

BREAKFAST

Served all day!

Eggs Benedict

Toasted bagel halves topped with Black Forest Ham, poached eggs and hollandaise sauce \$7.99

The Breakfast Croissant

Cheddar cheese, a poached egg and your choice of meat
with sausage, bacon or ham \$5.29
with veggie sausage \$5.99

Classic Breakfast

Two scrambled eggs, multigrain toast, fresh fruit and your choice of meat
with sausage, bacon or ham \$5.59
with veggie sausage \$6.29

Quiche

Parmesan cheese and onion quiche with a side of fresh fruit \$6.99
With your choice of sausage patties, bacon, ham, or veggie sausage \$8.99

Lox on a Bagel

Smoked salmon with cream cheese, capers, red onion, lettuce & Kalamata olive \$9.29

Irish Oatmeal

Served with butter, brown sugar, cinnamon \$3.99
Add walnuts or raisins for .50 extra

Granola with Milk

Our own deluxe blend of raisins, craisins, coconut & homemade granola \$5.99
Served with fresh yogurt and berries \$7.99

House Cereal with Milk

Our own special blend of bran flakes, corn flakes, toasted pecans, honey oat clusters, and cinnamon \$3.29

Bagel with Cream Cheese

Plain, whole wheat, or "everything" bagel with low-fat plain or veggie cream cheese \$2.59

BREAKFAST SIDES

Two scrambled eggs 2.29 / Bacon or sausage 2.29 / Veggie sausage 2.99 / Toast w/ butter, jam 1.99 / Warm croissant w/ butter, jam 2.29 / Fruit Bowl 4.79 / Fruit cup 2.79

BISTRO SALADS

Our dressings: Raspberry Vinaigrette, Red Pepper Ranch, Honey Mustard, Bleu Cheese, Caesar, Basil Vinaigrette

Chicken Salad Salads

The Scoop over greens with fruit garnish \$6.99
The "Mini Scoop" simply a scoop of chicken salad on a leaf of lettuce \$3.99
The Trio a hearty plate of fresh fruit, chicken salad, and mixed greens with our own raspberry vinaigrette and multi-grain bread on the side \$10.99

California Cobb

Mixed greens tossed in Red Pepper Ranch, avocado, bleu cheese, our corn salsa & tomato wedges \$7.99
Half Cobb Salad \$4.59
With blackened chicken add \$2.00

Blue Chair Salad

Mixed greens with mandarin oranges, golden raisins, walnuts, and feta with our raspberry vinaigrette \$7.99
Half Blue Chair Salad \$4.59
With Chicken Salad on top add \$2.00

Mozzarella Caprese

Our own basil vinaigrette drizzled over fresh tomatoes, leaves of basil, fresh "Mozz", mixed greens & avocado \$9.99

Greek Salad

Red onion, Kalamata olives, pepperoncini, feta, tomato and croutons on greens with basil vinaigrette \$7.99
Half Greek Salad \$4.59

Iceberg Wedge with Bleu Cheese

An icy wedge of iceberg lettuce covered in fresh Danish bleu cheese and red onion slices \$4.29
With bacon on top \$4.99

HOMEMADE SOUP

Our delicious soups are made from scratch with vegetable broth and served with a baguette slice

Cup 2.79 Bowl 4.79

LUNCH SIDES

Pasta Salad tossed in basil vinaigrette with "moss", basil, and olives 1.99 or only .99 with a sandwich
Side Salad mixed greens, tomatoes, croutons 3.99
Fruit Bowl 4.79 / **Fruit Cup** 2.79 / **Kettle chips** .91

SIGNATURE SANDWICHES

Market Fresh Roast Beef - Multi-grain toast piled high with roast beef, lettuce, tomato, Swiss cheese & pesto mayonnaise \$7.29

Baja Chicken Sandwich - Blackened chicken breast, a roasted red pepper, cheddar cheese, lettuce & chipotle mayonnaise \$6.99

Blackened Chicken Caesar Wrap - Romaine lettuce tossed in Caesar dressing with blackened chicken inside a spinach wrap \$7.99 Half Wrap \$4.59

Veggie Wrap - Hummus, avocado, cheddar, tomato, red onion, our corn salsa, mixed greens & red pepper ranch dressing \$7.99 Half Veggie Wrap \$4.59

The Blue Chair Club - Piled high with ham, bacon, turkey, cheese, lettuce, and tomato, served with whole grain mustard \$7.99

"The Louis" Sandwich (inspired by Louis and Anne Rice) Thin slices of beef tenderloin with fresh herbs, bacon, lettuce, and tomato on focaccia bread \$12.99
With Brie on the side \$13.99

The Hot Lunch Croissant with dijonaise and your choice of roast beef, ham, or peppered turkey with Swiss or cheddar cheese on your choice of a flaky croissant, whole wheat bagel, flour tortilla wrap, or multi-grain bread \$5.99

The Breakfast Croissant with a poached egg and cheddar cheese and served all day! With sausage, bacon, or ham \$5.29 With veggie sausage \$5.99

