Lunch

Appetizers

House-made Chili

Beef, cheddar cheese & scallions cup \$6 ~ bowl \$10

Classic New England Clam Chowder

cup \$6 ~ bowl \$9

Daily Soup

cup \$5 ~ *bowl* \$7

House-made Mozzarella Wedges \$8

Marinara sauce

Roasted Cauliflower \$9

Buffalo, Spicy Plum or Honey Garlic

Chicken Wings \$10

Choice of: Buffalo, Spicy Plum, Sweet & Sour, Honey Garlic, Pineapple Teriyaki Dry Garlic Parmesan, Ranch rub

Fried Chicken Dumpling \$8

Honey pineapple teriyaki

Salads

House Salad \$5/\$9

Mixed greens, red onion, tomatoes, cucumbers & carrots

Beet- Goat Cheese Salad \$11

Fig drizzle

Classic Cobb \$10

Mixed greens, hard-boiled egg, avocado, red onion, blue cheese crumbs, bacon, tomatoes

Panko-encrusted Warm Goat Cheese \$13

Mixed greens, apples, walnuts, dried cranberries, balsamic vinaigrette

Scallops Salad * \$16

Spinach, grilled asparagus, mushrooms, tomatoes, bacon vinaigrette

Blueberry Almond Salad \$9

Mixed greens & baby spinach, blueberries, almonds, beets, red onion & tomatoes

Protein available with large Greens Only*

Shrimp \$8 | Scallops \$9 Salmon \$7 | Chicken \$4

<u>Lunch Entrees</u> Full bar available

Burnt Ends \$15

Slow roasted pork, BBQ Sauce & French Fries

Fried Chicken & Pancakes \$14

Honey drizzle

Quinoa Stir-fry

Mushrooms, onion, carrots, broccoli, scallions & teriyaki sauce vegetarian (tofu) \$11 ~ chicken \$13 shrimp \$16 ~ scallops \$19

New England Fish & Chips

French fries & house-made Cole slaw \$16

House-made Meatloaf \$12

Served with French Fries

Daily Pot Pie \$MP

Served with French Fries

Fajitas'

Peppers, onions, cheddar, sour cream, house-made salsa & warm flour tortillas vegetarian (tofu) \$13 ~ chicken \$15 shrimp \$18 ~ scallops \$20 additions: avocado \$2, jalapeños \$1 double vegetables \$7 \$1 each- extra salsa, sour cream or cheddar

Sandwiches

Served with potato chips Upgrade to French fries \$2, sweet potato fries \$3 or mixed greens \$3

Stonington \$11

Rustic white bread, Chicken breast, pesto, fresh mozzarella, lettuce & tomato

The "Lowe" Down Wrap \$11

Fried chicken, lettuce, tomato, bacon bits, red onion, cheddar, BBQ & ranch

Misquamicut \$11

Rustic white bread, Cajun chicken, avocado, lettuce, tomato & spicy mayo

Buttermilk Fried Chicken Sandwich \$12

Spicy mayo, lettuce, tomato & onion, Kaiser Roll

Wicked Grilled Cheese \$13

Rustic white bread, Brie, gouda, cheddar, applewood smoked bacon, spinach & sun-dried tomatoes

Fried Codfish Sandwich\$12

Tartar sauce, honey drizzle, lettuce & tomato, Kaiser roll

Watch Hill Wrap \$8

Tomatoes, red onion, cucumbers, lettuce, avocado, carrots, hummus & provolone

The Gardner \$10

Rustic white bread, Mozzarella, spinach, basil, tomato & pesto

Burgers*.... ask about our Draft Beers!

All burgers, except keto, served on a brioche bun with lettuce, tomato, onion & French fries.

Upgrade to mixed greens \$3, sweet potato fries \$3

Bacon Blue Burger \$13

Apple-wood smoked bacon, Gorgonzola crumbs

Coastal Cajun Burger \$14

Cheddar, apple-wood smoked bacon, banana peppers & spicy mayo

The Charlestown \$14

Caramelized onions & apple wood smoked bacon

The Ashaway \$13

Whiskey glaze, mushrooms & swiss

The Avondale \$14

Caramelized onions, Brie cheese, spicy plum sauce

House-made Turkey Burger* \$10

House-made Black Bean Burger \$10

Quinoa, roasted red peppers, garlic

Keto Style * \$13

Beef patty served on mixed greens, with a fried egg

Classic Bacon Cheese \$13

Apple wood smoked bacon & American

Make your own Burger \$10

Ask about toppings \$

On-line ordering & curbside available on our Facebook page & our website Serving Dinner Friday night 5 pm to 8:30 pm...ish We appreciate you choosing Mia's Café

^{*} 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. Jan 2021