

Smoothies

New Very Berry

OJ, frozen blueberries, strawberries and raspberries, non-fat vanilla yogurt
Small 5.45 Large 6.95

Mango Madness

White grape juice, frozen mango, non-fat vanilla yogurt
Small 5.45 Large 6.95

New Green Monster

Spinach, frozen pineapple and mango, coconut milk, whey vanilla protein
Small 6.45 Large 7.95

New Deep Blu Passion

Pineapple juice, frozen pineapple and blueberries, banana, coconut oil
Small 5.45 Large 6.95

New Monkey See

Banana, cocoa powder, peanut butter, milk, ice
Small 5.45 Large 6.95

New Recovery

New Tropical Delight

Pineapple juice, frozen pineapple, papaya, strawberry and mango, banana, coconut oil
Small 5.45 Large 6.95

New Amazon Immunity

Acai powder, goji berry powder, frozen pineapple, ginger, banana, coconut milk, ice
Small 5.45 Large 6.95

New Nutty Java Blast

Espresso cubes, cocoa powder, Nutella, almond milk, chocolate whey protein, ice
Small 6.45 Large 7.95

New Morning Starter

Oats, banana, almond butter, almond milk, vanilla whey protein, ice
Small 6.45 Large 7.95

Chuck Special

Banana, water, ice, whey protein
Vanilla or chocolate
2 scoops 4.45
4 scoops 6.45

Fresh Juice Bar

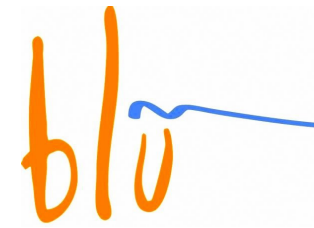
12oz \$8.95

16 oz \$10.95

24 oz \$13.95

Choose up to 4 Selections:

Green Apple - Red Apple - Celery - Beets - Ginger -
Carrots - Orange - Cucumber - Kale
Spinach - Lemon - Parsley



Café Menu

In the Heart of the Theater District
blu Café is located at Equinox Sports Club
4 Avery Street, 4th Floor, Boston, MA 02111
617.375.8550
www.blurestaurant.com

Café Hours

Monday - Friday 6am - 10:30pm
Saturday - Sunday 7am - 7:30pm

Serving Breakfast, Lunch, Dinner



Breakfast

Served Until 2:30 pm

Three-Egg Omelet	\$7.95
<i>Choice of Three Toppings, With Toast and Home Fries</i>	
Breakfast Burrito	\$7.95
<i>Three Eggs Scrambled Choice of Three Toppings Served with Home Fries</i>	
Scrambled Eggs	\$6.95
<i>Served with Toast and Home Fries</i>	
Breakfast Panini	\$8.95
<i>Scrambled Eggs, Three Toppings On Flat Bread, Pressed</i>	
Breakfast Sandwich	\$4.95
<i>Fried Egg with Choice of Cheese, Bacon, Ham, Turkey Sausage, Turkey Bacon, Sausage, on English Muffin</i>	
Substitute with Egg Whites: \$1.00	
Bagel or English Muffin	\$2.25
<i>Assorted Fresh Bagels or Whole Wheat or Regular English Muffin</i>	
<i>Cream Cheese or Peanut Butter</i>	\$0.75
<i>Strawberry Jelly</i>	\$0.75
Fruit Bowl	\$6.95
<i>Fresh Fruit, Yogurt or Cottage Cheese Granola</i>	
Waffle	\$6.95
<i>Served with syrup, butter and berries</i>	
Hot Oatmeal w/One Topping	
<i>12oz Small</i>	\$2.95
<i>16oz Large</i>	\$3.95
<i>Additional Toppings</i>	\$0.50
<i>Additional Fresh Fruit</i>	\$1.00
Snacks	
<i>Yogurt Parfait 10 oz</i>	\$3.79
<i>Assorted Fresh Baked Muffins</i>	\$1.95
<i>Assorted Pastries and Tea Breads</i>	\$3.15
<i>Assorted Dessert Bars</i>	\$3.15

