



Inspired Eating. Every Day.



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Inspired Eating!
News and Views from Blue Spruce Market
Thursday, April 24, 2008

The market is bustling with activity! Filling the cases with prepared foods is always a source of great fun and creativity around here. You'll find, among other things:

- Pork Burritos with Tomatillo Salsa
- Coconut Shrimp with Mango Chutney
- Stuffed Jumbo Shells
- Citrus Salmon
- Tequilla Lime Chicken Breast with Tomatillo and Poblano Relish
- Beef Stroganoff
- Veggie Lasagna
- Chile Rellenos



And of course you'll find a variety of items in the Salads and Sides Case:

- Matzah Balls (available with or without broth)
- Spanish Rice
- Couscous Italiano
- Green Beans with Curried Walnuts
- Soba Noodle Salad w/ Citrus Miso Vinagrette
- Tropical Edamame Salad with Pineapple
- German Potato Salad

Blue Spruce goes Green!

We are currently in the process of phasing out plastic containers and cups and replacing them with a biodegradable product line called Eco-Products, a Boulder-based company. These products are created from rapidly renewing resources like corn, sugarcane and potatoes and will turn back into soil in 45-90 days as opposed to plastics which take forever

(I can't seem to find the exact statistic, but I do know it's a LONG time!). So you'll see a few changes around here as we make the transition.

Many of you, we know, are fond of our microwave and oven-safe container. We will not remove this item entirely but will use it upon request.

New Buffalo from King Canyon Buffalo!

Why the change? We can get smaller quantities and fresh cuts, not previously frozen. We currently stock buffalo tenderloin, ground buffalo, jerky and buffalo bratwurst. Having sold out of jerky once already, we're expecting more tomorrow.

Lunch menu changes

Look for our Poached Ahi Tuna Melt on Mondays and on Wednesdays, our fabulous French Dip.

(See below for full lunch menu)

Next week's Cooking Demonstration: Easy, Fun Tex-Mex Cooking Techniques!

Wednesday, April 30th from 1-3PM (\$20 per person)

Do you have Taco Tuesday at your house? Well, why not? Come learn the how-to's of fast, fresh, and delicious Mexican cooking with Chefs Alejandro and Jose! Learn the art of the summer salsas: Tomatillo, Pico de Gallo, and Black Bean and how to use these salsas to complement your meals, especially your fish dishes.

New product! Unique Splits Pretzels from PA!

The Spannuth family from Reading, PA created the crunchiest, tastiest pretzels you will ever experience. The bakery has been in the family since the late 1800's and ship worldwide. While baking, the pretzels split open into deep cracks and crevices giving them the most wonderful flavor! Grab a bag today!

We encourage your feedback, suggestions and product requests

Please do not hesitate to talk to us!

In order for us to improve and evolve, we need to know what YOU think. Look for our customer surveys in the store and on our website soon. In the meantime, please let us know about your experience here. As hard as we try to attain perfection in customer service and quality, let's be honest, we know there will be moments that need additional attention. Please let Chef Alex, Retail Manager, Patti and/or Owner/Manager, Seth know anytime you have an outstanding, good, possibly mediocre, difficult, happy or indifferent experience at Blue Spruce Market. Your feedback is vital!

Eat well,

Carol and Seth Miller





Lunch at Blue Spruce Market

There's the grill, the salad station, deli sandwiches made-to-order or special-of-the-day, the salad bar, soups and a hot lunch that varies every day! Salad and Grill specials are \$7.99. Deli sandwiches are sold by weight and a small cup of soup is \$3.29.

Here's what you can expect to find each weekday:

Mondays

Grill: Ahi Tuna Melt
Salad: Chicken Cobb
Deli: Blue Spruce Club
Soup: French Onion

Tuesdays

Grill: Chicken Tacos
Salad: Chicken Caesar
Deli: The Big Cappo
Soup: Tomato Florentine

Wednesdays

Grill: French Dip
Salad: Thai Chicken Salad
Deli: Pastrami Special
Soup: Tuscan White Bean with Sausage

Thursdays

Grill: Blue Spruce Burgers
Salad: Blue Spruce Chicken Salad on a Bed of Greens
Deli: Pickle Wrap
Soup: Chicken with In-House Sage Noodles

Fridays

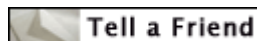
Grill: Reuben Sandwiches
Salad: Athena Greek
Deli: Shrimp Louis
Soup: Seafood Chowder

Hoped for chicken on your salad? Just ask! You'll also find an additional soup each day and varying proteins at the salad bar!

Hours: Monday - Friday 10 a.m.-7 p.m., Saturday 10 a.m.-5 p.m.

Blue Spruce Market, 1552 Bergen Parkway, Evergreen, CO 80439 | 303-674-1445 |

www.bluesprucemarket.com



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