

breakfast

served all day
substitute potatoes for greens \$1

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| BREAKFAST SANDWICH 3 scrambled eggs, ham & cheddar on sourdough, served with greens | \$ 9.50 | GOAT CHEESE OMELET with spinach & mushrooms, served with greens & toast | \$ 15.75 |
| VEGGIE TOFU SCRAMBLE tofu, mushrooms, spinach, peppers & onions (no eggs), served with greens & toast | \$ 15.00 | BLACK FOREST HAM & CHEDDAR OMELET served with greens & toast | \$ 15.75 |
| MIO BREAKFAST 2 eggs any style, bacon, potatoes, greens & toast | \$ 14.50 | APPLE CINNAMON FRENCH TOAST topped with house-made whipped cream, served with local maple syrup | \$ 15.75 |
| 2 EGGS ANY STYLE served with greens & toast | \$ 7.25 | BANANA BACON FRENCH TOAST served in a dolce de leche cream sauce | \$ 16.75 |
| HOME MADE CORNED BEEF HASH topped with 2 eggs any style, served with toast | \$ 17.75 | YOGURT & HOUSE-MADE GRANOLA add fresh fruit \$4 | \$ 9.00 |
| | | FRESH FRUIT SALAD | \$ 9.00 |

lunch

served all day
substitute hand-cut fries for greens \$1

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| GRILLED CHEESE WITH AVOCADO & TOMATO on sourdough, served with greens | \$ 12.50 | 9 OZ BURGER HEREFORD grain-fed | \$ 14.50 |
| BLT on sourdough with garlic mayo, served with greens | \$ 13.50 | FULL MOON FARMS local, grass-fed | \$ 16.25 |
| CHICKEN WRAP with bacon, cheddar, avocado & tomato, served with greens | \$ 15.75 | served with greens, tomato & onion on the side | |
| BBQ PULLED PORK SANDWICH with slaw on brioche, served with greens | \$ 15.75 | TOPPINGS: \$ 1.50 EACH | |
| CATFISH SANDWICH grilled blackened catfish, cucumbers, sprouts & red pepper remoulade on brioche, served with greens | \$ 17.25 | <ul style="list-style-type: none"> cheddar goat cheese mushroom gorgonzola feta spinach swiss bacon fried shrimp (\$4) mozzarella avocado | |
| | | GREEK SALMON PITA seared salmon on a toasted pita with feta, kalamata olives, cherry tomatoes, and a dill-onion tzatziki, served with greens | \$ 18.25 |
| | | APPLE WALNUT GORGONZOLA SALAD add grilled chicken OR blackened tofu \$5 | \$ 12.50 |
| | | HOUSE SALAD with tomato, cucumber & sprouts add grilled chicken OR blackened tofu \$5 | \$ 9.50 |

sides

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|-----------------|----------------|--------------------|----------------|--------------------|----------------|
| SLICED AVOCADO | \$ 3.25 | FRESH FRUIT | \$ 4.75 | BREAKFAST POTATOES | \$ 4.25 |
| BACON | \$ 4.25 | FRIED SHRIMP | \$ 5.25 | MUSHROOMS | \$ 4.25 |
| SAUSAGE | \$ 4.75 | SLAW | \$ 3.25 | SPINACH | \$ 4.25 |
| GRILLED CHICKEN | \$ 5.25 | HAND-CUT FRIES | \$ 5.25 | GREENS | \$ 3.25 |
| BLACKENED TOFU | \$ 5.25 | PARM-TRUFFLE FRIES | \$ 6.25 | LOCAL MAPLE SYRUP | \$ 1.00 |
| | | | | HOUSE-MADE PICKLES | \$ 1.00 |

Kids Menu

(12 and Under)

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|--------------------------------|-------|
| French Toast | \$4.5 |
| Two Eggs with Greens and Toast | \$5 |
| Cheese Omelet | \$5 |
| Yogurt and Granola | \$4.5 |
| Fruit Salad | \$4.5 |
| Grilled Cheese | \$4 |
| Chicken Sandwich | \$5.5 |
| Hamburger | \$6 |
| Cheese Quesadilla | \$5 |