

## 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 \$8**

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 \$12**

two eggs over sautéed spinach, served with sliced  
tomatoes & your choice of bacon, ham, sausage or  
turkey 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 \$11**

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 your**

**choice of**

**cornbread or toast (whole wheat, white, rustic white, rye) bagels & English muffins additional \$\$**  
**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  
**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

**\$2 each-** portobello mushroom, kalamata olives, sun-dried tomatoes, roasted red peppers, extra egg

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

**\$3 each-** ham, bacon, sausage, Canadian bacon, turkey sausage, smoked salmon, avocado

**\$6-** corn beef hash

### **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**

\* 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. July 2022

Try a flavored Mimosa, why? Because you can!

**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 \$4  
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**

**Thirsty for something stronger? Cocktails, craft beer & more drinks available**

Bacon Bloody Mary's, Irish coffee or create your own \$4  
Mimosa's - strawberry, orange, mango, peach, etc. \$3.50  
Martini's, Manhattan's (orange, apple, grapefruit, cranberry, tomato) \$4  
corned beef hash \$6

Home files \$3  
milk \$3 ~ almond milk \$3.5  
sliced tomato \$2

**Online ordering & curbside available**

Be advised, we are not a **gluten free or nut free** establishment  
No outside food or beverage allowed to be consumed on premises  
Sixth June 2021th capizzano flavored vinegars \$6  
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

**Sides**

bagel, toast, English muffin, each \$1.50  
peanut butter \$1.50 ~ crepe \$3.50  
seasoned avocado smeared on whole wheat toast, topped with tomatoes, bacon, sausage or turkey sausage \$4.95  
Canadian bacon or ham \$1.50  
corned beef hash \$6

**Drinks**

Avocado Toast \$mp  
hot tea (assortment) \$4  
hot chocolate \$4  
iced coffee \$4.50  
almond milk creamer \$7.50  
Home files \$3  
milk \$3 ~ almond milk \$3.5  
sliced tomato \$2

avocado (seasonal) \$mp  
kids milk \$2 ~ kids chocolate milk \$2.5  
sauteed spinach \$5

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