

Breakfast

Served Daily at 7:30 am- 2:00 pm (closed Tuesday & Wednesday)

All our egg dishes we use REAL eggs. We are a scratch kitchen; we appreciate your patience.

Breakfast Sandwich or Wrap \$7

Eggs & cheddar cheese,
choice of bacon, ham or sausage
choice of a roll, brioche bun or wrap
add home-fries \$2
English muffin or a bagel \$2

Keto on the River \$11

two eggs over sautéed spinach, served with sliced
tomatoes & your choice of bacon, ham or sausage;
add avocado \$3

Quinoa Bowl (vegan)\$11

chef's vegetables, sliced tomato,
add 2 eggs \$3, add avocado \$3

Nova Scotia Smoked Salmon Platter \$16

tomatoes, red onions, scallions,
capers & cream cheese,
choice of everything or plain bagel

The Sydney \$9

scrambled eggs with cheddar,
peanut butter, English muffin, add home fries \$2

Mia's Burrito Wrap \$10

Eggs, bacon, black beans, salsa, spicy mayo &
cheddar cheese. Choice of home-fries or sliced
tomatoes

Toad in the Hole \$8

childhood favorite, home-fries

**Omelets & house specialties are served with
rustic white bread, cornbread or toast; choice of home fries or sliced tomatoes**
(excluding the Boat Yard & Eggs Benedict)

Eggs any style *

one egg \$5 ~ two eggs \$7
three eggs \$8~ four eggs \$9

Corned Beef Hash & Eggs * \$14

Eggs Benedict *

Classic \$16 Florentine \$18
Corned Beef Hash \$18

Mia's Boat Yard Breakfast \$12

two eggs plus:

choice of one: bacon, ham or sausage
choice of one: french toast or pancakes
upgrade special french toast \$3
upgrade chocolate chip pancakes \$3
upgrade fruit pancakes \$4
add cheese \$1, add toast or cornbread \$2
have a Bacon Bloody Mary, Yummy!
Dinghy (under 8 years old-kids size) \$7

Omelet's *

Three Egg \$10

Low- Fat \$11

Egg White \$12

The above includes one topping:

Free choice: American, swiss, provolone or cheddar cheese, onion, broccoli, peppers, tomato,
mushroom, spinach, bacon, ham, sausage

Each additional topping:

\$1 each - onion, peppers, tomato, mushrooms, spinach, broccoli, jalapeños, banana peppers
cheese- American, cheddar, swiss, provolone, cream cheese

\$1.5 each- ham, bacon, sausage, extra egg

\$2 each- portobello mushroom, kalamata olives, sun-dried tomatoes, avocado, roasted red peppers,
smoked salmon, Canadian bacon, turkey sausage

\$2 each cheese- feta, goat, brie, gorgonzola, gouda, fresh mozzarella

Mia's House Specialties *

Choose your style: omelet, scramble or a wrap (no toast with a wrap).

no substitutions, no price reduction for item reduction

Acropolis~ feta, kalamata olives, tomato **\$11**

Florentine ~ spinach, mushrooms, gorgonzola **\$11**

Borough~ portobello mushroom, brie **\$11**

Tofu & eggs ~ with mixed vegetables **\$10**

City~ smoked salmon, cream cheese, scallions **\$13**

Tofu Solo ~ mixed vegetables **\$9**

Country ~ ham, onion, peppers, cheddar **\$10**

Soho ~ goat cheese, sun-dried tomatoes,
basil, scallions **\$11**

El Paso ~ jalapeños, tomato, onions, roasted red
peppers, cumin, cheddar **\$12**

The Wilbur ~ Ham, bacon, sausage & cheddar **\$14**

Try a flavored Mimosa, why? Because you can!

* Please notify your server of any food allergies prior to ordering. Connecticut Health Dept. warns consuming raw or undercooked foods can increase the risk of food borne illness. March 2022

Griddle

Pancakes

Butter Milk Pancakes

full stack \$9 ~ short stack \$8 ~ kids (under 10) \$6

Chocolate Chip Pancakes

full stack \$10 ~ short stack \$9 ~ kids (under 10) \$7

Daily Pancakes

full stack \$10 ~ short stack \$8

Fresh fruit pancakes available seasonally

add **grade A** pure maple syrup \$3
add house-made raspberry sauce \$3

French Toast

French Toast

full stack \$9 ~ short stack \$7

Heart Healthy French Toast

egg whites, low-fat milk, SF syrup
full Stack \$10 ~ short stack \$9

Texas French Toast

with our house-made bread
\$10

Stuffed French Toast

fruit cream cheese filling \$12

Cinnamon Almond or Coconut French Toast

full stack \$11 ~ short stack \$9

*Try one of our flavored Mimosa's, they pair perfectly with our
Pancakes & French toast or just about anything!!*

Old Fashion Oatmeal \$6

made to order
upon request brown sugar & milk
add bananas \$1, raisins \$1, nuts \$1.5

Mia's Oatmeal \$7.5

blend of dried fruits & nuts

Fresh Fruit Bowl \$6

Half Grapefruit \$2.5

Sides

bagel, toast, English muffin \$2 each
peanut butter \$.50 ~ cream cheese \$.75

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bacon, ham, sausage or turkey sausage \$3

Canadian bacon \$3.5

corned beef hash \$6

home-fries \$3

extra egg \$1.5

sliced tomato \$2

avocado(seasonal) \$mp

sautéed spinach \$5

quinoa \$4

smoked salmon rose \$8

#### **House- made Breakfast Goodies \$2 to \$7**

cornbread, muffins & scones

*On the weekends, please ask what goodies we made!*

#### **House-made Granola \$6**

plain yogurt

#### **Parfait \$10**

layered with house-made granola,  
yogurt & fresh fruit

#### **Avocado Toast \$mp**

*(seasonal)*

seasoned avocado smeared on whole wheat  
toast, served with sliced tomatoes,  
add eggs \$3

### Drinks

coffee, French roast (bottomless) \$3.5

hot tea (assortment) \$4

hot chocolate \$4

iced coffee \$4 iced tea \$3

almond milk creamer \$.75

juice, 10 ounce \$4

(orange, apple, grapefruit, cranberry, tomato)

milk \$3 ~ almond milk \$3.5

chocolate milk \$4 ~ soda \$2.75

kids milk \$2 ~ kids chocolate milk \$2.5

kids juice \$2.5 ~ kids' soda \$2

elixir's- with capizzano flavored vinegars \$6

### Thirsty for something stronger? Cocktails, craft beer & more is available

Bacon Bloody Mary's, Irish coffee or create your own

Mimosa's – strawberry, orange, mango, peach

Martini's, Manhattan's & more!

### **Online ordering & curbside available**

*Be advised, we are not a **gluten free or nut free** restaurant.*

*No outside food or beverage allowed to be consumed at Mia's.*