

# Breakfast

(served all day)



## New Mexican Breakfasts

### Huevos Rancheros 7.5

Two large eggs cooked any style over two (blue or white) corn tortillas, served with grilled papas, pinto beans, a flour tortilla, and a flood of our celebrated red and/or green chile or fresh homemade salsa. Add meat (succulent house-made carne adovada, bacon, sausage, ham, or chicken) for 2.00 each or add calabacitas or avocado for 1.50 each.

**Vegetarian/gluten-free on request.**

### Breakfast Burrito 4

Two eggs cooked any style, melted with cheddar/jack cheese, papas, chile, or salsa rolled in a 12" warmed flour tortilla. Add meat (carne, bacon, sausage, ham, or chicken) for 2.00 each. Add extras (avocado, sour cream, extra egg, tomato, or onion) for 1.25 each. Get it smothered for 1.00 or make it a sandwich on wheat, sourdough, or English muffin. **Vegetarian/gluten-free on request.**

### Breakfast Taco Plate 9

Three (blue or white) corn tortillas piled with scrambled eggs, succulent carne adovada, red or green chile, or salsa, cheddar/jack cheeses, and diced onions and tomatoes. Served with grilled papas and pinto beans. **Vegetarian/gluten-free on request.**

### Breakfast Tostada 9.5

A giant bowl of mixed greens under two crispy (blue or white) corn tortillas, pinto beans, chopped bacon, two eggs any style, smothered with red or green chile, cheddar/jack cheese, and finished with a red-chile-sprinkled avocado fan.

**Vegetarian/gluten-free on request.**

### Breakfast Bowl 9

Fritos, grilled papas, carne adovada (or substitute calabacitas), two eggs any style, chile of choice, and cheddar/jack cheese. **Vegetarian/gluten-free on request.**

### Breakfast Enchiladas 8.5

Two (blue or white) corn tortillas layered with cheddar/jack cheese, chile of choice, and topped with two eggs cooked any style. Served with grilled papas, pinto beans, lettuce, tomato, and onion. Add meat (carne, bacon, sausage, ham, or chicken) for 2.00 each. Add extras (avocado, sour cream, or extra egg) for 1.00 each. **Vegetarian/gluten-free on request.**

### Migas Plate 7.5

Strips of (blue or white) corn tortillas served crispy with three scrambled eggs, grilled onions, grilled tomato, red or green chile, and cheddar/jack cheese. Served with grilled papas and pinto beans. **Vegetarian/gluten-free on request.**

### Chile Cheese Omelet 7.5

A three egg omelet filled with cheddar/jack cheese, grilled onions, grilled tomatoes, and smothered with red or green chile. Served with papas, pinto beans, and a small pinch of mixed greens. Add meat (carne, bacon, sausage, ham, or chicken) for 2.00 each or add veggies (avocado, spinach, mushroom, asparagus, and green onion) for 1.50 each. **Vegetarian/gluten-free on request.**

### Veggie Scramble 7.5

Two eggs scrambled with mushrooms, asparagus, spinach, grilled onions, grilled tomatoes, red or green chile, and cheddar/jack cheese. **Vegetarian/gluten-free on request.**

# Breakfast

(served all day)



## Blue Corn Waffles

### Sweet Waffle 8.5

A large freshly cooked blue corn/buttermilk waffle topped with melted butter, strawberries, and your choice of flavored whipped cream (vanilla, cinnamon, lavender, or Swiss chocolate). Syrup on the side. Pure maple syrup for 1.00.

**Gluten-free on request.**

### Spicy Waffle 8.5

A large freshly cooked blue corn/buttermilk waffle paired with two eggs cooked any style, red or green chile, and cheddar/jack cheese. Served with grilled papas and pinto beans. Add meat (carne adovada, bacon, sausage, ham, or chicken) for 2.00 each. Add extras (avocado, sour cream, extra egg, tomato, or onion) for 1.25 each. **Vegetarian/gluten-free on request.**

## Not-So-New Mexican Breakfasts

### The Almost Gringo Breakfast Plate 8.5

Two eggs cooked any style, choice of meat, toast or tortilla, grilled rosemary papas, side of fruit, and a side of red or green chile or salsa. **Vegetarian/gluten-free on request.**

### Yogurt Parfait 4.5

Layering of unsweetened yogurt, berries, and house-made cardamom-apricot granola drizzled with honey and topped with a strawberry fan.

### Huevos Benitos 10

Two grilled English muffins topped with lightly browned Black Forest ham, two basted eggs, green chile cheese sauce, and a sprinkle of red chile powder. Served with rosemary papas, berries, and a side salad. **Vegetarian/gluten-free on request.**

## Available Weekends Only

### Veggie Hash Plate 9

Two basted eggs piled on top of a mound of freshly grilled veggies (sweet potato, red potatoes, mushroom, sweet peppers, sliced red onion, and spinach) and finished with grilled asparagus spears. Served with toast or tortilla and a side of fruit. **Vegetarian/gluten-free on request.**



### French Toast 9

Three slices of sourdough (or two slices of brioche) dipped in our creamy vanilla-cinnamon batter, then grilled and topped with a poached pear-banana mixture. Served with almond-flavored whipped cream. Syrup on the side. Substitute any other flavor of whipped cream (vanilla, cinnamon, lavender, or chocolate). Add a side of eggs for 1.50 extra. Add a side of meat for 2.00 extra.

