

# Bluestone Lane Upper West Side Cafe

417 Amsterdam Ave 10024 · +17183746858 · Updated: Jan 14, 2026

[View online menu](#)



## BREKKIE ALL DAY 15

### Avocado Smash

Our classic avo smash with sheep's milk feta, heirloom tomatoes & soft herbs on toasted multigrain. Make it vegan by removing feta. Allergens: D = Contains dairy, S = Contains soy, G = Contains gluten, SE = Contains sesame seeds

### Soft Chili Scramble with Avocado

Chili shallot-folded eggs with sheep's milk feta, avocado & sesame seeds topped with chili oil. Allergens: D = Contains dairy, E = Contains egg, S = contains soy, SE = Contains sesame seeds, G = Contains gluten

### BL Burrito

Scrambled eggs, bacon, avocado, sheep's milk feta, crispy potato & guajillo sauce served with a side of crispy potato wedges. Allergens: D = Contains dairy, E = Contains egg, S = Contains soy, G = Contains gluten

### Folded Chimichurri Eggs & Bacon Toast

Crispy bacon and soft folded eggs topped with Parmesan cheese, chimichurri, cracked pepper & fresh herbs on toasted multigrain. Allergies: G = contains gluten, SE = contains sesame seeds, S = contains soy, E = contains egg

### B.L.A.T.E.

Crispy bacon, avocado, arugula, tomato, a fried egg & garlic aioli on a brioche roll served with crispy potato wedges. Allergens: E = Contains egg, S = Contains soy, G = Contains gluten

### Athletes Burrito

Egg whites, sautéed spinach, roasted tomatoes, avocado, lentils, sheep's milk feta & chimichurri mayo served with a dressed salad. Allergens: D = Contains dairy, E = Contains egg whites, S = contains soy, G = Contains gluten

### Green Baked Eggs

Chimichurri baked eggs with spinach, sheep's milk feta, field mushrooms & herb tomatoes served with toasted multigrain. Allergens: D = Contains dairy, E = Contains egg, S = Contains soy, G = Contains gluten, SE = Contains sesame

### Breakfast Bowl

Sautéed baby kale, cherry tomatoes, sheep's milk feta, avocado & warm farro grain topped with a poached egg. Make it vegan by removing feta & poached egg. Allergens: D = Contains dairy, G = Contains gluten, E = Contains egg

### BL Big Brekkie

Avocado smash on toasted multigrain with two poached eggs, smoked bacon, roasted tomatoes, field mushrooms & baby kale. Allergens: E = Contains egg, S = contains soy, SE = Contains sesame seeds, G = Contains gluten

### BL Vegetarian Big Brekkie

Avocado smash on toasted multigrain served with two poached eggs, halloumi, roasted tomatoes, field mushrooms & baby kale with a drizzle of balsamic dressing. Allergens: D = Contains dairy, E = Contains egg, S = contains soy, SE = Contains sesame seeds, G = Contains gluten

**Lemon Ricotta Pancakes**

Lemon ricotta pancakes with whipped ricotta, fresh berries, citrus curd, edible petals, freeze dried raspberries & maple syrup. Allergens D = Contains dairy, E = Contains egg, S = contains soy, G = Contains gluten

**Brekkie Board**

Half portions of both our classic Avocado Smash and GF Collective Granola. The perfect brekkie pair. Allergens: D = Contains dairy, N = Contains tree nuts, S = Contains soy, SE = Contains sesame seeds, G = Contains gluten, E = Contains egg

**Banana Bread**

GF banana bread served with whipped cow's milk ricotta, fresh berries & roasted pecans drizzled in locally sourced honey. Allergens: GF = Gluten Free, D = Contains dairy, N = Contains tree nuts

**Collective Granola**

Our GF granola served with Greek yogurt, lemon curd & fresh berries. Allergens: GF = Gluten free, D = Contains dairy, N = Contains tree nuts, SE = Contains sesame

**Please Note**

\*2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request.

