

# breakfast

served all day  
substitute potatoes for greens \$1.50

<b>BREAKFAST SANDWICH</b> 3 scrambled eggs, ham & cheddar on sourdough, served with greens	<b>\$ 9.50</b>	<b>GOAT CHEESE OMELET</b> with spinach & mushrooms, served with greens & toast	<b>\$ 16.50</b>
<b>VEGGIE TOFU SCRAMBLE</b> tofu, mushrooms, spinach, peppers & onions (no eggs), served with greens & toast	<b>\$ 15.50</b>	<b>BLACK FOREST HAM &amp; CHEDDAR OMELET</b> served with greens & toast	<b>\$ 16.50</b>
<b>MIO BREAKFAST</b> 2 eggs any style, bacon, potatoes, greens & toast	<b>\$ 15.00</b>	<b>APPLE CINNAMON FRENCH TOAST</b> topped with house-made whipped cream, served with local maple syrup	<b>\$16.50</b>
<b>2 EGGS ANY STYLE</b> served with greens & toast	<b>\$ 7.25</b>	<b>BANANA BACON FRENCH TOAST</b> served in a dulce de leche cream sauce	<b>\$ 17.50</b>
<b>HOME MADE CORNED BEEF HASH</b> topped with 2 eggs any style, served with toast	<b>\$ 18.00</b>	<b>YOGURT &amp; HOUSE-MADE GRANOLA</b> add fresh fruit \$4	<b>\$9.00</b>
		<b>FRESH FRUIT SALAD</b>	<b>\$9.00</b>

# lunch

served all day  
substitute hand-cut fries for greens \$1.50

<b>GRILLED CHEESE WITH AVOCADO &amp; TOMATO</b> on sourdough, served with greens	<b>\$ 13.00</b>	<b>9 OZ BURGER</b> <b>HEREFORD</b> grain-fed	<b>\$ 15.00</b>
<b>BLT</b> on sourdough with garlic mayo, served with greens	<b>\$ 14.00</b>	<b>FULL MOON FARMS</b> local, grass-fed	<b>\$ 16.50</b>
<b>CHICKEN WRAP</b> with bacon, cheddar, avocado & tomato, served with greens	<b>\$ 16.50</b>	served with greens, tomato & onion on the side	
<b>BBQ PULLED PORK SANDWICH</b> with slaw on brioche, served with greens	<b>\$ 16.50</b>	<b>TOPPINGS: \$ 1.50 EACH</b>	
<b>CATFISH SANDWICH</b> grilled blackened catfish, cucumbers, sprouts & red pepper remoulade on brioche, served with greens	<b>\$ 18.00</b>	<ul style="list-style-type: none"> <li>• cheddar</li> <li>• gorgonzola</li> <li>• swiss</li> <li>• mozzarella</li> <li>• goat cheese</li> <li>• feta</li> <li>• bacon</li> <li>• avocado</li> <li>• mushroom</li> <li>• spinach</li> <li>• fried shrimp (\$4)</li> </ul>	
		<b>GREEK SALMON PITA</b> seared salmon on a toasted pita with feta, kalamata olives, cherry tomatoes, and a dill-onion tzatziki, served with greens	<b>\$ 19.00</b>
		<b>APPLE WALNUT GORGONZOLA SALAD</b> add grilled chicken OR blackened tofu \$5	<b>\$ 12.50</b>
		<b>HOUSE SALAD</b> with tomato, cucumber & sprouts add grilled chicken OR blackened tofu \$5	<b>\$ 9.50</b>

# sides

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