

AVO TOAST

2 freshly basted eggs*, avocado slices, Romano on buttered, grilled brioche 10.50

RANCH BREAKFAST

2 eggs* cooked in butter, 2 turkey green chile sausage patties or 3 slices of natural Hickory smoked bacon, home fries, toast & homemade jam 11.50

HALF RANCH BREAKFAST 9.50

COUNTRY BREAKFAST

2 eggs*, home fries, toast, & homemade jam 9.75

HUEVOS RANCHEROS

Our tasty version of the New Mexico classic. Choose our homemade NM red or green, flour or corn tortillas, pintos & home fries 11.50

RISE & SHINE SANDWICH

Scrambled eggs*, cheddar, choice of turkey green chile sausage patty or all natural bacon on a toasted English muffin. Served with home fries 9.95

VEGAN MIGAS

Organic, seasoned tofu, crispy corn tortilla strips, veggies, & Mexican spices. Topped with fresh avocado, & sweet red chile 11.50

BUILD YOURSELF AN OMELET

CHOOSE 3: cheddar, cheddar jack, Swiss, pepper jack, cream cheese, Autumn Roast® green chile, organic spinach or greens, avocado, bacon*, turkey sausage, mushrooms, red pepper **COMPLIMENTARY ADDS:** tomato, roasted garlic, green or red onion
With home fries & toast or bagel 12.95

SOUTHWEST BENNIE

2 eggs*, fresh queso sauce, 2 turkey green chile sausage patties, English muffin 13.50

BREAKFAST BURRITO

Eggs*, cheddar, onion, tomato, home fries, spicy pintos. Choose our homemade NM red or green 11.50 *Choice of bacon or sausage + 2*

BAGEL & CREAM CHEESE 3.20

GRABURRITO

Egg*, cheddar, chile 7.95 | w/ bacon or sausage 9.25

FABULOUS FRENCH TOAST

Our thick cut brioche, fresh strawberries & bananas, caramelized brown sugar butter sauce, lots of real whipped cream 13.50

JUST FRENCH TOAST 9.75

GLUTEN-NOT FLAPJACKS

Light n' fluffy from scratch – rice flours, millet, flax, pumpkin & sunflower seeds, syrup 10.25

BABy JACKS 8.25

BLUEBERRY PANCAKES

Made from scratch, pure cane syrup 9.50

BABy CAKES 7.50

ORGANIC OATMEAL

Bob's Red Mill organic oatmeal, cranberries, raisins, walnuts. Choice of dairy, soy, oat or almond milk 6.75

FRESH SALADS

CRAVE

Bleu cheese, almonds, organic greens, strawberries, oranges, apples, cranberries, tomatillo lime vinaigrette 12.95

CHINESE CRUNCH

A beautiful mountain of fresh Asian vegetables, seasoned, grilled chicken breast with teriyaki, crunchy wontons, toasted almonds, our Asian sesame dressing 13.75

ATHENA

Hand breaded feta chunks, fresh avocado, organic spinach & greens, Greek olives, tomato, lemon avocado vinaigrette 13.75

TOSSED COBB

Grilled, all natural chicken breast & Hickory smoked bacon, hard boiled egg, bleu cheese, avocado, tomatillo lime vinaigrette 13.95

CHICKEN MEDITERRANEAN

Pesto seasoned grilled chicken, feta, spiced chickpeas, freshly diced veggies, lemon avocado vinaigrette 12.50

GARDEN OF GREENS

Organic greens, carrots, olives, jicama, grape tomatoes, tomatillo lime vinaigrette 6.95

Meat Alternatives! BEYOND MEAT™ SAUSAGE PATTY • (UN)CHICKEN PATTY • TOFU

BURGERS ETC.