**QUICK BITES** 7

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**Banana Bread**

A slice of warmed gluten free banana bread. Allergens: E = Contains egg

**Toast**

Thick cut multigrain served with choice of Vegemite & butter, jam & butter or almond butter. Allergens: G = Contains gluten, S = Contains soy, SE = Contains sesame

**Almond Oatmeal**

Rollled oats served with shredded coconut, dried cranberries & cashew nuts topped with steamed almond milk. Allergens: N = Contains nuts

**Salmon Toast**

Smoked salmon w/ cream cheese, dill, cracked black pepper, & fresh lemon juice on gluten free bread. Allergens: D = Contains dairy, E = Contains egg

**Sunshine Burrito**

Delicious scrambled eggs, dill mayo, bacon, avocado, cheddar, and fresh spinach. Allergens: G = Contains gluten, D = Contains dairy, E = Contains egg, S = Contains soy

**Bacon, Egg & Cheese Croissant**

Fresh baked butter croissant with scrambled egg, bacon, cheddar & chipotle mayo. Allergens: G = Contains gluten, D = Contains dairy, E = Contains egg

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**LUNCH** 9

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**Warm Chicken and Ancient Grains Bowl**

Warm mixed grains bowl with lemon and garlic grilled chicken, seasonal roasted vegetables, sheep's milk feta, drizzled EVOO & a tahini dressing. Allergens: D = Contains dairy, G = Contains gluten, SE = Contains sesame

**Classic Chicken & Bacon Club Roll**

Oven-roasted chicken, bacon, avocado, tomato & chimichurri mayo on a brioche roll served with crispy potato wedges. Allergens: E = Contains egg, D= Contains dairy, G = Contains gluten

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**Spiced Chicken Wrap**

Grilled spiced chicken breast, baby kale, sheep's milk feta, avo smash, heirloom tomato and cumin yogurt served with crispy potato wedges. Allergies: D = Contains dairy, S = Contains soy, G = Contains gluten

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**Rainbow Bowl**

Spinach base with cherry tomatoes, edamame, farro, feta, cabbage, roasted carrots, beets, avocado, a poached egg & chimichurri yogurt, served w/ a lemon vinaigrette. Allergens: D = Contains dairy, E = Contains egg, S = Contains soy, G = Contains gluten

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**Bayside Beef Burger**

Beef burger, cheddar cheese, caramelized onions, pickles, fig jam, aioli, arugula & tomato on a brioche bun, served with crispy potato wedges. Allergens: G = Contains gluten, D= Contains dairy, E = Contains eggs, S = Contains soy

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**Impossible Bayside Burger**

The Impossible™ burger, cheddar cheese, caramelized onions, fig jam, aioli, arugula & tomato on a brioche bun, served with crispy potato wedges. Allergens: S = Contains soy, D = Contains dairy, G = Contains gluten, E = Contains egg

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**Fried Chicken Sandwich**

Fried chicken with cabbage and arugula slaw, pickles, avocash smash & chimichurri mayo on a brioche bun, served with crispy potato wedges. Allergens: G = Contains gluten, D = Contains dairy, E = Contains egg, S = Contains soy

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**Best Mates Bowl**

Roasted brussels sprouts & field mushrooms served with soft scrambled eggs, shallot, baby kale, farro, pickled onion, sheep's milk feta, chili flakes, toasted seeds & a lemon vinaigrette. Allergens: D = Contains dairy, E = Contains egg, SE = Contains sesame seeds, G = Contains gluten

**SIDES 7**

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**Toast Bar**

Thick cut multigrain served with choice of Vegemite & butter, jam & butter or almond butter. Allergens: G = Contains gluten, S = Contains soy, SE = Contains sesame

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**Side Bacon**

Side of crispy bacon.

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**Side of Avocado Smash**

A side of our classic avocado smash with lemon juice & salt.

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**Side of Scrambled Eggs**

Side of scrambled eggs.

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**Side of Heirloom Carrots**

Honey roasted heirloom carrots topped with feta cheese, toasted pecans, olive oil, maldon salt, black pepper & micro herbs. Allergens: N = Contains tree nuts, D = Contains dairy

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**Side of Berries**

A bowl of fresh strawberries, blueberries & raspberries topped with a mint leaf. A sweet addition to every brekkie.

