles, avocado, pimento cheese +1.25 each | extra patty +3.50*

# BLUE COURT GRILL

## SMOOTHIES

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**GREEN GODDESS BEAUTY** 9.50  
Apple, spinach, banana, mango, vanilla protein, chia seeds, collagen

**TROPICAL VACATION** 8  
Post recovery workout with mango, pineapple, banana, fruit juice

**BERRY EXTREME** 8  
Blackberry/cherry pre workout with blueberries, strawberries

**GREEN ENVY** 8  
Green energy blend with spinach, apple, banana

**CUP OF JOE** 6  
Coffee smoothie with added vitamins  
Regular, mocha, white chocolate, vanilla  
Sugar free creamer - vanilla caramel, chocolate cream

## BUILD YOUR OWN 6.75

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**BASE - PICK 1**  
Almond milk, soy milk, oat milk, orange juice

**PROTEIN - PICK 1**  
Whey - vanilla, strawberry, chocolate, unflavored  
Plant - vanilla, chocolate (vegan)

**FRUITS AND VEGGIES - PICK 2**  
Kale, spinach, carrots, beets, cucumber, banana, apple, blueberry, mango, strawberry, pineapple  
*More than 2 +1.50 each*

## ADD INS

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Collagen 4 | Garcinia cambogia 4  
MCT Oil 3 | Pureboost Fit 2  
Almonds 2 | Chia seeds 2 | Almond butter 2

Monk fruit | Honey | Sugar free syrup

## PUREBOOST TEAS

*Green tea boosted with B12 and vitamins  
Provides clean antioxidant energy for 4 - 6 hours  
No sugar, sucralose or crash!*

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**PUREBOOST** 5  
Citrus, berry or acai

**PUREBOOST WITH IMMUNITY** 5.50  
Elderberry, tropical or tangerine

**PUREBOOST WITH GREEN SUPERFOODS** 6  
Green Mojo

## DRINKS

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**SWEET TEA** 2

**UNSWEETENED TEA** 2

**FOUNTAIN SOFT DRINK** 2

**GATORADE** 2.50

**BOTTLED WATER** 1.50

## BEER & WINE

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**WINE** 7

**MIMOSA** 4

**SELTZERS & SPRITZERS** 4.50

**BEER** 4

**BEER BUCKET** 10  
*Select beers only*