

A Restaurant Guide

B=breakfast; L=lunch, D=dinner
\$=under \$10; \$\$=\$10-20; \$\$\$=over \$20

Walking Distance of Hyatt Regency Downtown

Anatolia Turkish & Mediterranean Restaurant (L/D) \$-\$\$

Mediterranean, Turkish, Vegetarian

313 Central Ave NW

(505) 242-6718

Mon: 11am-2pm

Tues-Fri: 11am-8pm

Sat: 12pm-9am

Sun: closed

*Vegetarian items – yes

*MSG free – yes

*Gluten free – yes

<http://places.singleplatform.com/anatolia-turkish-mediterranean-grill/menu?ref=google>

Asian Noodle Bar (L/D) \$-\$\$

Asian

318 Central Ave SW

(505) 224-9119

Mon-Thurs: 11am-9:30pm

Fri: 11am-11pm

Sat: 12pm-11pm

Sun: closed

*Vegetarian items – yes

*MSG free – yes

*Gluten free – yes

http://www.asiannoodlebar.com/index.php?option=com_phocamenu&view=breakfastmenu&Itemid=10

Café Lush (B/L) \$-\$\$

American, Organic Cafe

700 Tijeras Ave NW

(505)-508-0164

Mon-Fri: 7am-2:30pm

Sat: 8am-1pm (brunch)

Sun: closed

*Vegetarian items – yes

*MSG free – yes

*Gluten free – yes

<http://www.cafelushabq.com/>

(Visit the above link and click on menu)

Cecilia's Café (B/L) \$-\$\$

Traditional New Mexican

230 6th St. SW

(505) 243-7070

Mon-Fri: 7am-2pm

Sat-Sun: 7am-3pm

Sun: closed

*Vegetarian items – yes, but very limited

*MSG free – yes

*Gluten free – no

https://ceciliascafe.files.wordpress.com/2014/12/cecilia_menu_new_v2.pdf

El Capo (L/D) \$-\$\$

Italian

722 Central Ave SW

(505) 242-2006

Mon-Thurs & Sun: 11am-9pm

Fri-Sat: 11am-10pm

Sun: closed

*Vegetarian items – yes, but limited

*MSG free – yes (most items)

*Gluten free – yes

<http://www.villadicapo.com/Menu/Menus.htm>

Gold Street Café (B/L/D) \$-\$\$

Cafe

218 Gold Street SW

(505)-765-1633

Sun-Wed: 8am-3pm (B/L only)

Thurs-Sat: 8am-3:30pm; 4-8pm

*Vegetarian items – yes

*MSG free – yes

*Gluten free – yes, but limited

<http://www.goldstreetcaffe.com/menu.html>

Le Troquet (L/D) \$-\$\$

French

228 Gold Ave SW

(505) 508-1166

Mon-Sat: 11am-2pm; 5pm-9pm

Sun: closed

*Vegetarian items – yes

*MSG free – yes

*Gluten free – yes

<http://www.abqfrenchrestaurant.com/wp-content/uploads/2012/08/Menu.jpg>

Lindy's Café (B/L/D) \$-\$\$

American Cafe

500 Central Ave NW

(505) 242-2582
Sun-Thurs: 8am-7pm
Fri-Sat: 8am-3am
*Vegetarian items – yes, but limited
*MSG free – unknown
*Gluten free – no
(No website)

Marble Brewery (L/D) \$-\$\$

Brew pub

111 Marble Ave NW

(505) 243-2739

Mon-Sat: 12pm–12am

Sun: 12pm–10:30pm

*Vegetarian items – yes, but limited

*MSG free – yes

*Gluten free – yes, but limited

<https://locu.com/places/marble-brewery-albuquerque-us/#menu>

(Food trucks are parked in front of **Marble Brewery** -111 Marble Ave NW. For more information, please visit the following link.)

