

## 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

**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. July 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 \$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**

### Sides

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

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bacon, sausage or turkey sausage \$4.95

Canadian bacon or ham \$4

corned beef hash \$6

home-fries \$3

extra egg \$2

sliced tomato \$2

avocado(seasonal) \$mp

sautéed spinach \$5

quinoa \$5

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.*