

BREAKFAST ALL DAY

RED BIRD TURKEY SAUSAGE

CAGE FREE EGGS

ALL NATURAL BACON

RANCH BREAKFAST

2 eggs* cooked in butter, 2 turkey green chile sausage patties or 3 slices of bacon, home fries, toast & homemade jam. 13

AVO TOAST

Basted, cage free eggs*, fresh avocado slices, Romano on buttered, grilled brioche. 12

TWO BIRDS & A BISCUIT

Turkey sausage gravy, crispy chicken breast, & a fried egg* sandwiched in a homemade buttermilk biscuit. 15.75

SOUTHWEST BENNIE

Fresh queso sauce, cage free eggs*, turkey green chile sausage patties, English muffin. 15.50

HUEVOS RANCHEROS

Over easy eggs*, homemade red or green, pintos and papitas over flour or corn tortillas. 13

BREAKFAST BURRITO

Really big. Eggs*, cheddar, papitas, spicy pintos, homemade red or green, onion and tomatoes. 13 + *bacon or sausage*. 1.50

GRABURRITO

Egg*, cheddar, chile. 9.50 + *bacon or sausage*. 1.50

RISE & SHINE SANDWICH

Scrambled eggs*, cheddar, choice of turkey green chile sausage or bacon, choose an English muffin or homemade buttermilk biscuit. Served with home fries. 12

BUILD YOURSELF AN OMELET

CHOOSE 3: cheddar, cheddar jack, Swiss, pepper jack, cream cheese, Young Guns green chile, organic spinach or greens, avocado, bacon*, turkey sausage, mushrooms, red pepper.

With home fries & toast or bagel. 14

COMPLIMENTARY ADDS: tomato, roasted garlic, green or red onion.

FABULOUS FRENCH TOAST

Our thick cut brioche, fresh strawberries & bananas, caramelized brown sugar butter sauce, lots of real whipped cream. 14.50

JUST FRENCH TOAST 11

GLUTEN-NOT FLAPJACKS

Light n fluffy – rice flours, millet, flax, pumpkin, sunflower seeds, pure cane syrup. 12

BABY JACKS 10

BLUEBERRY PANCAKES

Made from scratch, pure cane syrup. 11

BABY CAKES 9

ORGANIC OATMEAL

Bob's Red Mill organic oatmeal, cranberries, raisins, walnuts. Choice of dairy, soy, oat or almond milk. 7.50

BAGEL & CREAM CHEESE 4.50

DISHES & BOWLS

HIDDEN TREASURE

Hidden below a mound of organic Jasmine rice and our delicate, slightly mild coconut red curry sauce are fresh, Asian vegetables and seasoned chicken. 16.50 Sub TOFU

BUDDHA BOWL

CHICKEN 16 | TOFU 16 | VEGGIES 13

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

CHICKEN COUSCOUS RISOTTO

Creamy pearled couscous risotto, rosemary infused chicken breast, feta, green peas, and fresh broccoli. 17.50

STEW POT CHICKEN

Deep dish, veggie packed chicken pot pie with tons of flavor. Topped with a big, homemade biscuit. 18

HOMEMADE CHICKEN TENDERS

Made fresh to order with all natural chicken breast & a heap of fries. Choose ranch, honey Sriracha, Mustard Aioli or Buffalo sauce. 16

FISH & CHIPS

Beer battered wild Atlantic cod, fries, fresh coleslaw, & tartar sauce. 19.50

GRILLED FISH TACOS

Grilled Atlantic Cod, avocado, crisp coleslaw, pickled vegetables, spicy STAR Sauce with corn or flour tortillas. 17.50

MAC & CHEESE 12

+ GRILLED CHICKEN 5 | CRISPY CHICKEN 5

+ BROCCOLI 2.50 | MINI MAC 9

Serious Snacks

OVERLOADED QUESADILLA

Spicy grilled chicken, black bean relish, batter dipped onions, tons of cheeses. 12

CAULIFLOWER (UN) WINGS

Crispy cauliflower florets tossed in homemade Buffalo or Honey Sriracha sauce. Buttermilk ranch for dipping. 11

QUESO MOUNTAIN (OF FRIES)

Homemade queso sauce, hickory smoked bacon, NM green chile. 11


FRESH SALADS

HOMEMADE DRESSINGS

CRAVE

Lot of bleu cheese, almonds, greens, strawberries, oranges, apples, cranberries, tomatillo lime vinaigrette. 14 **WALDORF IT +3**

CHINESE CRUNCH

Chopped fresh Asian vegetables, seasoned, grilled chicken with teriyaki, crunchy wontons, toasted almonds, Asian sesame dressing. 16.50  TOFU

