

**SALADS (CONTINUED)**

**Hopeful Heart Salad 8.89**

Organic mixed greens, arugula, grapefruit slices, strawberries, heirloom tomatoes, red onion, toasted almonds, grilled chicken, red beet dressing and beet-parsnip chips.

**Salmon Chopped Kale Salad 10.39**

Kale, quinoa, diced avocado, cucumber, jalapeno and grilled salmon tossed in lemon thyme vinaigrette. Served with lime wedges. A refreshing summer time salad!

**HOUSE MADE DRESSINGS**

Single 2oz serving .99  
Double 4oz serving 1.29

**Beet Dressing**

**Chipotle Ranch**

**Lemon Thyme Vinaigrette**



**Lime Cesar Dressing**

**Ranch**

**BEVERAGES**

**FOUNTAIN DRINKS**

16oz 1.69  
20oz 1.79  
24oz 1.89

**SMOOTHIES**

All smoothies are 16oz

**Orange You Glad 4.19**

Greek Yogurt, coconut milk, fresh orange and pineapple, banana, orange zest and a drizzle of honey.



**Energized Monkey 4.29**

**This one will give you the energy you need!**

Greek yogurt, almond milk, banana, kale, strawberries and a drizzle of honey.

**Banana Ginger 4.79**

Greek yogurt, soy milk, banana, strawberries, chocolate sauce, fresh ginger and a drizzle of honey.

**Happy Heart 5.69**

Greek yogurt, coconut milk, fresh strawberries, blueberries, pineapple and kiwi.

**Sandia Sunset 5.89**

Greek yogurt, coconut milk, fresh strawberries, blueberries, banana, mango puree and a drizzle of honey.

**SIDE OPTIONS**

A single serving is 2oz, a double serving is 4oz

**House made chips 2.99**

**Shoestring Fries 1.99**

**Fruit Salad 1.99**

**Kale Salad 2.19**

**Jalapeños .49**

**Chopped Green Chile .79**

**Cheese .99**

**Bacon 1.29**

**Avocado 1.99**

**Green Chile Sauce** Single .99

Double 1.59

**Red Chile Sauce** Single .99

Double 1.59



happy heart BISTRO is managed by The University of New Mexico Hospitals. The mission is to provide healthy and flavorful meals that aid in mental and physical well-being.

Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

At happy heart BISTRO we specialize in house made fare using organic locally grown produce. Our innovative and delicious food combinations are a fresh culinary escape!

**BREAKFAST**

happy heart BISTRO proudly serves: Cage-free eggs • organic spring mix • organic apples and bananas • produce from local farms • local Einstein bagels • all-natural chicken • all-natural ham and pastrami • chemical-free salmon • Tillamook Sharp Cheddar Cheese • all-natural multigrain bread • Non-GMO sourdough • all-natural potato buns

**BREAKFAST SANDWICHES**

**Ham and Cheese Croissant 4.89**

Smoked ham, cage-free egg (any style), Swiss cheese and sharp cheddar on a toasted croissant.

**Southern Breakfast Sandwich 6.09**

Hand battered fried chicken breast on a house made waffle. Topped with arugula, sharp cheddar, and drizzled with warm maple syrup.

**Desert Sunrise 7.79**

Want something filling without the extra calories? Toasted sourdough with guacamole, cage-free boiled egg and chipotle crema. Served with a bed of arugula and house made pickled watermelon radish.

**BAGEL SANDWICHES**

**Italian Blueberry Delight! 5.59**

An absolute delight! Warm mascarpone and brie cheese with sweet blueberries, served on a toasted blueberry bagel.

**Breakfast Grilled Cheese 5.59**

**Not your average grilled cheese!** Two over-medium cage-free eggs, pesto, arugula, and goat cheese between two toasted slices of multigrain bread.

**Bagel Breakfast Sandwich**

Cage-free egg (any style), your choice of meat, sharp cheddar, on a toasted green chile bagel.



**TOP IT**

THE WAY YOU LIKE IT

**Bagel Breakfast Choices**

Turkey Sausage 5.59  
Turkey Bacon 5.69  
Sausage 5.89  
Bacon 5.79

Breakfast menu continues inside

## BREAKFAST BURRITOS

### Verde Breakfast Burrito

Scrambled cage-free eggs, your choice of meat, hash browns, sharp cheddar cheese and green chile sauce bundled in a flour tortilla (1/2lb).

### Rojo Breakfast Burrito

Scrambled cage-free eggs, your choice of meat, hash browns, sharp cheddar cheese and red chile sauce bundled in a flour tortilla (1/2lb).

**TOP IT**  
THE WAY YOU LIKE IT

#### Verde & Rojo Burrito Choices

Turkey Sausage	4.19
Turkey Bacon	4.29
Sausage	4.59
Bacon	4.49

### Vegetarian Burrito 5.19

Local farm grown zucchini and squash, roasted corn, black beans, onion, tomato and sharp cheddar cheese, all bundled in a flour tortilla. Served with a side of house made salsa.

## BREAKFAST BOWLS

### Southwest Tofu Scramble 7.19

Seasoned tofu, roasted local zucchini, roasted corn and shredded sharp cheddar. Served with cauliflower hash browns and a side of house made salsa.

### Lobo Eggs Benedict 7.29

Two cage-free poached eggs, served over sautéed kale, sliced tomatoes, toasted sourdough topped with a green chile hollandaise sauce. Served with a side of black beans.



### Hearty Breakfast Bowl

Two cage-free eggs (any style), your choice of meat, hash browns and shredded sharp cheddar. Served with a side of seasoned black beans.

