

## Breakfast (Served All Day)

Vegetarian and gluten-free chile available on request.

<b>Breakfast Burrito or Sandwich</b> Eggs, papas, cheddar, and red or green in a 12" grilled tortilla or a 6" buttered loaf. Add carne adovada, bacon, ham or sausage for \$1.50. Get it "smothered" for \$1 more.	<b>\$4.00</b>
<b>Breakfast Taco Plate</b> Three blue corn tortillas filled with eggs, carne adovada, cheese, onion, red or green chile, and tomato. Served with beans and papas	<b>\$8.00</b>
<b>Huevos Rancheros</b> Two large eggs any style over two blue corn tortillas, served with grilled seasoned papas, pintos, a flour tortilla, and a flood of our celebrated red chile, green chile, or both. Add meat (succulent carne adovada, bacon, ham, or sausage) or calabacitas for \$1.50 House-made carne adovada-	<b>\$6.50</b>
Calabacitas (summer squash, corn, green chile) <b>(Vegetarian) \$1.00</b>	
<b>Blue Corn Waffle Boats</b> <b>Sweets:</b> 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. Make it a double (two waffle boats) for only \$3 more. Can be made gluten-free on request. <b>Hot:</b> 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 Make it a double (two waffle boats) for only \$3 more. Can be made gluten-free and or vegetarian on request.	<b>\$6.50</b>
<b>The Tia B. Breakfast Bowl</b> A giant bowl of papas and Fritos topped carne adovada and two eggs and then smothered in red, green, or both. Can be made gluten-free on request.	<b>\$7.50</b>
<b>Breakfast Enchiladas</b> Two white or blue corn tortillas layered with cheese and red or green, topped with two eggs, and smothered. Served with papas and beans.	<b>\$8.00</b>
<b>Breakfast Tostada</b> A giant bowl of fresh mixed greens topped with a white or blue corn tortilla, beans, bacon, and eggs, smothered in red or green and topped with cheese and avocado.	<b>\$8.50</b>
<b>The Migas Plate</b> Shredded blue corn tortillas scrambled eggs, onion, and tomato and topped with red or green and cheese and served with beans and potatoes.	<b>\$7.00</b>
<b>Almost Gringo Breakfast</b> Two eggs, toast or tortilla, potatoes, bacon, ham, or carne adovada, fruit, and a side of red or green.	<b>\$7.50</b>
<b>Atole:</b> Drinkable sweet blue corn porridge seasoned with cinnamon and vanilla and served hot. 8 oz. <b>\$2.25</b> or 16 oz. <b>\$3.25</b>	
<b>Yogurt Parfait</b> House-made almond cardamom granola, yogurt and fresh fruit	<b>\$4.00</b>

Open weekdays 7 a.m. to 2 p.m.,  
weekends 8 a.m. to 2 p.m.



## New Mexican Food

Vegetarian and gluten-free chile available on request.

**TACOS:** Three white or blue corn tortillas, filling, cheese, tomato, onion and red or green chile. Served open face with beans and papas.

- ◆ **Carne Adovada**-\$8
- ◆ **Chicken**-\$8
- ◆ **Calabacitas (Vegetarian)**-\$7.50
- ◆ **Sampler (1 carne, 1 Chicken, 1 Calabacitas)**-\$8

**BURRITOS:** Beans, potatoes, cheese, lettuce, onion, and tomato in a big 12" grilled tortilla smothered in red or green chile.

- ◆ **Carne Adovada**-\$8
- ◆ **Chicken**-\$8
- ◆ **Calabacitas (Vegetarian)**-\$7.50

**BOWLS:** 12 oz. \$4.00/24 oz. \$6.50

- ◆ **The Michelle:** beans, papas, chile, cheese and a grilled tortilla
- ◆ **Posole:** posole, pork, chile, served with onion, a grilled tortilla, and lemon
- ◆ **Traditional Green Chile Chicken Stew:** served with a grilled tortilla

**GIANT FRITO PIES:** Fritos and cheese smothered in red or green chile, garnished with lettuce, onions and tomatoes.

Size	Full	Half
Full	\$6.00	\$3.50
<b>Add</b>		
Beans	\$1.00	\$.75
Carne Adovada	\$1.50	\$1.00
Calabacitas	\$1.00	\$.75
Chicken	\$1.50	\$1.00

