

Breakfast (Served Anytime)

Breakfast Burrito or Sandwich	\$4.00
Scrambled eggs, papas, cheddar, and red or green on a 12" grilled tortilla or 6" buttered house-baked loaf. Add carne adovada, bacon, ham, or sausage for \$1.25. Get it "smothered" for \$1 more.	
Breakfast Taco Plate	\$7.50
Three blue corn tortillas filled with eggs, carne adovada, cheese, onion, red or green chile, and tomato. Served with beans and papas.	
Huevos con Carne	\$7.00
Two fried eggs, house-made carne adovada, two blue corn tortillas, a grilled flour tortilla, papas, beans, and red or green chile.	
Huevos con Calabacitas (Vegetarian)	\$6.50
Two fried eggs, house-made calabacitas, two blue corn tortillas, a grilled flour tortilla, papas, vegetarian beans, and vegetarian red or green chile.	
Huevos Rancheros	\$6.00
Same as Huevos con Carne but without the meat.	
Blue Corn Waffle Boat—Sweet	\$5.50
Freshly-baked blue corn waffle boat filled with seasonal fruit and topped with hot syrup and plain, chocolate, cinnamon, or lavender whipped cream. Substitute yogurt for whipped cream for \$1. Substitute pure maple or agave syrup for regular house syrup for \$1.	
Blue Corn Waffle Boat—Hot	\$5.50
Freshly-baked blue corn waffle boat filled with scrambled eggs and topped with cheese and house red or green chile. Add our house-made carne adovada for \$1.25.	
The Tia B. Breakfast Bowl	\$7.00
A giant bowl of papas and Fritos topped with carne adovada and two fried eggs smothered in red or green.	
The Migas Plate	\$6.75
Shredded blue corn tortillas scrambled with eggs, onion, and tomato and topped with red or green chile and cheese and served with beans and potatoes. Add carne adovada, bacon, ham or sausage for \$1.25.	
The Veggie Scramble (Vegetarian)	
Fresh eggs scrambled with asparagus, mushroom, tomato, onion, and cheese served with papas and toast or tortilla and a side of green, red, vegetarian green, or vegetarian red	
Almost Gringo Breakfast	\$6.50
Two eggs, toast or tortilla, papas, choice of bacon, ham, sausage, or carne adovada, a side of fruit, and a side of red or green.	
Atole	
Drinkable sweet blue corn porridge seasoned with cinnamon and vanilla and served hot. 8 oz. \$2.25 or 16 oz. \$3.25.	
Yogurt Parfait	\$4.00
House-made almond-cardamom granola, yogurt, and fresh fruit.	
Bagel	\$2.00
Toasted bagel with butter or cream cheese.	

Open weekdays 7 a.m. to 2 p.m.,
weekends 9 a.m. to 2 p.m.



New Mexican Food

Carne Tacos	\$7.00
Three blue corn tortillas loaded with carne adovada, cheese, tomato, onion and red or green. Served open-face with beans and papas.	
Pollo Tacos	\$7.00
Three blue corn tortillas loaded with house-stewed chicken, cheese, tomato, onion, and red or green. Served open face with beans and papas.	
Calabacitas Tacos (Vegetarian)	\$6.50
Three blue corn tortillas loaded with house-made calabacitas, cheese, tomato, onion, and vegetarian red or green. Served open face with vegetarian beans and papas.	
The Tamale Boat	\$6.00
A grilled tamale served over a bed of Fritos, covered in Tia's house-made red chile and topped with lettuce, tomato, and onion.	
The Veggie Tamale Boat (Vegetarian)	\$6.50
Same as above but with a vegan tamale and vegetarian red or green chile.	
The Big Carne Burrito	\$6.50
Carne adovada, beans, papas, cheese, lettuce, onion, and tomato in a big 12" grilled tortilla and smothered in red or green.	
The Big Chicken Burrito	\$6.50
House-stewed chicken, beans, papas, cheese, lettuce, onion, and tomato in a 12" grilled tortilla smothered in red or green.	
The Big Calabacitas Burrito (Vegetarian)	\$6.00
Calabacitas, vegetarian beans, papas, cheese, lettuce, onion, and tomato in a big 12" grilled tortilla and smothered in vegetarian red or green.	
The Michelle Bowl	\$5.00
A 24 oz. bowl of pinto beans and papas topped with our house green or red and served with a hot tortilla or crackers.	
The Big Posole Bowl	\$6.00
A 24 oz. bowl of posole slow-cooked with pork and topped with chopped onions and house red or green chile. Served with a lemon wedge and your choice of a grilled tortilla or crackers	
The Green Chile Chicken Stew Bowl	\$6.50
A 24 oz. bowl of our house-made green chile chicken stew with papas, corn, black beans, and green chile. Served with a grilled tortilla.	
Our Famous Giant Frito Pie	\$4.50
The Chevy	\$5.50
Fritos, cheese, green or red chile, onions, tomato, and lettuce	
The Buick	\$6.50
Same as above but with beans added	
The Cadillac	\$7.50
Same as above but with carne adovada on top	
The Low-Rider Cadillac	\$7.50
Same as above and two fried eggs on top, all smothered in red or green chile..a full meal!	
The Yellow Low-Rider Cadillac (Vegetarian)	\$6.50
Same as above but with vegetarian beans, calabacitas, and vegetarian red or green	
The V.W. Bug (for smaller appetites)	\$3.50
Just like the Chevy but smaller (12 oz.)	