<http://www.marblebrewery.com/loc/abq-downtown/>

Mas Tapas at Hotel Andaluz (B/L/D) \$\$-\$\$\$

Restaurant and Tapas Bar

125 2nd St NW

(505) 923-9080

Sun-Thurs: 7am-9:30pm

Fri-Sat: 7am-10pm

*Vegetarian items –yes

*MSG free – yes

*Gluten free – yes

<http://www.hotelandaluz.com/mas-tapas-y-vino/>

New York Pizza Dept (L/D) \$-\$\$

Pizza, pasta

215 Central Ave NW

(505) 766-6973

Sun-Wed: 11am-10pm

Thurs-Sat: 11am-12am

*Vegetarian items – yes

*MSG free – yes

*Gluten free – yes, 10 inch crust option and chicken wings

<http://places.singleplatform.com/jcs-new-york-pizza-department/menu?ref=google>

(This is a website for the Las Vegas menu, but it is the same as the menu in ABQ-use the above phone #)

Q Burger (L/D) \$-\$\$

Burgers

301 Central Ave NW

(505) 224-2747

Mon-Thurs: 11am-10pm

Fri-Sat: 11am-11pm

Sun: 12-9pm

*Vegetarian items – yes, but limited

*MSG free except white cheese sauce

*Gluten free – yes, gluten-free bun

<http://www.qburgerabq.com/#!food-menu/c42f>

Tucanos Brazilian Grill (L/D) \$\$-\$\$\$

Brazilian Grill

110 Central Ave SW

(505) 246-9900

Mon-Thurs: 11am-10pm

Fri-Sat: 11am-11pm

Sun: 11am-9pm

*Vegetarian items – yes, but limited

*MSG free – yes

*Gluten free – yes, items indicated by sign in restaurant

<https://www.tucanos.com/menu/albuquerque-menu.html>

Sushi King (L/D) \$-\$\$

Sushi/Noodles

118 Central Ave SW

(505) 842-5099

Mon-Thurs: 11am-9:30pm

Fri: 11am-11pm

Sat: 12pm-11pm

Sun: 12pm-9:30pm

*Vegetarian items – yes

*MSG free – yes

*Gluten free – very limited

<https://locu.com/places/sushi-king-albuquerque-us/#menu>

http://media.wix.com/ugd/8fd433_aadb31dfa7c342a1b1acb7481a204389.pdf

http://media.wix.com/ugd/8fd433_8723bb7e96f849428cfa2755d8c562b0.pdf

Sushi Hana (L/D) \$-\$\$

Japanese

521 Central Ave NW #A

(505) 842-8700

Mon-Fri: 11am-9:30pm

Sat: 12pm-10pm

Sun: 4pm-9pm

*Vegetarian items – yes

*MSG free – no

*Gluten free – yes, but limited (sauce has gluten)

<http://www.sushihanam.com/images/menu/bwhappyhour.pdf>

<http://www.sushihanam.com/images/menu/bwregular%20%281%29.pdf>

Zohras (B/L) \$-\$\$

Greek/Mediterranean
20 First Plaza NW #246
(505) 247-2323
Mon-Fri: 7:30am-4pm
Sat & Sun: closed
*Vegetarian items – yes
*MSG free – yes
*Gluten free – yes, but limited
<http://www.zohras.net/menu.php>

East of Downtown

Apothecary Lounge at Hotel Parq (D) \$-\$\$

Bar
806 Central Ave SE
(505) 242-0040
Mon-Sun: 5:30pm-12am
Limited menu, appetizers
*Vegetarian items – yes, but limited
*MSG free - yes
*Gluten free – yes, but limited
<http://cdn1.buuteeq.com/upload/14475/apothecary-fall-menu.pdf>

Route 66 Diner (B/L/D) \$

Class burgers
1405 Central Ave NE
(505) 247-1421
Mon-Thurs: 11am-10pm
Fri: 11am-11pm
Sat: 8am-11pm
Sun: 8am-10pm
*Vegetarian – yes, veggie burgers
*MSG free – probably
*Gluten free – yes, gluten-free bun
<http://www.66diner.com/breakfast.html>
<http://www.66diner.com/our-menu.html>

North of Downtown

Pueblo Harvest Café at the Indian Pueblo Cultural Center (B/L/D) \$-\$\$\$

Pueblo & Southwestern Fusion Cuisine
2401 12th St NW
(505) 724-3510
Mon-Sat: 7am–9pm
Sun: 7am–4pm
*Vegetarian items – yes, but limited

