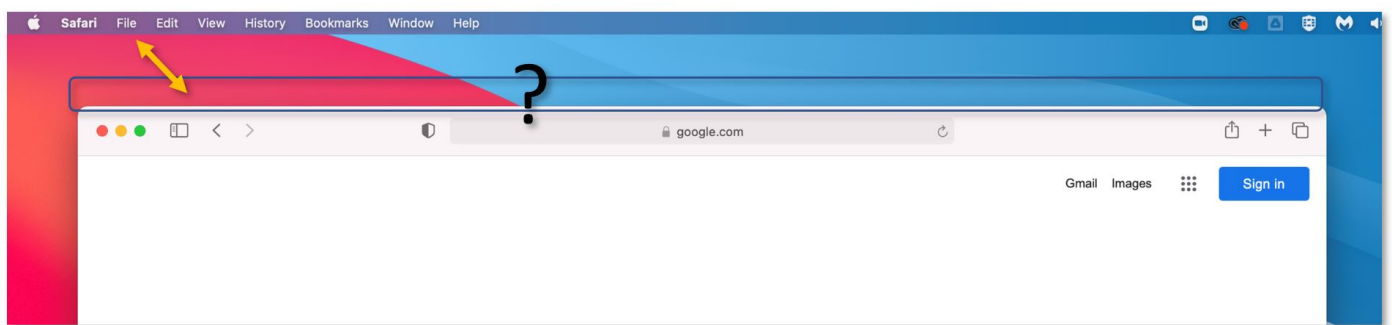# Where are my menus? (File, Save As, Print, Insert, etc.)

On macOS, the majority of the apps do not carry the menu bar on top of their windows. The menu is anchored at the top of the screen and changes depending on what app is in focus.

If no apps are open, the available menu is the Finder's (File Explorer / My Computer) menu. If you need to access the Finder's menu, a fast way to do it is to click on an empty space on the desktop.