Free FAST wireless internet access

Sandwiches

All sandwiches are available in a house-baked French loaf *OR* a plain, tomato-basil, or spinach tortilla wrap.

Type	Sandwich	6"	12"
Chicken	Curry Chicken Salad: Chicken, grapes, almond, celery, mint, yogurt, and mayo lightly seasoned with curry powder	\$6.25	\$7.50
Turkey	Turkey Cranberry: Smoked turkey, cranberry sauce, cream cheese, and greens	\$6.25	\$7.50
Tuna	Tuna Niçoise: Herb and lemon-juice-marinated albacore tuna, hard-boiled egg, olives, olive oil and asparagus. No mayo.	\$7.00	\$8.25
Pork	The Original New Mexico Po' Boy: Betty exclusive - house-made carne adovada, cheese, onions, lettuce, Fritos, and pickled jalapeño	A Tia \$6.25	\$7.50
	Apple, Ham, and Cheddar: Smoked ham, cheddar, lettuce, and apple butter	\$6.25	\$7.50
Beef	Roast Beef and Greens: Roast beef, smoked cheddar, lots of green chile and onion.	\$6.50	\$7.75
Vegetarian	Asparagus: Grilled asparagus, Swiss cheese, Romano cheese, lettuce, onion, and garlic.	\$6.00	\$7.25
Vegan	Mediterranean: Red chile hummus, cucumbers, greens, lemon, and onion	\$5.50	\$6.75

Included: All sandwiches come with your choice of: potato chips, red chile potatoe chips, sliced jicama, or potato salad.

Sides

Green Chile Stew - 12 oz. bowls plus a hot tortilla	\$3.50
Posole - 12 oz. bowls plus a hot tortilla or crackers	\$3.50
Calabacitas - 8 oz. bowl	\$3.00
Beans and Papas - A 12 oz. bowl with cheese, red or green, and a hot tortilla	\$3.50

★ = Available as a salad

Over 100 types of retro, vintage, rare, and novel glass-bottled sodas



Beverages

Coffee and Tea—Hot

Brewed Coffee (Free Refills)	\$2.00
Americano	\$2.25
Latte	\$3.00
Chai Latte	\$3.00
Flavored Lattes: Mocha, Cinnamon, Vanilla, Caramel, or Azteca	\$3.50
Cappuccino (8 oz cup)	\$2.50
Espresso (8 oz cup)	\$2.00
Breve (8 oz cup)	\$2.50
Hot Tea	\$1.50
Add: Whipped Cream	.75
Add: Extra Shot	.50
Substitute: Soy Milk	.75

Coffee and Tea—Cold

Iced Brewed Coffee	\$2.00
Iced Americano	\$2.25
Iced Latte (Any Flavor)	\$3.50
Iced Tea (Freshly Brewed)	\$2.00

Fountain Drinks (16 oz) \$1.50

Other Drinks

Specialty Bottled Sodas	\$2.50
Orange Juice (16 oz.)	\$2.00
Milk (16 oz.)	\$2.00

Kid's Menu

Breakfast

- The Kid's Burrito**
An 8" grilled tortilla filled with egg, potato, cheese, catsup and a side of fruit. \$4
- The Mickey Mouse Pancake**
A hearty whole-grain pancake with a side of fruit. \$4
- The Little Betty**
One egg, potatoes or beans, toast, 1 slice of bacon and a side of fruit. \$4
- The Mighty Betty**
Two eggs, potatoes or beans, toast, 2 slices of bacon and a side of fruit. \$5

Lunch

- The Quesadilla**
Two grilled 8" tortillas stuffed with cheese, chicken, or ham served with chips or fruit. \$5
- The Burrito**
Beans, potatoes, and cheese in an 8" tortilla served with chips or fruit \$5
- The Kid's Dog**
A grilled hot dog served with chips or fruit. \$4



ABOUT US

The idea behind Tia B's is straightforward: to offer our own version of foods reminiscent of Northern New Mexican cooking as it existed decades ago, before restaurants started making their chile so mild you hardly knew you were eating it and before carne adovada, posole, and red chile were commodities that restaurant owners purchased pre-made in a box or can, and microwaved before serving.

We make most of our food right here, from scratch, every day. We make the carne adovada from fresh (never frozen) pork sirloin and New Mexico red chile. Same with the posole. Our papas and potato salad are made from fresh whole potatoes. We make our red chile from freshly ground pork, garlic, and extra-hot red New Mexico chile powder. Our frijoles are made from Estancia-grown pinto beans with pork, garlic, salt, and nothing more. Our waffles are made using New Mexico-grown organic blue corn and fresh buttermilk, and our atole from roasted organic blue corn meal and cinnamon. We use real whole eggs too—not some weird liquefied egg-like product.

Sometimes we run out of stuff. Because we are a small restaurant, and because most of what we serve is made from scratch every day in small batches, by the end of the day we may be out of a few items.

Your dietary preferences and restrictions are important to us. If you are a vegetarian, vegan, lactose intolerant, or gluten intolerant, please let us know. We can suggest options and often customize meals to suit your requirements. Don't hesitate. We like doing this.

We appreciate your business and hope to see you often.

Tia Betty Blue's

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TiaBettyBlues.com