Chicken Salad on Multigrain Bread - Homemade with red grapes, celery, red onion, and 100% white chicken - also served by the pound! \$5.29

Pimento Cheese Sandwich - Real Wisconsin Cheddar highlights our made-from-scratch recipe! Served on our multi-grain bread \$4.99

B.L.T. - Bacon, lettuce, & tomato with mayonnaise on our multi-grain bread \$4.29

A.L.T. - Avocado, lettuce, & tomato with hummus for the Vegan \$4.99

Lox on a Bagel

Smoked salmon with cream cheese, capers, red onion, lettuce & Kalamata olive \$9.29

REAL FRUIT SMOOTHIES - A meal in itself! \$4.75

Made from REAL FRUIT & LOW-FAT FROZEN YOGURT

Church Lady- Apple juice, strawberries, bananas and low-fat frozen yogurt

Town Tramp- All fruit! Apple juice, strawberries, raspberries & bananas

Pinky Flamingo- With a fancy flamingo straw! Lemonade, strawberries & low-fat frozen yogurt

Paper Boy- Jump start your morning! Orange juice, bananas, protein powder, and low-fat frozen yogurt

Know It All- Apple juice, blueberries, bananas, honey, & low-fat frozen yogurt

Dude on the Beach- Orange juice, mango and low-fat frozen yogurt

Professor- You invent it! Choose orange juice or apple juice and 3 of our other ingredients!

SHAKES - Made with Low-Fat Frozen Yogurt! \$3.95

Elvis Impersonator- peanut butter & banana

The Sewanee Angel - vanilla

The Flossie- chocolate

Prom Queen- strawberry

Philosopher- chocolate chip

Big Man on Campus- banana

Nut Case- peanut butter

Geologist- oreo cookie

Freshman- frozen mocha

The Graduate- frozen latte

Dream Date- chocolate & peanut butter

JUST FOR KIDS - 12 and under!

PB & J \$2.99

Toasted Cheese \$3.29

12 ounce Kids Drink in a cool cup! \$1.25

HEY KIDS! YOU ALSO GET A FREE SCOOP OF VANILLA FROZEN YOGURT ON TOP OF A FREE FUDGEY BROWNIE WITH ANY KID'S ORDER

BOX LUNCHES

A convenient and easy entertaining solution! \$8.00

Your lunch will come in an attractive gable box and will include chips, a cookie, fresh fruit, condiments, a mint and a fun toy!

MARKET ITEMS

Don't feel like cooking? You're in luck!

Our beautiful market is filled with delicious, unique gourmet items to take home.

BAKERY ITEMS

Made from scratch and delicious!

In addition to our daily muffins and cinnamon rolls, we also offer a variety of cookies, bars, cakes and pies – all made from scratch and also available by special order.

And don't forget our festive birthday cakes!

PARTY TRAYS

Ask to see our extensive Catering Menu!

Do you realize what you're doing?

You may not realize this, but by supporting this business, you are giving hope to women and children who had otherwise lost hope.

You see, *The blue chair* is involved in a very unique collaboration between a private business and a non-profit, where both entities are working to solve some of the crippling social issues in our communities.

The non-profit is *Blue monarch*, which is a twelve-month, residential program for women who are recovering from emotional wounds, abuse and harmful addictions. *Blue monarch* is one of few programs where the mothers may recover along with their children and heal as a family.

The blue chair provides on-site employment and job training where the women are taught to bake the delicious bakery items and Homemade Granola, which are sold here. In addition, the women of *Blue monarch* produce our beautiful Gift Baskets. Through these jobs, the women are taught good work ethic through a nine-week course, as they establish a positive work record and prepare for future employment.

Thank you for your part in supporting the vision and mission of *Blue monarch*. (www.bluemonarch.org)

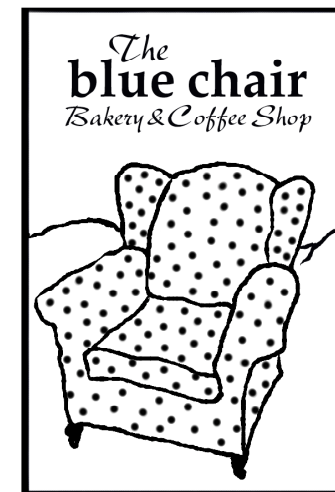
And you thought you were
just having lunch!



P. O. Box 1207, Monteagle, TN 37356
(931) 924-8900 www.bluemonarch.org
Peacefully located near the Cumberland Plateau

Please note that at no time does *The Blue Chair* benefit from funds intended for *Blue Monarch* – but we do accept and encourage donations to be forwarded to *Blue Monarch*

Take-out Menu



and MARKET too!

41 University Avenue

P. O. Box 3112

Sewanee, Tennessee 37375

(931) 598-5434

fax (931) 598-0888

www.thebluechair.com

CAFÉ & MARKET HOURS

We typically open at 7:00 a.m.,
Monday through Friday
and 7:30 a.m. on Saturdays.
We are closed on Sundays and
some major holidays.

Our closing times vary according to the season and the local University schedule. Please call ahead if you are traveling a long distance.