Sandwiches

Chicken Caesar Wrap	\$7.95
<i>Grilled Chicken, Romaine, Croutons, Parmesan Cheese</i>	
Chicken Salad Sandwich	\$7.95
<i>Grilled Chicken Salad with Raisins, Lettuce, Tomato on Toasted Baguette</i>	
Turkey and Brie Sandwich	\$7.95
<i>Smoked Turkey Breast, Brie, Apples, Alfafa Sprouts, Honey Mustard on Toasted Baguette</i>	
The Caprese	\$7.95
<i>Tomato, Fresh Mozzarella, Basil, Balsamic Dressing on Baguette. Pressed or Cold</i>	
Egg Salad Sandwich	\$7.95
<i>Egg Salad with Scallions, Mustard Light Mayo and Lettuce on Multigrain</i>	
Hummus Wrap	\$7.95
<i>Hummus, Feta, Tomato, Cucumber, Red Onion On Wrap</i>	
Cobb Salad Wrap	\$7.95
<i>Turkey, Blue Cheese, Spinach, Romaine, Bacon. Guacamole, Coleslaw on Wrap</i>	
Pressed Roast Beef Wrap	\$7.95
<i>Roast Beef, Grilled Onions and Peppers, Provolone, Teriyaki Sauce, On Wrap</i>	
Pressed Turkey Mango Melt	\$7.95
<i>Turkey, Avocado, Swiss, Bacon, Mango Balsamic Dressing on Baguette</i>	
Pressed Tuna Melt	\$7.95
<i>Tuna Salad, Provolone, Tomato On Multigrain Bread</i>	
Chicken Quesadilla	\$8.95
<i>Pepper Jack Cheese, Chipotle Sauce, Scallion Served with Sour Cream and Salsa</i>	
Steak Quesadilla	\$10.95

Salads

Baby Kale Salad	
Full	\$9.95
Half	\$5.95
<i>Quinoa, Feta, Cucumber, Tomato, Cilantro Vinaigrette</i>	
Chicken Caesar Salad	
Full	\$9.95
Half	\$5.95
<i>Grilled Chicken, Romaine, Parmesan Cheese, Brioche Croutons</i>	
Spinach and Beet Salad	
Full	\$9.95
Half	\$5.95
<i>Almond, Goat Cheese, Cranberry, Pear Italian Vinaigrette</i>	
Cobb Salad	
Full	\$9.95
Half	\$5.95
<i>Romaine, Baby Spinach, Turkey, Egg, Avocado, Coleslaw, Blue Cheese, Bacon, Red Wine Vinaigrette</i>	
Tuna Nicoise Salad	
Full	\$9.95
Half	\$5.95
<i>Mixed Greens, Tomato, Capers, Green Beans, Potato, Olives, Egg, Plain Tuna, Balsamic Dressing</i>	
Protein Feast Salad	
Full	\$9.95
Half	\$5.95
<i>Mixed Greens, Chicken, Turkey, Walnuts, Avocado, Egg, Balsamic Vinegar, Olive Oil</i>	
Smoked Salmon Salad	
Full	\$10.95
Half	\$6.95
<i>Mixed Greens, Capers, Egg, Tomato, Cucumber, Red Wine Vinaigrette</i>	

Panini

Chicken Marinara	\$7.95	Turkey Pesto
Vegetarian		Ham Turkey Bacon

Food Case

Seafood Entrée	\$8.95
<i>With One Side \$13.20 With Two Sides \$15.95</i>	
Steak Entrée	\$8.95
<i>With One Side \$13.20 With Two Sides \$15.95</i>	
Poultry Salad Entrée	\$6.50
<i>With One Side \$10.75 With Two Sides \$13.50</i>	
Rotisserie Entrée	\$8.95
<i>With One Side \$13.20 With Two Sides \$15.95</i>	
Sides	
<i>Grain, Legume, Pasta, Vegetables, Salad, Tofu</i>	
New Selections Everyday	
The blu Kitchen	
Pasta Bar	\$10.95
<i>Choice of Fettuccine or Whole Wheat Penne Choice of Four Toppings Choice of Marinara, Alfredo, Pesto or Butter</i>	
Stir-Fry	\$10.95
<i>Choice of Chicken, Steak or Tofu Choice of 4 Vegetable Toppings and Teriyaki Sauce Served with Brown Rice</i>	
Vegetarian Pad Thai	\$10.95
<i>Sautéed Broccoli, Carrots, Mushrooms, Asparagus, Snow Peas. Served with Rice Noodles and Hoisin Sauce</i>	