

AVO TOAST

2 freshly basted eggs*, avocado slices, Romano on buttered, grilled brioche 10.95

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 11.95

HUEVOS RANCHEROS

Our tasty version of the New Mexico classic. Choose our homemade NM red or green, flour or corn tortillas, pintos & home fries 11.95

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

GRABURRITO

Egg*, cheddar, chile 8.25 | w/ bacon or sausage 9.50

2 BIRDS & A BISCUIT

Savory turkey sausage gravy, fried chicken breast, & a fried egg sandwiched in a homemade buttermilk biscuit. 13.95

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 13.50

SOUTHWEST BENNIE

2 eggs*, fresh queso sauce, 2 turkey green chile sausage patties, English muffin 13.95

BREAKFAST BURRITO

Eggs*, cheddar, onion, tomato, home fries, spicy pintos. Choose our homemade NM red or green 11.95
Choice of bacon or sausage + 2

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 9.95

GLUTEN-NOT FLAPJACKS

Light n' fluffy from scratch – rice flours, millet, flax, pumpkin & sunflower seeds, syrup 10.50
BABY JACKS 8.50

ORGANIC OATMEAL

Bob's Red Mill organic oatmeal, cranberries, raisins, walnuts. Choice of dairy, soy, oat or almond milk 6.95

BAGEL & CREAM CHEESE 3.20

FRESH SALADS

GRAVE

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 13.95

ATHENA

Hand breaded feta chunks, fresh avocado, organic spinach & greens, Greek olives, tomato, lemon avocado vinaigrette 13.95

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 12.95

GARDEN OF GREENS

Organic greens, carrots, olives, jicama, grape tomatoes, tomatillo lime vinaigrette 7.50

FRESH SOUPS

Made in-house every day 5.95 cup | 7.25 bowl

SOUP & SALAD

Choice of dressing & our dinner roll 9.50

Meat Alternatives! **LOOKING FOR PLANT-POWERED FOODS? TRY THESE ON YOUR FAVORITE DISHES**
BEYOND MEAT™ SAUSAGE PATTY & SPICY SAUSAGE LINKS • (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 12.95

GREEN CHILE CHEESE

Fresh, all natural, hormone & antibiotic free Angus beef*, cheddar, local Autumn Roast® green chile, lettuce & tomato on our bakery bun 13.95

POLLO PICANTE

Crispy tempura chipotle seasoned chicken breast, topped with cilantro lemon aioli and our house made pickles 12.95
+ Sub grilled chicken or vegan (un) Chicken patty \$1

POWERED BY PLANTS

IMPOSSIBLE™

Made from plants but you'd never know it because it looks, smells, & tastes just like beef! Homemade pickles, lettuce, tomato, & onion 13.50

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. 13.95

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 13.95

FRENCH DIP

All natural Angus beef, melted Swiss, frizzled onions, homemade au jus for dunking 13.95

TURKEY JACK

Since 1988. Freshly sliced turkey, tomato, pepper jack, Autumn Roast® green chile 12.50

GRILLED CHEESE

Simply delicious – our buttered Rustic white bread & thickly sliced cheddar 9.25

GRILLED MAC & CHEESE MELT

Grilled Cheese meets our Mac & Cheese for a gooey, creamy, crunchy treat 11.75

CALIFORNIAN MELT

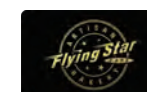
Since 1988. Fresh avocado, Swiss, pan sautéed mushrooms, caramelized onions, tomatoes, & ranch 11.50

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 10.95



Flying Star Gift Cards

★ Order online for curbside pickup!
★ Plus new **e-Gift cards** with immediate delivery for use in cafe or online!

DISHES

FISH DISH

Wild North Atlantic cod, herbed butter, sautéed fresh spinach, pearl couscous 15.95

FISH & CHIPS

Beer battered wild North Atlantic cod, fries, fresh coleslaw, & tartar sauce 15.95

FISH TACOS

Grilled wild North Atlantic cod, avocado, crisp coleslaw, pickled vegetables, spicy STAR Sauce with corn or flour tortillas 14.50

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 cauliflower, broccoli, peas, & red bells 14.50

BUDDHA BOWL

CHICKEN 13.95 | TOFU 13.95 | VEGGIES 11.95
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 10.95

SEASONAL SPECIALS

STEWPTOTURKEY NEW

Freshly roasted turkey, mushrooms, potatoes, pearl onions, peas & carrots in flavorful gravy. Topped with our big, bakery biscuit. 14.95

Also available at as a Family Meal!

POSOLE VERDE

Flavorful local rainbow posole with big pieces of pork, fresh tomatillos, onions, poblanos, & jalapeño peppers. Served with two warm flour tortillas*. 12.50

Also available at as a Family Meal!

 Make it Gluten-Not with corn instead of flour tortillas.

CAFFEINE



	tall	grande	mucho
MEXICAN LATTE	4.35	4.95	5.25
MOCHA LATTE	4.05	4.75	5.05
CAFE LATTE	3.35	3.85	4.35
CARAMEL DULCE	4.35	5.05	5.35
COLD BREW	3.05	3.85	4.60
ICED JAVA	3.95	4.65	5.15
CAPPUCCINO	3.35	3.85	4.35
HOUSE BREW		2.95	

ORGANIC TEA

LONDON FOG	3.95	4.65	5.15
Earl Grey steamed w/ milk & vanilla			
CHAI	3.65	4.35	4.75
ICED PEACH TEA			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		3.50	
MILKSHAKE			5.95

FEED THE FAMILY!

Add up to 6 slices of ANY pie with the purchase of a Family Meal. Only 3.50 per slice!

BUDDHA BOWL

CHICKEN \$43.95 | TOFU \$43.95 | VEGGIES \$32.95

A Flying Star Favorite, served with dinner rolls & lemon shortbread cookies.

MAC & CHEESE & TENDERS

A combination of TWO classics! Our famous Mac & Cheese & our Homemade Chicken Tenders, served with dinner rolls & lemon shortbread cookies. 39.95

POSOLE VERDE

Flavorful local rainbow posole with big pieces of pork, fresh tomatillos, onions, poblanos, & jalapeño peppers. Served with two warm flour tortillas & lemon shortbread cookies. 39.95

STEWPTOTURKEY NEW

Freshly roasted turkey, mushrooms, potatoes, pearl onions, peas & carrots in flavorful gravy. Served with our big, bakery biscuits and lemon shortbread cookies. 59.95

ROSEMARY CHICKEN RISOTTO

A family sized version of our signature dish, served with dinner rolls & lemon shortbread cookies. 43.95

NEW *buy the Quart!* FRESH HOMEMADE SOUPS 11⁹⁵
SIGNATURE RED OR GREEN CHILE 9⁹⁵

AVAILABLE FOR CARRY OUT OR ONLINE DELIVERY ORDERS

Flying Star

BAKERY

WHOLE CAKES & PIES ON THE FLY!



6" serves 8-12 \$29

10" serves 14-28 \$60

browse at flyingstarcafe.com



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

JUAN TABO

505-275-8311
4501 Juan Tabo NE

MENAU

505-293-6911
8001 Menaul Blvd NE

RIO GRANDE

505-344-6714
4026 Rio Grande NW

CORRALES

505-938-4717
10700 Corrales Road

PASEO

505-923-4211
8000 Paseo Del Norte



Available for
Curbside Pickup or Delivery

DOWNLOAD OUR APP TODAY!