*MSG free – yes

*Gluten free – yes, but limited

<http://www.puebloharvestcafe.com/menus/>

South of Downtown

M'tucci's Concina Grill at the National Hispanic Cultural Center (L/D) \$-\$\$\$

M'tucci's Italian

1701 4th St SW

(505) 242-3564

Fri: 11am - 8pm

Mon-Thurs & Sat-Sun: closed

*Vegetarian items – yes

*MSG free – yes

*Gluten free – yes

<http://www.mtuccis.com/lunch-menu/>

<http://www.mtuccis.com/dinner-menu/>

Old Town

Church Street Café (B/L/D) \$-\$\$

Traditional New Mexican cuisine

2111 Church St. NW

(505) 247-8522

Mon-Sat: 8am-9pm

Sun: 8am-4pm

*Vegetarian items – yes

*MSG free – yes, ask for special menu

*Gluten free – yes, ask for special menu

<https://www.churchstreetcafe.com/images/menu/Church-St-Cafe-Menu.pdf>

Seasons Rotisserie & Grill (L/D) \$\$-\$\$\$

Continental

2031 Mountain Road NW

(505) 766-5100

Mon-Fri: 11:30am-2pm; 4-10pm

Sat-Sun: 4-10pm

*Vegetarian items – yes

*MSG free – yes

*Gluten free – yes

<http://seasonsabq.com/menu/>

St. Clair (L/D) \$\$-\$\$\$

Bistro/French country cuisine

901 Rio Grande Blvd NW

(505) 243-9916

Sun-Thurs: 11am-9pm

Fri-Sat: 11am-10pm

*Vegetarian items – yes

*MSG free – yes

*Gluten free – yes

<http://www.stclairwinery.com/wp-content/uploads/2016/11/alb-and-las-cruces-lunch-menu.pdf>

<http://www.stclairwinery.com/wp-content/uploads/2016/11/Alb-and-Las-Cruces-Menu.pdf>

Nob Hill Area

Canvas Artistry (L/D) \$-\$\$

International street food

3120 Central Ave SE

(505) 639-5214

Mon: Closed

Tue-Thurs: 4pm-2am

Fri-Sat: 12pm-2am

Sun: 2pm-12am

*Vegetarian items – yes, but limited

*MSG free – yes

*Gluten free – yes

<https://canvas-artistry.com/menu?v=89d269ea9f2e>

Elaine's Wine Bar and Eatery (D) \$-\$\$\$

Elegant, Classic

3503 Central Ave NE

(505) 433-4782

Mon: closed

Tue-Sat: 5pm-10pm

Sun-Mon: closed

*Vegetarian items – yes

*MSG free – yes

*Gluten free – upon request

<http://www.elainesnobhill.com/menu>

Gecko's Nob Hill (L/D) \$

Bar & Tapas

3500 Central Ave SE

(505) 262-1848

Sun-Thurs & Sun: 11am-11pm

Fri-Sat: 11am-12am

*Vegetarian – yes

*MSG free – yes

*Gluten free – yes

<http://www.geckosbar.com/menu.html>

Kelly's (B/L/D) \$-\$\$

Sports bar & Brew pub

3222 Central Ave SE

(505) 262-2739

Sun-Thurs: 8am–10pm

Fri-Sat: 8am–11pm

Sun: 8am–10pm

*Vegetarian – yes, but limited (veggie burger)

*MSG free – probably

*Gluten free – yes, but limited (salads)

<http://www.kellysbrewpub.com/wp-content/uploads/Kellys-Breakfast-Menu.pdf>

<http://www.kellysbrewpub.com/wp-content/uploads/Kellys-Menu.pdf>

Monte Vista Fire Station Restaurant (L/D) \$-\$\$

Southwestern pub

3201 Central Ave NE

(505) 255-2424

Mon-Fri: 3pm–2am

Sat: 11am–2am

Sun: 12pm–12am

*Vegetarian items – yes, but very limited

*MSG free – probably

*Gluten free – yes

<http://www.themontevistafirestation.com/menu/>

Nob Hill Bar & Grill (L/D) \$-\$\$\$

Continental and Bar

3128 Central Ave SE

(505) 266-4455

Sun-Tue: 11am-9pm

Wed-Thurs: 11am-10pm

Fri-Sat: 11am–2am

*Vegetarian items – yes, but limited

*MSG free – yes

*Gluten free – yes

<http://www.upscalejoint.com/wp-content/uploads/2016/05/NewNobHillMenuSummer.jpg>