#### Breakfast Bowl Choices

Turkey Sausage	5.09
Turkey Bacon	5.19
Sausage	5.39
Bacon	5.29

### Acai Energy Bowl 6.39

Acai berries are blended with soy milk, layered with house made coconut almond granola Greek yogurt, blueberries and bananas then drizzled with honey.

Add kiwi .50

### ABQ Sunrise Parfait 5.99

Delicious Greek yogurt mixed with chia seeds, and layered with house made coconut almond granola, fresh mango puree and sliced strawberries.

### Slice of Autumn Roasted Quiche 4.89

Cage-free eggs, arugula, autumn roasted green chile, turkey bacon, tomato and sharp cheddar, baked in a delicious pie crust. Served with a side of fruit.

### Strawberry French Toast Bake

Challah bread dipped in a cinnamon nutmeg batter then toasted on the griddle. Topped with a warm strawberry raspberry puree and a swirl of homemade whipped cream. Served with choice of side meat.



#### French Toast Side Choices

Turkey Sausage	6.79
Turkey Bacon	6.19
Sausage	7.49
Bacon	6.29

## BREAKFAST SIDES

A single serving is 2oz, a double serving is 4oz

### Cauliflower Hash browns 2.79

Hash browns with a twist! Minced cauliflower, onion and cheddar cheese

### Regular Hash browns 1.89

### Fruit Salad 1.99

### Kale Salad 2.19

### House Made Salsa

Single .99

Double 1.59

### Green Sauce or Red Sauce

Single .99

Double 1.59

## LUNCH

## SOUPS

One House Soup and 1 Soup Du Jour, every week. Small is 8oz, medium is 12oz.

### House Soup: Abuelita's (Grandma's) Beef Caldo

Ground beef, green chile, yellow onion, potatoes and a lot of LOVE! Served with a tortilla.

Small 2.79

Medium 4.29

### Soup Du Jour: Heirloom Tomato Bisque

Slow cooked heirloom tomatoes, coconut milk, yellow onion, and sprinkled with parmesan cheese. Served with a slice of toasted sourdough.

Small 4.69

Medium 6.59

## COLD SANDWICHES

All cold and hot sandwiches come with french fries and a dill pickle.

Upgrade to House Made Potato Chips .99



### Chicken Salad Pita Pocket 8.09

Fresh all-natural chicken, apple, grapes, toasted walnuts, organic spring mix and a tomato served inside a toasted pita pocket.

### Tuna Parmesan Sandwich 7.99

Fresh made tuna salad mixed with red bell pepper, cucumber and parmesan. Topped with arugula and sliced tomatoes on multigrain bread.

### Vegan Club 8.19

English cucumber, avocado, sliced tomatoes, local grown radish sprouts, house made pickled watermelon radish, with house made red bell pepper hummus spread on multigrain bread.

### Sundried Tomato Pesto Club 10.49

Toasted sourdough bread piled high with smoked ham and turkey, bacon, avocado, organic spring mix, tomato, sharp cheddar cheese and sundried tomato pesto mayonnaise.

## HOT SANDWICHES

### Artichoke Grilled Cheese 6.89

**Like spinach artichoke dip!**

A warm arugula artichoke spread and provolone cheese on grilled sourdough bread.

### Cuban Ruben 7.59

Sliced pastrami and smoked ham, Swiss cheese, on Rye bread. All topped with house made sauerkraut and thousand island.



### Grilled Turkey and Brie 8.09

**This is an absolute MUST try!**

Smoked turkey breast, melted brie cheese and a house made apple chutney served on toasted sourdough bread.

### Curry Chicken Sandwich 8.59

Grilled chicken breast marinated in yellow curry, topped with sharp cheddar, coleslaw, local grown radish sprouts, cucumber and red onion, served on toasted sourdough bread.

## AMERICAN CLASSICS

### Sundried Tomato Mac N' Cheese 6.49

Bow tie pasta, sundried tomatoes, goat cheese and sharp cheddar cheese. Sprinkled with parmesan breadcrumbs and baked to perfection.

### Fish and Chips 7.69

Battered parmesan basil cod, served with a lemon basil tartar sauce, lemon wedges, house made chips and a dill pickle.

### Chipotle Honey Chicken Crispers 8.39

Light and crispy house made hand battered chicken strips tossed in chipotle honey glaze. Served with a house made chipotle ranch and French fries.

### Old Fashioned Burger 7.79

A fresh 6oz steakhouse seasoned beef patty on a toasted potato bun, topped with sharp cheddar cheese, organic spring mix, tomato and red onion. French fries and dill pickle on the side.

### Taos Mountain Burger 8.29

A fresh 6oz steakhouse seasoned beef patty on a toasted potato bun, topped with caramelized onion, blue cheese and a sweet balsamic reduction. French fries and dill pickle on the side.



### Beyond Veggie Burger 8.19

A delicious, 100% plant-protein (red beets, coconut and bamboo) patty on a toasted potato bun, topped with provolone cheese, organic spring mix, tomato, red onion and chipotle beet mayonnaise. French fries and dill pickle on the side.

## SALADS

Salads are hand tossed and made to order

### Kale Caesar Salad 7.19

Fresh kale, romaine lettuce, mini heirloom tomatoes, shredded parmesan, grilled chicken, house made croutons and house made lime Caesar dressing.

### Southwestern Cobb 8.39

Organic mixed greens and arugula, avocado, tomato, jalapeno, black beans, red bell pepper, shredded cheese, cage-free boiled egg, bacon bits and grilled chicken. Tossed in a chipotle ranch and topped with sweet corn kahiage (croutons).