

## 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

## FRESH SOUPS

Made in-house every day 5.95 cup | 6.95 bowl

## SOUP & SALAD

Choice of dressing & our dinner roll 8.95

*Meat Alternatives!* LOOKING FOR PLANT-POWERED FOODS? TRY THESE ON YOUR FAVORITE DISHES

BEYOND MEAT™ SAUSAGE PATTY & SPICY SAUSAGE LINKS • (UN)CHICKEN PATTY • TOFU

NEW

# BURGERS ETC.

HOMEMADE RANCH • STAR SAUCE • HONEY SRIRACHA • BBQ • HONEY MUSTARD AIOLI  
+ CHEESE • MUSHROOMS IN BUTTER • FRIZZLED ONIONS \$7.5

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

## POLLO PICANTE

Crispy tempura chipotle seasoned chicken breast, topped with cilantro lemon aioli and our house made pickles 12.50

+ Sub grilled 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

## CHIMICHURRI RICE BOWL

A big bowl of chimichurri rice layered with seared Beyond Meat's spicy sausage, avocado, chopped fresh veggies, and seasoned tortilla strips. GN and vegan! 12.95



## 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

## 2 BIRDS & A BISCUIT

Savory turkey sausage gravy, fried chicken breast, & a fried egg sandwiched in a homemade buttermilk biscuit. 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
<b>MEXICAN LATTE</b> 4.35 Sweet chocolate & cinnamon	4.95	5.25	
<b>MOCHA LATTE</b> 4.05	4.75	5.05	
<b>CAFE LATTE</b> 3.35	3.85	4.35	
<b>CARAMEL DULCE</b> 4.35 Caramel infused espresso & milk	5.05	5.35	
<b>NEW PUMPKIN PIE LATTE</b> 4.35 Pumpkin & Fall spices steamed with espresso & milk	5.05	5.35	
<b>COLD BREW</b> 3.05 Brewed fresh daily	3.85	4.60	
<b>ICED JAVA</b> 3.95 Sweet & rich super strong coffee	4.65	5.15	
<b>CAPPUCCINO</b> 3.35	3.85	4.35	
<b>HOUSE BREW</b>	2.95		

# ORGANIC TEA

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

# SIGNATURE

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

Available for  
Curbside Pickup or Delivery



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