O'Niell's (L/D) \$-\$\$

Irish Restaurant & Pub

4310 Central Ave SE

(505) 255-6782

Mon-Thurs: 11am–12am

Fri: 11am–1am

Sat: 10am–1am

Sun: 10am-12am

*Vegetarian items – yes

*MSG free – probably

*Gluten free – yes

<http://oniells.com/food-menu/>

<http://oniells.com/drink-menu/>

Scalo Northern Italian Grill (L/D) \$-\$\$\$

Italian

3500 Central Ave SE

(505) 255-8781

Sun-Tue: 11:30am-2:30pm; 5pm-9pm

Wed-Sat: 11:30am-2:30pm; 5pm-10pm

*Vegetarian items – yes, but limited

*Vegan items – call in advance, limited

*MSG free – yes

*Gluten free - yes

<https://scalonobhill.boomtime.com/lmenu>

Taj Mahal Cuisine of India (L/D) \$-\$\$

Indian

1430 Carlisle NE

(505) 255-1994

Sun-Thurs: 11am-2:30pm; 5pm-9:30pm

Fri-Sat: 11am-2:30pm; 5pm-10pm

*Vegetarian items – yes

*MSG free – yes

*Gluten free – yes

<http://www.tajmahalcuisineofindia.com/menu.html>

Two Fools Tavern (L/D) \$-\$\$

Irish food & drink

3211 Central Ave NE

(505) 265-7447

Sun-Thurs: 11am–12am

Fri-Sat: 11am–1am

*Vegetarian items – yes

*MSG free – yes

*Gluten free – yes

<http://www.2foolstavern.com/menu.html>

Zacatecas Tacos & Tequila (L/D) \$-\$\$

Mexican taqueria and tequila bar

3423 Central Ave. NE

(505) 255-8226

Mon: closed

Tue-Thurs: 4pm-9pm

Fri-Sat: 11:30am-10pm

Sun: 11:30am-9pm

*Vegetarian items – yes, but limited

*MSG free – yes

*Gluten free – yes

<http://www.zacatecastacos.com/menu>

Zinc (L/D) \$-\$\$

Wine Bar & Bistro

3009 Central Ave NE

(505) 254-9462

Mon-Thurs: 5pm-9:30pm

Fri: 5pm-11pm

Sat: 11am-2:30pm; 5-11pm

Sun: 11am-2:30pm; 5-9pm

*Vegetarian items – happy to accommodate

*MSG free – happy to accommodate

*Gluten free – happy to accommodate

<http://zincabq.com/full-menus/>

Thai Vegan (L/D) \$-\$\$

Thai

3804 Central Ave SE

(505) 200-2290

Mon-Sat: 11am-9pm

Sun: 1pm-9pm

*Vegetarian items – yes

*Vegan items – yes

*MSG free – yes

*Gluten free – by request

<http://thaiveganm.com/frame/homecentral2.html>

LBGTQ friendly bars

Anodyne (D) \$-\$\$

Bar

409 Central Ave NW

(505) 244-1820

Mon-Sat: 4pm-2am

Sun: 7pm-12am

*Vegetarian items – yes, but limited

*MSG free – probably

*Gluten free – yes

(No menu)

(No website)

Effex (D) \$-\$\$

Night Club

420 Central Ave SW

(505) 842-8870

Mon: closed

Tues-Sat: 4pm - 2am

Sun: closed

*Off days for special events

*Vegetarian items – yes, but limited

*MSG free – probably

*Gluten free – yes

(No menu)

<http://www.effexabq.com/>

Sidewinders (D) \$-\$\$

Bar

8900 Central Ave SE

(505) 554-2078

Mon-Sat: 4pm–2am

Sun: 2pm–12am

*Vegetarian items – yes, but limited

*MSG free – probably

*Gluten free – yes

(No menu)

<http://www.sidewindersbar.net/>

Sister Bar (D) \$-\$\$

Bar

407 Central Ave NW

(505) 242-4900

Sun-Sat: 11am–2am

*Vegetarian items – yes, but limited

*MSG free – probably

*Gluten free – yes

<http://sisterthebar.com/food-menu/>