

## Mii amo Sample Dinner Menu

Tuna Sashimi, seaweed salad, wasabi, soy  
130cal/1gm fat/24gm prot/9gm carb  
\$16

Spring Rolls, vegetables, sweet chili, ginger peanut sauce  
165cal/7gm fat/4gm prot/6gm carb  
\$14

Ahi Tuna Poke, avocado, citrus, crispy rice, ponzu vinaigrette  
215cal/14gm fat/18gm prot/5gm carb  
\$16

Blackened Scallops, Serrano ham, peas, spinach, citrus emulsion  
210cal/10gm fat/20gm prot/18gm carb  
\$17

Filet Mignon, red salt rubbed, baked potato puree, red wine, horseradish  
460cal/18gm fat/40gm prot/27gm carb  
\$33

Colorado Lamb Rack, roasted asparagus, potato, pistachio butter, mint pesto  
580cal/18gm fat/43gm prot/21gm carb  
\$40

Alaskan Halibut, corn, tomato, spinach polenta, scallion wine sauce  
420cal/15gm fat/42gm prot/21gm carb  
\$34

Pecorino Gnocchi, crimini, peas, cippolini, red pepper alfredo  
355 cal/15gm fat/12gm prot/45gm carb  
\$23

Salmon, crab carrot dumpling, fried rice, ponzu  
560cal/19gm fat/45gm prot/38gm carb  
\$29

Vegan Shepards Pie, eggplant, portabella, sweet potato, roast tomato gravy  
23 400cal/2gm fat/10gm prot/74gm carb  
\$23