

Mii amo Sample Breakfast Menu

Fresh Berry Parfait -- Plain, Strawberry & Blueberry Yogurt
Layered with Mixed Berries & Granola
170cal/9gm fat/5gm prot/20gm carb
\$ 7

Housemade Cinnamon Roll
170cal/1gm fat/6gm prot/38gm carb
\$ 5

Orange Cranberry Bread
60cal/trace gm fat/2gm prot/11gm carb
\$ 5

Irish Oatmeal -- Choice of Milk, Brown Sugar, Raisins and Berries
150cal/2gm fat/4gm prot/26gm carb
\$ 6

Mii amo Granola with Fresh Berries
185cal/2.2gm fat/5gm prot/36gm carb
\$ 7

Granny Smith Apple and Blueberry Griddle Cakes
Served with 100% Maple or Prickly Pear Syrup
without Syrup: 250cal/4gm fat/13gm prot/45gm carb
\$ 12

Hopi Blue Corn Waffle -- Wild Cherry and Blueberry Compote
without Syrup: 230cal/4gm fat/9gm prot/40gm carb
\$ 12

Smoked Salmon
375cal/6gm fat/28gm prot/49gmcarb
\$ 16

Organic Egg Frittata
Caramelized Onion, roasted peppers, Spinach, Goat Cheese, Salsa and choice of Toast
without Toast: 400cal/25gm fat/34gm prot/10gm carb
\$ 13

Tofu Scramble
Tahini, Green Onions, Portabella Mushrooms, Curry and Tamari with Toast
without Toast: 195cal/7gm fat/14gm prot/8gm carb
\$ 12

Breakfast Panini
Chicken Apple Sausage, Organic Eggs, Tomato, Avocado, Jack Cheese on 10 grain bread
400cal/15gm fat/30gm prot/40gm carb
\$ 11