# New Mexican Food



## Taco Plate

Three blue or white corn tortillas served open-faced, layered with any of the following fillings plus cheddar/jack cheese and red chile, green chile, or house salsa. Also topped with raw diced onion and diced tomatoes. **Gluten-free on request.**

Carne Adovada 9.5

Chicken 9.25

Calabacitas (**Vegetarian**) 9

Sampler (1 carne adovada, 1 chicken, and 1 calabacitas) 9.25



## Big Burrito

A super-large burrito filled with pinto beans, grilled papas, cheddar/jack cheese, and any of the below. All big burritos come smothered with cheese and red or green chile or salsa, and garnished with lettuce, tomato, and onion.

Carne 9.5

Chicken 9.25

Calabacitas (**Vegetarian**) 8.75

## Frito Pie

Fritos layered in a bowl with red or green chile, cheddar/jack cheese, lettuce, onion, and tomato. **Gluten-free or vegetarian on request.**

Size	Full 6.25	Half 3.5
<b>Add On:</b>		
Beans	1.25	.75
Carne Adovada	2	1
Chicken	2	1
Calabacitas	1.25	.75
Fried Egg	1.5 (2)	1 (1)

## Tamale Plates

Two 4 oz. tamales smothered in red or green chile, served with grilled papas, pinto beans, and calabacitas. Pork tamales 9.5. **Vegan** (squash, black beans, and corn) served with vegetarian red or green chile. 9.5 **Gluten-free or vegetarian on request.**

## Enchilada Plates 7

A stack of two blue or white corn tortillas layered with cheddar/jack cheese, and red or green chile. Served with grilled papas and pinto beans. **Gluten-free or vegetarian on request.**

Add chicken or carne for 2.00.

Add calabacitas or avocado for 1.50.

## The Michelle Bowl

House-made pinto beans, grilled papas, red or green chile, cheddar/jack cheese, and onions. Served with a flour tortilla. **Gluten-free or vegetarian on request.**

12 oz. 4.00 - 24 oz. 7.00



## Tia Betty Blue's New Mexican Café

1248 San Mateo SE  
Albuquerque, NM 87108

(505) 268-1955  
TiaBettyBlues.com

Open weekdays 7 am to 2 pm and weekdays 8 am to 2 pm

## Sandwiches

### The Original New Mexican Red Chile Po' Boy 8.25

Slow-simmered carne adovada served in a toasted hoagie with cheese, grilled onions, pickled jalapenos, and crunchy Fritos.



### Green Chile Turkey 7

Grilled turkey breast, green chile, cheddar cheese served between two toasted slices of bread or in a hoagie.

### Chicken Bacon Ranch Wrap 7

Chicken, bacon, red onion, avocado, romaine lettuce, and cheddar or Swiss wrapped in a 12" tortilla and grilled for a crisp crunch.

### Grilled Cheese 5

Buttery toasted bread (sourdough or wheat) pressed over gooey cheddar or Swiss cheese. Served with side of chile or smothered on request. Add meat (carne, bacon, sausage, ham, or chicken) for an extra 2.00 for each. Add veggies (tomato or avocado) for 1.25 each.

### Roast Beef and Green Chile 7.5

Grilled roast beef, green chile, and cheddar cheese served between two toasted slices of bread or in a hoagie.

### Roast Beef and Swiss 7.5

Roast beef cut into strips and cooked with mushrooms, onions, red wine vinegar, and melted Swiss, and stuffed into a grilled hoagie roll, sourdough, or wheat.

### Grilled Asparagus Hoagie 7

Asparagus spears grilled with garlic, tomatoes, Parmesan, and Swiss cheese, then stuffed into a toasted hoagie roll. **Vegan on request.**

### Roasted Red Pepper and Artichoke Sandwich 7.5

House-roasted red peppers, marinated artichoke hearts, red onion, pesto, and provolone cheese all melted on toasted challah. **Vegan on request.**

## Salads, Small Plates, Soup



### The Tia B. Cobb 9

Spring mix and romaine tossed in a big bowl with chopped bacon, shredded chicken, chopped ham, sliced cherry tomatoes, avocado, hard-boiled egg, blue cheese, and blue or white corn tortilla strips. Served with our house lime vinaigrette on the side. Ranch, blue cheese, poppy seed vinaigrette, or Mediterranean dressing may be substituted.

### Strawberry Avocado Spinach Salad 9

Lots of spinach in a big bowl accompanied with fresh sliced strawberries, sliced toasted almonds, blue cheese crumbles, and topped with diced avocado. Served with our sweet honey poppy-seed vinaigrette on the side. You can substitute any other dressing.

### Garden Salad 4 for a 12 oz. salad; 6.5 for a 24 oz. salad

Spring mix topped with sliced cucumber, sliced grape tomatoes, shredded carrot, red onion, and blue cheese. Choose your dressing: lime vinaigrette, poppy-seed vinaigrette, ranch, blue cheese, or Mediterranean.

### Hummus Plate 7

Three slices of toasted bread or two grilled pita bread served with red pepper hummus, Kalamata olives, whole cherry tomatoes, and cucumber slices. Served with drizzle of house-made Mediterranean dressing.

### Fiesta Nachos

A big plate of corn chips served with red or green chile, cheddar/jack cheese, onion, tomato, and jalapeños.

Size	Full 6	Half 3.5
<b>Add On:</b>		
Beans	1.25	.75
Carne Adovada	2	1
Chicken	2	1
Calabacitas	1.25	.75
Fried Egg	1.5 (2)	1 (1)

### House soup (served every day)

#### Green Chile Chicken Stew

Slow cooked chicken mixed with a rich broth, green chile, diced red potatoes, and crispy blue corn tortilla strips. Served with a tortilla. Add cheese, onion, or tomato for 1.25 extra.

**Cup 2.5**

**12 oz. Bowl 4.5**

**24 oz. Bowl 7**