**TAMALE PLATE:** Two three oz. tamales smothered in red or green with beans, papas, and calabacitas.

- ◆ **Pork**-\$8.50
- ◆ **Vegan (squash, black beans, corn) (Vegetarian)**-\$8.50

**ENCHILADA PLATE:** A stack of three blue or white corn tortillas layered with cheese and chile, smothered in red or green chile, garnished with onion, tomatoes, and lettuce, served with beans and papas. \$8.00. Add:

- ◆ **Chicken**-\$1.50
- ◆ **Carne Adovada**-\$1.50
- ◆ **Calabacitas (Vegetarian)**-\$1.00

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## Sandwiches, Soups and Salads

### Salads

**The Tia B. Cobb:** Grilled ham, chopped chicken, hardboiled eggs, tomatoes, avocado, and crispy blue corn tortilla strips on a bed of greens dressed in our house lime vinaigrette and topped with blue cheese and crispy bacon. **\$9**

**Strawberry Avocado Spinach:** Baby spinach topped with fresh berries, diced avocado, sliced almonds, blue cheese, and a sweet, house-made, poppy seed vinaigrette. **\$8**

**The Wedge:** Iceberg wedge with chopped avocado, hardboiled egg, crispy bacon, mushroom, tomato, blue cheese and house-made blue cheese dressing. **\$8**

**The Mediterranean:** Romaine and mixed greens topped with humus, cucumber, grape tomatoes, Kalamata olives, and walnuts. Served with house-made Greek style dressing. **\$8**

### Sandwiches

Pork



**The Original New Mexico Po' Boy:**

A Tia Betty exclusive - house-made carne adovada, cheese, onions, lettuce, Fritos, and pickled jalapeño **\$8.00**

Turkey

**Green Chile Turkey:** Grilled turkey, cheddar and green chile. **\$7**

Turkey

**Turkey Cranberry:** Smoked turkey, cranberry sauce, cream cheese, and greens. **\$7**

Ham

**Apple, Ham, and Cheddar:** Smoked ham, cheddar, lettuce, and apple butter. **\$7**

Beef

**Roast Beef and Green:** Roast beef, smoked cheddar, generous house green chile, lettuce, and onion. **\$7.50**

Vegetarian

**Asparagus:** Grilled asparagus, Swiss cheese, Romano cheese, lettuce, onion, and garlic. **\$7.50**

Vegan

**Mediterranean:** Red chile hummus, cucumbers, greens, lemon, olive oil and onion. **\$7.00**

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

### Soup

**Posole:** House-cooked hominy, pork, chile pods and your choice of red or green and a hot tortilla. Small \$4.00. Large \$6.50

**Green Chile Chicken Stew:** Green chile, chicken, papas, chicken stock and not much else served with a hot tortilla. Small \$4.00. Large \$6.50

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# Beverages

## Coffee and Tea—Hot

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

## Coffee and Tea—Cold

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

## Fountain Drinks (Free Refills) **\$2.00**

## Other Drinks

Specialty Bottled Sodas	<b>\$2.50</b>
Orange Juice	<b>\$2.25</b>
Milk (16 oz.)	<b>\$2.00</b>

## Kid's Menu

### Breakfast

#### Kid's Burrito

An 8" grilled tortilla filled with egg, potatoes, cheese, ketchup, and a side of fruit. **\$4.25**

#### The Mickey Mouse Pancake

A special decorated whole-grain pancake with a side of fruit. **\$4.25**

#### The Little Betty

One egg, potatoes, toast, 1 slice of bacon. **\$4.00**

### Lunch

#### The Quesadilla

A folded 12" tortilla stuffed with grilled chicken or ham and cheese and served with a side of potato salad, fruit, or chips. **\$4.25**

#### The Burrito

Beans, potatoes, and cheese in an 8" tortilla served with chips, potato salad, or fruit. **\$4.50**

#### Ham and Cheese Sandwich

A 3" ham and cheese sandwich served with choice of fruit, chips, or potato salad. **\$4.00**



# 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

# Tia Betty Blues

## New Mexican Cafe



**Fresh made-from-scratch New Mexican cooking**

# 1248 San Mateo SE

# (505) 268-1955

# TiaBettyBlues.com

# Facebook.com/TiaBettyBlues