

breakfast

served all day
 substitute potatoes for salad greens \$1.50

BREAKFAST SANDWICH 3 scrambled eggs, ham & cheddar on sourdough, salad served with greens	\$ 10.50	GOAT CHEESE OMELET with spinach & mushrooms, served with salad greens & toast	\$ 17.50
VEGGIE TOFU SCRAMBLE tofu, mushrooms, spinach, peppers & onions (no eggs), served with salad greens & toast	\$ 16.50	BLACK FOREST HAM & CHEDDAR OMELET served with salad greens & toast	\$ 17.50
MIO BREAKFAST 2 eggs any style, bacon, potatoes, salad greens & toast	\$ 16.00	APPLE CINNAMON FRENCH TOAST topped with house-made whipped cream, served with local maple syrup	\$17.50
2 EGGS ANY STYLE served with salad greens & toast	\$ 8.25	BANANA BACON FRENCH TOAST served in a dulce de leche cream sauce	\$ 18.50
HOME MADE CORNED BEEF HASH topped with 2 eggs any style, served with toast	\$ 19.00	YOGURT & HOUSE-MADE GRANOLA add fresh fruit \$4	\$10.00
		FRESH FRUIT SALAD	\$10.00

lunch

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

GRILLED CHEESE WITH AVOCADO & TOMATO on sourdough, served with salad greens	\$ 14.00	9 OZ BURGER HEREFORD grain-fed	\$ 16.00
BLT on sourdough with garlic mayo, served with salad greens	\$ 15.00	FULL MOON FARMS local, grass-fed	\$ 18.00
CHICKEN WRAP with bacon, cheddar, avocado & tomato, served with salad greens	\$ 17.50	served with salad greens, tomato & onion on the side	
BBQ PULLED PORK SANDWICH with slaw on brioche, served with salad greens	\$ 17.50	TOPPINGS: \$ 1.50 EACH	
CATFISH SANDWICH grilled blackened catfish, cucumbers, sprouts & red pepper remoulade on brioche, served with salad greens	\$ 19.00	<ul style="list-style-type: none"> • cheddar • gorgonzola • swiss • mozzarella • goat cheese • feta • bacon • avocado • mushroom • spinach • fried shrimp (\$4) 	
		GREEK SALMON PITA seared salmon on a toasted pita with feta, kalamata olives, cherry tomatoes, and a dill-onion tzatziki, served with salad greens	\$ 20.00
		APPLE WALNUT GORGONZOLA SALAD add grilled chicken OR blackened tofu \$5	\$ 13.50
		HOUSE SALAD with tomato, cucumber & sprouts add grilled chicken OR blackened tofu \$5	\$ 10.50

sides

SLICED AVOCADO	\$ 3.50	FRESH FRUIT	\$ 5.00	BREAKFAST POTATOES	\$ 4.50
BACON	\$ 4.75	FRIED SHRIMP	\$ 5.50	MUSHROOMS	\$ 4.50
SAUSAGE LINKS	\$ 5.25	SLAW	\$ 3.75	SPINACH	\$ 4.50
GRILLED CHICKEN	\$ 5.50	HAND-CUT FRIES	\$ 5.75	SALAD GREENS	\$ 3.25
BLACKENED TOFU	\$ 5.50	PARM-TRUFFLE FRIES	\$ 6.75	LOCAL MAPLE SYRUP	\$ 1.00
				HOUSE-MADE PICKLES	\$ 1.50