HOMEMADE RANCH • STAR SAUCE • HONEY SRIRACHA • BBQ • HONEY MUSTARD AIOLI
+ CHEESE • MUSHROOMS IN BUTTER • FRIZZLED ONIONS \$.75
AVOCADO \$1 • AUTUMN ROAST® GREEN CHILE • FRIED EGG* \$1.25 • BACON \$2

VEGAN GLUTEN FREE BUN AVAILABLE

CLASSIC

Fresh, all natural, hormone & antibiotic free Angus beef*, homemade pickles, lettuce, tomato & onion on our bakery bun 12.50

GREEN CHILE CHEESE

Fresh, all natural, hormone & antibiotic free Angus beef*, cheddar, local Autumn Roast® green chile, lettuce & tomato on our bakery bun 13.50

GRILLED CHICKEN

All natural, chicken breast & homemade pickles, lettuce, tomato & onion on our bakery bun 12.50
+ Sub crispy chicken or vegan (un)Chicken patty \$1

BEER BATTERED FISH SANDWICH

Wild Atlantic Cod perfectly beer battered & served with creamy tartar sauce, house pickles on our bakery bun \$13.50

IMPOSSIBLE™

Made from plants but you'd never know it because it looks, smells, & tastes just like beef! Homemade pickles, lettuce, tomato, & onion 12.95



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SANDWICHES

FRIES • HOMEMADE BBQ CHIPS • FRESH FRUIT • COLESLAW • ONION RINGS • SMALL GREENS SALAD • SWEET POTATO FRIES \$1

RANCHER'S MELT

Since 1988. Seasoned, all natural Angus beef, pepper jack, local Autumn Roast® green chile, horseradish sauce 13.50

FRENCH DIP

All natural Angus beef, melted Swiss, frizzled onions, homemade au jus for dunking 13.50

TURKEY JACK

Since 1988. Freshly sliced turkey, tomato, pepper jack, Autumn Roast® green chile 11.95

GRILLED CHEESE

Simply delicious – our buttered Rustic white bread & thickly sliced cheddar 8.95

GRILLED MAC & CHEESE MELT

Grilled Cheese meets our Mac & Cheese for a gooey, creamy, crunchy treat 10.95

CALIFORNIAN MELT

Since 1988. Fresh avocado, Swiss, pan sautéed mushrooms, caramelized onions, tomatoes, & ranch 11.50

FLYING CLUB

All natural, freshly sliced turkey, Hickory smoked bacon, avocado, Swiss, & honey mustard aioli 13.95

SUPERSTAR BLT

All natural Hickory smoked bacon, greens, tomato, honey mustard aioli, baguette 10.75

EGG SALAD

Made fresh to order with cage free eggs, onions, mayo, on your choice of bread 10.50

DISHES

FISH DISH

Wild North Atlantic cod, herbed butter, sautéed fresh spinach, pearl couscous 15.50

FISH & CHIPS

Beer battered wild North Atlantic cod, fries, fresh coleslaw, & tartar sauce 15.50

FISH TACOS

Grilled wild North Atlantic cod, avocado, crisp coleslaw, pickled vegetables, spicy STAR Sauce with corn or flour tortillas 13.95

MAC & CHEESE 10.50

+ Grilled or Crispy Chicken 3.95 + Broccoli 2.50
MINI MAC 7.50

ROSEMARY CHICKEN RISOTTO

Grilled rosemary chicken breast over feta infused couscous risotto, rich with sautéed asparagus, broccoli, peas, & red bells 14.50

BUDDHA BOWL

CHICKEN 13.50 | TOFU 13.50 | VEGGIES 11.50

Sautéed veggies, ginger & lemongrass sauce, teriyaki, organic brown or Jasmine rice, crunchy wontons

HOMEMADE CHICKEN TENDERS

Made fresh to order with all natural chicken & a heap of fries. Choose ranch, honey Sriracha, Mustard Aioli, BBQ or Buffalo sauce 10.50

SEASONAL SPECIALS

HIDDEN TREASURE

Begin your Thai journey here! Coconut red curry, grilled chicken, carrots, snow peas, broccoli, & red bell pepper over your choice of organic brown or jasmine rice. 13.95

