



miogardiner.com  
(845) 255-4949  
Open 9 - 4 Wednesday - Sunday

## Breakfast

Served All Day

<b>Breakfast Sandwich:</b> Three Scrambled Eggs, Ham & Cheddar, served with Greens	<b>\$9</b>
<b>Veggie Tofu Scramble:</b> Tofu, Spinach, Mushroom, Pepper and Onion served with Greens & Toast	<b>\$14.5</b>
<b>Two Eggs Any Style:</b> served with Greens & Toast	<b>\$7</b>
<b>The Mio Breakfast:</b> Two Eggs Any Style, Bacon, Potatoes, Greens & Toast	<b>\$14</b>
<b>Fresh Fruit Salad</b>	<b>\$8.5</b>
<b>Organic Yogurt and House-made Granola:</b> (add fresh fruit for \$4)	<b>\$8.5</b>
<b>Black Forest Ham and Cheddar Omelet:</b> served with Greens & Toast	<b>\$15</b>
<b>Goat Cheese Omelet with Spinach and Mushroom:</b> served with Greens & Toast	<b>\$15</b>
<b>Apple Cinnamon French Toast:</b> served with Whipped Cream and Local Maple Syrup	<b>\$15</b>
<b>Banana Bacon French Toast:</b> served in Dolce de Leche Cream Sauce	<b>\$16</b>
<b>Home-made Corned Beef Hash</b> topped with Two Eggs Any Style: served with Toast	<b>\$17</b>

Substitute Potatoes for Greens \$1

## Sides

Sliced Avocado	<b>\$3</b>	Hand-cut Fries	<b>\$5</b>
Bacon	<b>\$4</b>	Parm Truffle Fries	<b>\$6</b>
Sausage	<b>\$4.5</b>	Mushrooms	<b>\$4</b>
Grilled Chicken	<b>\$5</b>	Breakfast Potatoes	<b>\$4</b>
Blackened Tofu	<b>\$5</b>	Greens	<b>\$3</b>
Fresh Fruit	<b>\$4.5</b>	Spinach	<b>\$4</b>
Fried Shrimp	<b>\$5</b>	Local Maple Syrup	<b>\$1</b>
Slaw	<b>\$3</b>	House-made Pickles	<b>\$1</b>



## Lunch

Served all day

All Sandwiches served with Greens, Substitute Fries for \$1

**9oz Burger:** served with Tomato, Onion & Greens on the side

**Hereford** (Grain-Fed) **\$14**

**Full Moon Farms** (Local, Grass-Fed) **\$15.5**

**Top it with:** (\$1.50 each)

Cheddar	Fried Shrimp (\$4)
Gorgonzola	Bacon
Swiss	Avocado
Mozzarella	Mushrooms
Goat Cheese	Spinach
Provolone	
Feta	

**Grilled Cheese with Avocado and Tomato** **\$12**

**Fish Tacos:** Grilled Mahi on 2 Soft Flour Tortillas **\$17.5**  
with Cucumber-Lime-Cilantro Slaw and Sour Cream

**BBQ Pulled Pork Sandwich** with Slaw **\$15**

**BLT:** with Garlic Mayo **\$13**

**Chicken Wrap:** with Bacon, Cheddar, Avocado and Tomato **\$15**

**Blackened Catfish Sandwich:** with Cucumber, Sprouts and Red Pepper Remoulade **\$16.5**

**Apple Walnut Gorgonzola Salad:** (add grilled chicken or blackened tofu \$5) **\$12**

**House Salad:** with Tomato, Cucumber and Sprouts **\$9**  
(add grilled chicken or blackened tofu \$5)

## Alcohol

Saké Sriracha Bloody Mary \$11

Freefall MULE \$11

(White Sangria + Ginger Beer + Lime)

Freefall Sangria \$10

(Red or White)

Rosé Lemonade \$10

(Lavender or Rosemary)

### MIMOSAS \$10

Classic

Pomegranate

Cran-Rosemary

Ginger-Lemon

Grapefruit-Lime

### ON TAP \$9

Jack's Abby House Lager (MA)

Night Shift Brewing Pale Ale (MA)

Sloop "Juice Bomb" IPA (NC)

Old Klaverack Spring Hazy Pale (NY)

### CANS AND BOTTLES \$7

Stella

Bluepoint Toasted Lager

Bells Oberon Wheat Ale

Fiddlehead IPA

Left Hand Nitro Milk Stout

Awestruck Hibiscus-Ginger Cider

### WINE \$9

Cielo Prosecco \$10

Soleil des Alpes Rosé

Labrune et Fils Chardonnay

Velante Pinot Grigio

Capo Nativo Cabernet

## Not Alcohol

### Flavored Seltzers \$4

Pomegranate

Lemon-Ginger

Grapefruit-Lime

### Flavored Lemonades \$4

Classic

Lavender

Rosemary

Ginger

## Not Alcohol

(Hot or Iced)

Coffee \$3.5

Espresso \$3

Americano \$3

Cappuccino \$4

Hot Chocolate \$3.5

### LATTES \$4.75

(Oat Milk Available!)

Classic

Nutella

Peppermint Mocha

Mexican Mocha

Caramel

Hazelnut

French Vanilla

Chai (tea latte)

Lavender Fog (tea latte)

### POT OF ORGANIC TEA \$4.5

English Breakfast

Earl Grey

Green

Chai

Peach Green

Decaf Black

Ginger Lemon Mint (herbal)

Lemon Chamomile (herbal)

Meeting of the Mints (herbal)

### BOYLANS SODA/ OTHER STUFF \$3

Orange

Gingerale

Creme

Black Cherry

Root Beer

Pepsi/Diet \$2

Saratoga Sparkling/Flat

Flavored Unsweetened Iced Tea

### JUICE (small \$1.5/ large \$3)

Orange

Pineapple

Cranberry

Grapefruit

Apple

Tomato