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**COFFEE - HOT** 15

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**Latte**

The global café favorite. Double espresso with steamed, silky textured milk and one inch of velvety micro-foam.

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**Flat White**

An Australian classic. Double espresso with steamed silky textured milk and a thin layer of micro-foam.

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**Cappuccino**

Double espresso with steamed milk and slightly more microfoam than a latte with cocoa dusting on top.

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**Long Black**

Single Origin espresso gently resting on a small amount of hot water for dilution, similar to an Americano.

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**Hot Brew**

Our signature flagstaff roast has tasting notes of toasted almonds, vanilla & chocolate with a caramel sweetness and juicy finish.

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**Magic**

A stronger, less diluted spin on a flat white – two shots of espresso in a 4.5oz cup with steamed milk and velvety microfoam, similar to a European Cortado.

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**Espresso**

Our new Single-Origin espresso from the Tarqui region of Huila, Colombia. Carefully roasted to highlight unique tasting notes of orange, vanilla, and brown sugar.

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**Macchiato**

Our signature maverick espresso with a stain of steamed milk and microfoam.

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**Piccolo**

A single shot of espresso with 3 oz. of steamed, silky textured milk, served in a small glass.

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**Chai Latte**

Chai extract with your choice of milk.

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**Mocha**

Double shot of espresso and cocoa spun in a pitcher with steamed, silky textured milk, dusted with chocolate shavings.

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**Hot Chocolate**

Deliciously rich cocoa spun in a pitcher with steamed, silky textured milk. Served with chocolate shavings.

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**Hot Milo**

An Aussie Favorite. Malted chocolate with your choice of steamed milk.

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**Bambiccino**

BL for the little ones. Steamed and frothed milk with a dusting of cocoa.

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**COFFEE - COLD** 14

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**Draught Flat White w/ Califia Oat Milk**

Combining our signature Flagstaff blend cold brew, with the creamy unsweetened Califia Oat Milk and infused with nitrogen for a silky cascading balanced flavor. Bluestone Lane’s Draught Flat White is vegan, gluten free and non-GMO, with Califia Oat Milk that is unsweetened, made with whole rolled, gluten free oats and has no gums or stabilizers.

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**Draught Nitro Cold Brew**

BL's hand-crafted cold brew coffee is made using a brew method to achieve perfect extraction. Simply unrivaled in quality, BL nitro is accented by velvety smoothness and fudgy notes, absent of bitterness or acidity.

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**Cold Brew**

Our signature flagstaff coffee immersed in water for 12 hours to extract and form a rich concentrate.

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**Iced Latte**

Double shot of our signature maverick espresso blend with your choice of milk, poured over ice.

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**Iced Long Black**

Rotating Single-Origin espresso poured over ice and water.

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**Iced Magic**

A stronger, less diluted spin on an iced latte – two espresso shots with ice and milk.

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**Iced Mocha**

Double shot of espresso and cocoa spun in a pitcher with your choice of milk, poured over ice.

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**Iced Chai Latte**

Chai extract with your choice of milk, poured over ice.

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**Iced Milo**

Malted chocolate with vanilla ice cream and your choice of milk.

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**Aussie Iced Latte**

A double shot of espresso with vanilla ice cream and your choice of milk.

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**Cold Brew Float**

Our signature flagstaff coffee immersed in water for 12 hours to extract and form a rich concentrate, served with vanilla ice cream.

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**Aussie Iced Chocolate**

Creamy vanilla ice cream with cocoa and your choice of milk.

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**Affogato**

Vanilla ice-cream served with a double shot of our signature maverick espresso.