TOSSED COBB

Grilled, all natural chicken & Hickory smoked bacon, hard boiled egg, bleu cheese, avocado, tomatillo lime vinaigrette. 17

CHICKEN MEDITERRANEAN

Pesto seasoned grilled chicken, feta, avocado, greens, spiced chickpeas, freshly diced veggies, lemon avocado vinaigrette. 16.50

ATHENA

Hand breaded feta chunks, fresh avocado, organic spinach & greens, Greek olives, tomato, lemon avocado vinaigrette. 16

GARDEN OF GREENS

Greens, olives, jicama, grape tomatoes, tomatillo lime vinaigrette. 8.50

SOUP & SALAD 10.50

FRESH SOUPS 6.50 cup | 8 bowl

39 FRESH FRUITS & VEGGIES CHOPPED DAILY 

Seasonal

FISH DISH *New Version!*

Seasoned, pan fried North Atlantic Cod, topped with porcini butter, served over a medley of sautéed fresh spinach, basil, plump mushrooms, and Israeli couscous. 19.50

BEER BATTERED FISH SANDWICH

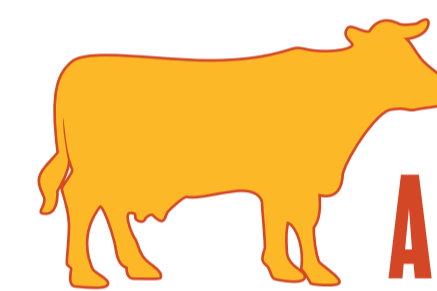
Wild Atlantic Cod perfectly beer battered & served with creamy tartar sauce, lots of house pickles on a fresh & fluffy bakery bun. 16.50

GREEN CHILE PORK CALDO

Big bowl of seasoned pork, Autumn Roast Green chile, Yukon Gold potatoes, fresh carrots, cheese, sour cream, tomato, tortilla strips, and cilantro. Served with two flour tortillas. 14.50

TASTY TOFU TACOS

100% plants. You won't miss the meat. 12



GRASS FED ALL NATURAL

BURGERS ETC.

HOMEMADE RANCH · STAR SAUCE · HONEY SRIRACHA · HONEY MUSTARD AIOLI + CHEESE OR AVOCADO \$1 · YOUNG GUNS™ GREEN CHILE \$1.25 · BACON \$2

VEGAN GLUTEN FREE BUN AVAILABLE

GREEN CHILE CHEESE

Fresh, all natural, hormone & antibiotic free Angus beef*, cheddar, Young Guns green chile, lettuce & tomato on our bakery bun. 15.75

CLASSIC

Fresh, all natural, hormone & antibiotic free Angus beef*, homemade pickles, lettuce, tomato & onion on our bakery bun. 14.75



Sides

FRIES · FRESH FRUIT · COLESLAW · GREENS SALAD ONION RINGS OR SWEET POTATO FRIES \$1

SANDWICHES & MELTS

TURKEY JACK *New Version!*

Since 1988. House roasted, hand pulled turkey, tomato, pepper jack, Young Guns green chile, on grilled, buttered rustic. 15.50

CALIFORNIAN MELT

Since 1988. Fresh avocado, Swiss, sautéed mushrooms, caramelized onions, tomatoes, & ranch. on buttered Rustic. 13.50

GRILLED CHEESE

Simply delicious – our buttered Rustic white bread & thickly sliced cheddar. 9

DILLED & CHILLED

CHICKEN SALAD

Freshly poached Chicken Breast, with dill, diced red onion, real mayo, on a crusty baguette. 15.50

FRENCH DIP

All natural Angus beef, melted Swiss, frizzled onions, homemade au jus. 17.50

EGG SALAD

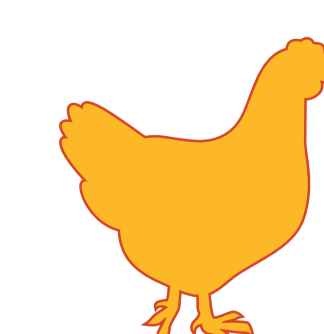
Made fresh to order with cage free eggs, real mayo, green onion. Choice of bread. 13

GRILLED MAC & CHEESE MELT

Mac & Cheese meets our Grilled Cheese for a gooey, creamy, crunchy treat. 13.50

SUPERSTAR BLT

All natural Hickory smoked bacon, greens, tomato, honey mustard aioli, baguette. 13



ANTIBIOTIC, CAGE & HORMONE FREE

 **Gluten Not**

 **Vegan**