2 BIRDS & A BISCUIT

Savory turkey sausage gravy, fried chicken breast, & a fried egg sandwiched in a homemade buttermilk biscuit. 13.50

SEASIDE CITRUS SALAD

Plump shrimp sautéed with honey & lemon, fresh avocado, zesty grapefruit, arugula, spinach, red onion, & fennel tossed in our housemade Summer Vinaigrette. 13.95



BEYOND™ MEDITERRANEAN (BURGER)

We're going beyond the expected with the nutritious, delicious plant-powered Beyond Burger® built with fresh avocado, feta, basil pesto & sundried tomatoes! Beyond is Non-GMO, Gluten Free, no soy, antibiotics, hormones, with 20 grams of vegan protein. 13.50

FAMILY MEALS

BUDDHA BOWL

CHICKEN \$48 | TOFU \$48 | VEGGIES \$37

A Flying Star Favorite, served with a Veggie Chinese Crunch Salad, dinner rolls, & four Lemon Shortbread Cookies for a family sized meal that serves four.

ROSEMARY CHICKEN RISOTTO

A family sized version of our signature dish with a Garden of Greens Salad, rolls, & four Lemon Shortbread Cookies to serve four. 48.00

MAC & CHEESE & TENDERS

A combination of TWO classics! Our famous Mac & Cheese & our Homemade Chicken Tenders, served along with your choice of a Garden of Greens Salad or Steamed Broccoli, dinner rolls, & four Lemon Shortbread Cookies to serve four. 38.00

**ONLY AVAILABLE FOR
CARRY OUT OR
ONLINE DELIVERY ORDERS**

6 LOCATIONS TO SERVE YOU

WALK-IN, CALL AHEAD, ORDER ONLINE VIA OUR WEBSITE OR APP

NOB HILL

505-255-6633

3416 Central Ave SE

MENAU

505-293-6911

8001 Menaul Blvd NE

CORRALES

505-938-4717

10700 Corrales Road

JUAN TABO

505-275-8311

4501 Juan Tabo NE

RIO GRANDE

505-344-6714

4026 Rio Grande NW

PASEO

505-923-4211

8000 Paseo Del Norte

CAFFEINE



	tall	grande	mucho
MEXICAN LATTE Sweet chocolate & cinnamon	4.35	4.95	5.25
MOCHA LATTE	4.05	4.75	5.05
CAFE LATTE	3.35	3.85	4.35
CARAMEL DULCE Caramel infused espresso & milk	4.35	5.05	5.35
COLD BREW Brewed fresh daily	3.05	3.85	4.60
ICED JAVA Sweet & rich super strong coffee	3.95	4.65	5.15
CAPPUCCINO	3.35	3.85	4.35
HOUSE BREW		2.95	

ORGANIC TEA

LONDON FOG Earl Grey steamed w/ milk & vanilla	3.95	4.65	5.15
CHAI	3.65	4.35	4.75
ICED TEA Black tea with a hint of peach			3.05
HOT TEA	2.45 cup		3.45 pot

SIGNATURE

RED STUFF	2.95	3.85	4.65
FRESH LEMONADE	2.15	3.05	4.10
PINK DRINK	2.55	3.35	4.15
HOT COCOA	3.15	3.65	4.05
FOUNTAIN DRINKS Coca-Cola, Diet Coke, Coke Zero, Sprite, Barq's Root Beer, Dr Pepper			3.50
MILKSHAKE Vanilla, Chocolate, or Strawberry			5.95
FRUIT BLENDS Just Peach, Aloha Pineapple, Summer Strawberry, Harvest Greens, Strawberry Peach, Strawberry Lemonade, Double Peach Tea			4.50
KIDS FRUIT BLENDS Pineapple OJ & Strawberry			3.00

Available for
Curbside Pickup or Delivery



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