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**SMOOTHIES & POTS** 5

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**INBLOOM Protein Vanilla Smoothie**

A plant-based, power-packed\* protein smoothie featuring INBLOOM's Vanilla Clean Green Protein, plus banana and cinnamon. \*22g protein per smoothie. Boost your smoothie with INBLOOM's Beauty Aura marine-collagen berry powder for a healthy glow, or Immune Defense pomegranate protection powder to enhance your immune system. Allergens: N = Contains nuts

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**Berry Brekkie Smoothie**

A healthy dose of antioxidants from fresh mixed berries (strawberries, raspberries, blueberries) banana plus mint, lemon juice, honey and oat milk. Boost the Berry Brekkie Smoothie with INBLOOM’s Beauty Aura, Immune Defense whole-food wellness powders or plant-based vanilla protein. Allergens: GF = Gluten Free, N = Contains Nuts

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**InBloom Protein PB & Blueberry Smoothie**

Grounded with INBLOOM’s signature plant-based Vanilla protein powder, and packed with banana, blueberries, almond milk, peanut butter, this is a nutritious take on your classic PB&J combo. Boost the PB & Blueberry Smoothie with INBLOOM’s Beauty Aura or Immune Defense whole-food wellness powders. Allergens: N = Contains nuts

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**Keen Greens Smoothie**

Packed full of nutrients to provide a healthy boost for whatever your day entails. Bananas, spinach, almond butter, honey, and almond milk. Boost the Keen Greens Smoothie with INBLOOM’s Beauty Aura, Immune Defense whole-food wellness powders or plant-based vanilla protein. Allergens: N = Contains nuts

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**ORGANIC TEAS & WELLNESS** 15

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**Iced Melbourne Breakfast Tea**

Our cold brewed Melbourne Brekky is a smooth, strong blend of organic Ceylon tea. This robust brew provides a refreshing boost for any time of day.

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**Iced Spring Trellis Tea**

Green rooibos, raspberry, lemon peel and hibiscus. This non-caffeinated cold brewed tea is tart and refreshing with natural sweetness. Plus, it's full of antioxidants to help toxin release and promote healthy skin.

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**Matcha Latte**

Ceremonial grade matcha green tea powder that naturally detoxifies the body, is rich in antioxidants, and provides a valuable source of fiber and vitamins made with steamed almond milk.

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**Iced Matcha Latte**

Ceremonial grade matcha green tea powder that naturally detoxifies the body, is rich in antioxidants, and provides a valuable source of fiber and vitamins with almond milk.

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**Golden Latte**

Turmeric powder, cinnamon, ginger and black pepper, good for detoxifying the body and reducing inflammation made with steamed almond milk.

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**Iced Golden Latte**

Turmeric powder, cinnamon, ginger and black pepper, good for detoxifying the body and reducing inflammation made with almond milk.

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**Beet Latte**

Dehydrated beet powder that is rich in antioxidants, and good for digestion. This drink is married with a dusting of cocoa and steamed almond milk.

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**Iced Beet Latte**

Dehydrated beet powder that is rich in antioxidants, and good for digestion. This drink is married with a dusting of cocoa and almond milk.

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**Melbourne Breakfast**

This smooth, strong blend of organic Ceylon tea can be enjoyed with or without milk and, despite the name, at any time of day.

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**Earl Grey**

Twice-refined organic Spanish bergamot oil is blended with organic Ceylon tea and cornflowers to create a clean, refreshing and aromatic blend traditionally appreciated in the afternoon.

**Lemongrass & Ginger**

A much-loved favorite, this premium blend of organic ginger and lemongrass tea has made its way here from Sri Lanka. The sweet lemongrass balances out the gingery spice, creating a vibrant and energizing brew.

**Sencha Green**

The long, slender leaves of this green tea produce sweet, mellow liquor that contains EGCG, a catechin said to lower the risk of cancer, chronic fatigue and neurological diseases.

**Peppermint**

A classic herb widely appreciated as a digestive and a revitalizing tonic, organic Egyptian peppermint is picked at the peak cropping season, resulting in a bright, fresh aroma and clean, lasting finish.

**Chamomile**

Harvested in the warmth of Egypt’s summer, the sweet, aromatic flowers of chamomile calm nerves, soothe stomachs and leave you feeling peaceful and relaxed.

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**JUICES & BEVERAGES 6**

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**Orange Juice (8oz)**

Freshly cold pressed 8oz juices made with the finest oranges.

**Fuji Apple Juice (8oz)**

Freshly cold pressed 8oz juices made with the finest Fuji apples.

