

Blue Mountain Deli Weekly Menu

Muffins and Scones

Monday 1/23

Muffins: *Chocolate Chip Banana, Espresso Coffee Cake*

Scones: *Orange Walnut Pear, Blueberry Sour Cream*

Tuesday 1/24

Muffin: *Raspberry Lemon Almond, Coconut Chocolate Chip*

Scone: *Strawberry Toasted Coconut, Blueberry Mango Lime*

Wednesday 1/25

Muffins: *Blueberry Orange Lime, Peanut Butter Banana*

Scones: *Raspberry Lemon Pear, Strawberry Lemon Almond*

Thursday 1/26

Muffins: *Blackberry Vanilla Almond, Blueberry Strawberry*

Scone: *Blueberry Apple Walnut, Peach Sherry Almond*

Friday 1/27

Muffin: *Pumpkin Maple Pecan, Cran-Apple Ginger*

Scone: *Cinnamon Iced Blueberry, Raspberry White Chocolate Mint*

Saturday 1/28

Muffin: *Cranberry Orange, Carrot Raisin Walnut*

Scone: *Raspberry Lemon, Chocolate Ricotta Almond*

Sunday 1/29: *Chefs Choice of Scone*

Lunch Specials

Monday 1/23

- **Turkey Burger (Meat):** Ground turkey on locally baked multigrain bun with apple wood smoked bacon, avocado, tomato, blue brie cheese and romaine. Served with chips.
- **Chipotle Tempeh (Vegan):** Locally fermented tempeh marinated in chipotle-adobo barbecue sauce on locally baked multigrain bun with avocado, roasted red onions and sprouts. Served with side of chips.
- **Kofta Curry (Meat):** Indian spiced meatballs with rich tomato-yogurt sauce over egg noodles.

Tuesday 1/24

- **Chana Masala (Vegan):** Classic from Madhur Jaffrey's with Indian spiced chickpeas and tomatoes. Served over brown rice with toasted Naan points.
- **Chipotle Tempeh (Vegan):** Locally fermented tempeh marinated in chipotle-adobo barbecue sauce on locally baked multigrain bun with avocado, roasted red onions and sprouts. Served with side of chips.
- **Turkey Burger (Meat):** Ground turkey on locally baked multigrain bun with apple wood smoked bacon, avocado, tomato, blue brie cheese and romaine. Served with chips.

Wednesday 1/25

- **Veggie Pot Pie (Vegetarian):** Laura Dupree's own recipe with peas, broccoli, onions, carrots, celery, potatoes, cauliflower and squash. Baked in a flaky crust and served with side salad.
- **Carne Asada Flatbread (Meat):** On Naan flatbread with carne asada marinated local flank steak with melted jack cheese, pico de gallo, avocado relish and shredded lettuce. Served with brown rice or chips.
- **Thai Tempeh (Vegan):** Locally fermented tempeh on locally baked Annie's ciabatta with mirin marinated carrot, red onion, sprouts, avocado and peanut-lime sauce. Served with side of chips.

Thursday 1/26

- **Moroccan Roast Chicken (Meat):** NC chicken quarters marinated in mint, Moroccan spices, lemon and olive oil. Roasted and served with chef's selection of seasonal root veggies, chickpeas and sautéed kale.
- **Thai Tempeh (Vegan):** Locally fermented tempeh on locally baked Annie's ciabatta with mirin marinated carrot, red onion, sprouts, avocado and peanut-lime sauce. Served with side of chips.
- **Carne Asada Flatbread (Meat):** On naan flatbread with carne asada marinated local flank steak with melted jack cheese, pico de gallo, avocado relish and shredded lettuce. Served with brown rice or chips.

Friday 1/27

- **South African Street Cart (Meat):** Bobotie or curried beef casserole with onions, almonds, raisins, chutney, curry seasonings and baked with egg custard. Served with brown rice, fresh cilantro and mango chutney.
- **Black Bean Burgers (Vegan or Vegetarian):** On locally baked vegan roll with avocado, tomato, sprouts, Swiss and a southwest mayonnaise. Served with chips. (Soy Swiss may be substituted)
- **California Tempeh (Vegan or Vegetarian):** On locally baked multigrain buns with locally fermented and seared tempeh, avocado, red onion, tomato, Swiss, dijonaise and sprouts. Served with side of chips. (Soy Swiss may be substituted)

Saturday 1/28: Chefs Choice