
MAIN STREET
1210 MAIN STREET
COLUMBIA, SC



(803) 764-3982
BLUEFLOUR.COM

ALL DAY FAVORITES

Egg, Cheddar, Bacon Biscuit Sandwich	7	Protein Bowl	8
		Select one: <i>Cheddar Egg, or Egg White</i>	
Quiche Lorraine	6	Select one: <i>Bacon or Chicken Sausage</i>	
<i>Bacon/Caramelized Onions/Swiss</i>		Select one or all: <i>Tomatoes, Spinach, Salsa, Avocado, Black Beans, Hummus, Pimento Cheese</i>	
Spinach Feta Quiche	6	Yogurt Bowl	6
<i>Spinach/Mushrooms/Feta</i>		<i>Vanilla Greek Yogurt, Fresh Fruit, House-made Granola</i>	
Potato Frittata	7		
<i>Roasted Potatoes/Ricotta Cheese/Fresh Herbs</i>			

TOAST

Biscuit of the Day	3	Pimento Cheese & Peach Pepper Jam	4
<i>Butter and Jam</i>		<i>Sourdough Bread</i>	
One Slice Simply Toast	2	Avocado Toast	4
<i>Choose: Sourdough Bread, 8 grain or Rye. Served with Butter</i>		<i>Sourdough Bread/Olive Oil/Toasted Sesame Seeds</i>	

SANDWICHES

Ham and Swiss	7	Pimento Cheese	7
<i>Marble Rye/ Herbed Cream Cheese/Ground Mustard</i>		<i>Sourdough Bread/Tomato/Bacon</i>	
Grilled Chicken	8	Chicken Salad Wrap	7
<i>8 Grain/Mozzarella/Pesto/Tomatoes</i>		<i>Spinach/Tomatoes/Balsalmic Reduction</i>	
BCT	7		
<i>Sourdough/Bacon/ Seedless Cucumber/Tomato/Mayo</i>			

ADD ONS

Avocado 1.50 • Bacon 1.50 • Egg White 1.25 • Tomatoes 1.00

*We bake what the dawn hours inspire us to create, so the bakery menu changes daily.
Our flavors will change daily and seasonally.*

BAKERY

BIG Sugar Cookie Favors	6.50
<i>Wrapped individually tied with a ribbon</i>	
BIG cookies in Bakery Case	4.00
<i>Classic Chocolate Chip, Classic Oatmeal Raisin, Chocolate Chocolate Chunk, Lemon Honey Ginger, Ginger Spice, Confetti, Snickerdoodle</i>	
Mini Cookies in Bakery Case	1.00
<i>Chocolate Chip, Raspberry Thumbprints</i>	
Bars	3.25
<i>Berry Crumble Almond Bar, Toffee Bar, Cranberry Almond Granola Bar, Peanut Butter Bar</i>	
Brownies	3.25
<i>Salted Brownie, Blonde Brownie, Triple Chocolate, Cream Cheese Brownie</i>	
Muffins	2.75
<i>Blueberry, Coffee Cake, Banana, Pumpkin Chocolate Chip</i>	
Individual Pound Cakes	3.50
<i>Lemon Blueberry, Cranberry Orange, Chocolate Chip</i>	
Mini Sugar Cookie Favors	6.50
<i>Packaged 8 per bag</i>	
Mini Chocolate Chip Cookie Favors	6.50
<i>Packaged 8 per bag</i>	

SAVORY

Housemade Pimento Cheese	5.95
Baked Pita Chips	4.95
<i>Salt and Pepper or Rosemary Garlic</i>	
Snack Size Pimento Cheese	4.95
<i>Served with baked Pita Chips</i>	
Cheddar Cheese Crisps	5.95
<i>With a touch of Cayenne</i>	
Housemade Granola	5.95
Quiche	6.00
<i>Lorraine, Spinach Feta, Mushroom</i>	
Yogurt Bowl	6.00
<i>Vanilla Greek Yogurt, Housemade Granola, Fresh Fruit</i>	
Biscuits - baked fresh daily	3.00
<i>Served with Local Jam and Butter</i>	

DRINKS

SIGNATURE LATTES

Salted Caramel Mocha	4.25	5.00
Caramel White Mocha	4.25	5.00
Hazelnut Brittle	4.25	5.00
Honey Vanilla	4.25	5.00

TRADITIONAL ADD-ONS

Espresso Shot	.75
Flavor Shot	.75
Soy Milk or Almond Milk	.75

CLASSICS

<i>Hot or Iced</i>	<i>medium</i>	<i>large</i>
Brewed Coffee	2.25	3.00
Iced Coffee	3.00	3.75
Americano	2.75	3.50
Red Eye	3.25	4.00
Latte	3.75	4.50
Cappuccino	3.75	4.50
Caramel Macchiato	4.25	5.00
Mocha/White Mocha	4.00	4.75
Chai Tea Latte	4.25	5.00
Espresso	2.25	2.75
Hot Chocolate	4.00	4.75

ICED TEA

Blueberry Hibiscus	2.75	3.25
Black	2.75	3.25
Pomegranate	3.00	3.75
Organic Green	3.00	3.75
Blueberry Lemonade	3.00	3.75

HOT FULL LEAF TEA

Organic Green	2.75	3.25
Black Vanilla Almond	2.75	3.25
Orange Ginger Mint	2.75	3.25
British Breakfast	2.75	3.25

JUICE

Fresh OJ	3.75	5.00
Fresh Ruby Red Grapefruit	3.75	5.00
Lemonade	3.00	3.75