**Portsea Juice (12oz)**

Freshly cold pressed 12oz juices made with the finest cucumber, apple, kale, lemon, ginger root and spinach.

**Torquay Juice (12oz)**

Freshly cold pressed 12 oz juices made with the finest pineapple, carrot, orange, ginger root, and turmeric.

**Fitzroy Juice (12oz)**

Freshly cold pressed 12oz juices made with the finest pineapple, grapefruit, lemon and ginger root.

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**COFFEE BOXES 3**

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**Hot Brew Coffee Box (96oz)**

Enjoy our premium hot coffee in a large 96oz coffee box. If you would like milk or additional condiments please ask our team when you pick up.

**Cold Brew Coffee Box (96oz)**

Enjoy our premium cold brew coffee in a large 96oz coffee box. If you would like milk or additional condiments please ask our team when you pick up.

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## AT HOME COFFEE & PACKS 12

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### Maverick Capsules

Our signature espresso blend in a sleek, guilt-free capsule you can compost at home. Maverick embodies the quintessence of Australian coffee culture—with a full-bodied, well-structured subtlety that leaves you wanting a second cup. All capsules are only compatible for Nespresso® Original machines. Not compatible for Keurigs and Nespresso® VertuoPlusLine.

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### Riptide Capsules

Big flavor—in a small package you can compost right at home. Riptide is strong enough to pull you in and complex enough to bring you back for seconds—because what's ebb without flow? Boldly roasted for early risers and dawn riders. All capsules are only compatible for Nespresso® Original machines. Not compatible for Keurigs and Nespresso® VertuoPlusLine.

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### Bayside Capsules

Your best Aussie mate is a real greenthumb: Playful, even-keeled, and good for the soul (because these sustainable capsules can be composted at home). This light roast piques curiosity—with a nuanced complexity you can enjoy all day. All capsules are only compatible for Nespresso® Original machines. Not compatible for Keurigs and Nespresso® VertuoPlusLine.

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### Decaf Capsules

For arvos, after-suppers, and any time you crave a cup—but not the kick. This decaffeinated espresso sets the bar for full-bodied flavor without force—because who doesn't love to have their cake and eat it, too? All capsules are only compatible for Nespresso® Original machines. Not compatible for Keurigs and Nespresso® VertuoPlusLine.

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### Flagstaff

Our legendary drip coffee is balanced and versatile—a staple for cold-brewers and filter fans. Like all our roasts, Flagstaff is a blend of meticulously, direct-sourced beans grown by farmers who we proudly call mates. BEST FOR: cold brew and filter extraction

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### Maverick

Bluestone Lane signature espresso blend. This is what we use in all our shops. Designed to perfectly complement milk with rich notes of cocoa, clove and honeycomb – expect a cup that is well-structured and has a creamy, full-bodied mouthfeel.

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### Riptide

A dark roast made for bold strides, long rides, and rising tides. Bold-but-complex, Riptide is big flavor on an even keel—for every ebb, and all the flow. Roasted for early risers and dawn riders. BEST FOR: espresso shots & long blacks

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### Bayside

Your best Aussie mate. Never one to turn down an adventure or an all-nighter, but always keen on a beach day, a good book, and a comfortable silence. Bayside is curious but dependable—a nuanced light roast made for all-day, any-way sipping. BEST FOR: lattes & coffee based bevvy's

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### Decaf Colombian

For arvos, after-suppers, and any time you crave a cup—but not the kick. This decaffeinated espresso sets the bar for full-bodied flavor without force—because who doesn't love to have their cake and eat it, too?

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### Califia Oat Milk 1QT

1QT Califia Barista Edition Oat Milk. Vegan, Gluten-Free, Kosher, & Dairy-Free and made with whole rolled, gluten free oats grown in North America. This oat milk steams beautifully, perfectly pairs with coffee, and tastes dang-good by itself with no gums or stabilizers.

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### Califia Almond Milk 1QT

1QT Califia Barista Edition Almond Milk. Vegan, Gluten-Free, Kosher, & Dairy-Free with full-bodied goodness, this milk functions as both a "steamer" and creamer for your daily fix of BL coffee or HUSK granola.

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