

## \*Lunch Menu\*

\*prices subject to change

### Classic Chicken Sandwich\* 11.49

Served with Lettuce, Tomato, Onion, Pickles and your choice of a Lunch Side

Choose: American, Cheddar, Pepper Jack, Provolone, or Swiss

Choose: Chips, French Fries, or Potato Salad

\*Side of Cottage Cheese, Fruit, or Sweet Potato Fries, add \$1

\*Add Bacon for \$1

### Spicy Chicken Sandwich\* 11.99

Served with Lettuce, Tomato, Onion, Pickles, Pepper Jack Cheese, Jalapenos, and your choice of a Lunch Side

Choose: Chips, French Fries, or Potato Salad

\*Side of Cottage Cheese, Fruit, or Sweet Potato Fries, add \$1

### Miyo Burger\* 12.99

Served with Lettuce, Tomato, Onion, Pickles, American Cheese, and your choice of a Lunch Side

Choose: Chips, French Fries, or Potato Salad

\*Side of Cottage Cheese, Fruit, or Sweet Potato Fries, add \$1

\*Substitute Cheddar, Provolone, Pepper Jack, or Swiss, add \$.50

### Patty Melt\* 12.99

Served with Sauteed Onions and Swiss Cheese on Marbel Rye and your choice of a Lunch Side

Choose: Chips, French Fries, or Potato Salad

\*Side of Cottage Cheese, Fruit, or Sweet Potato Fries, add \$1

\*Substitute Cheddar, Provolone, Pepper Jack, or American add \$.50

### Ham and Cheese Sandwich\* 8.99

Served with Black Forest Ham and your choice of cheese and a Lunch Side

Choose: Wheat, Marbel Rye, Sour Dough, or Multi Grain

Choose: American, Cheddar, Provolone, Pepper Jack, or Swiss

Choose: Chips, French Fries, or Potato Salad

\*Side of Cottage Cheese, Fruit, or Sweet Potato Fries, add \$1

### BBLT\* 10.99

Served with Bacon, Lettuce, Tomato, and your choice of a Lunch Side

Choose: Wheat, Marbel Rye, Sour Dough, Multi Grain, or Croissant

Choose: Chips, French Fries, or Potato Salad

\*Side of Cottage Cheese, Fruit, or Sweet Potato Fries, add \$1

### Club Sandwich\* 11.99

Served with Bacon, Turkey, Ham, Lettuce, Tomato, and your choice of Cheese and a Lunch Side

Choose: Wheat, Marbel Rye, Sour Dough, Multi Grain, or Croissant

Choose: American, Cheddar, Provolone, Pepper Jack, or Swiss

Choose: Chips, French Fries, or Potato Salad

\*Side of Cottage Cheese, Fruit, or Sweet Potato Fries, add \$1

### Miyo Wrap\* 11.49

Served wrapped in a Honey Wheat Tortilla, Turkey, Lettuce, Tomato, Honey Mustard, and a Lunch Side

Choose: Chips, French Fries, or Potato Salad

\*Side of Cottage Cheese, Fruit, or Sweet Potato Fries, add \$1

### Turkey Bacon Ranch Wrap\* 11.99

Served wrapped in a Honey Wheat Tortilla, Turkey, Lettuce, Tomato, Cheddar/Jack Cheese, Ranch Dressing and your choice of a Lunch Side

Choose: Chips, French Fries, or Potato Salad

\*Side of Cottage Cheese, Fruit, or Sweet Potato Fries, add \$1

### Quad Wrap\* 11.49

Served wrapped in a Honey Wheat Tortilla, Lettuce, Tomato, and your choice of a Lunch Side

Choose: Chicken Salad, Curry Chicken Salad, Egg Salad, Tarragon Chicken

Salad, or White Albacore Tuna Salad

Choose: Chips, French Fries, or Potato Salad

\*Side of Cottage Cheese, Fruit, or Sweet Potato Fries, add \$1

### Quad Salad Sandwich\* 11.99

Served with Lettuce, Tomato, and your choice of Cheese and a Lunch Side

Choose: Chicken Salad, Curry Chicken Salad, Egg Salad, Tarragon Chicken Salad, or White Albacore Tuna Salad

Choose: Wheat, Marbel Rye, Sour Dough, Multi Grain, or Croissant

Choose: American, Cheddar, Provolone, Pepper Jack, or Swiss

Choose: Chips, French Fries, or Potato Salad

\*Side of Cottage Cheese, Fruit, or Sweet Potato Fries, add \$1

### Tres Tacos\* 12.49

Tacos, filled with your Choice of Meat, Lettuce, Cheddar/Jack Cheese, Pico de Gallo. Served with a side of Salsa and Sour Cream

Choose: Chicken, Pork Carnitas, Ground Beef, or Vegetarian

Choose: Corn or Flour Tortilla

### Quesadilla\* 10.99

Crispy Flour Tortilla, filled with your Choice of Meat, Cheddar/Jack Cheese, and Diced Green Chilis. Served with a side of Salsa and Sour Cream

Choose: Chicken, Pork Carnitas, Ground Beef, or Vegetarian

### Lunch Burrito\* 10.99

Served wrapped in a Flour Tortilla, filled with your Choice of Meat, Refried Beans, Cheddar/Jack Cheese

Choose: Chicken, Pork Carnitas, Ground Beef, or Vegetarian

\*Add Onions, Jalapenos OR Avocado, add \$1

### Miyo Nachos\* 11.99

Served with Crispy Corn Tortilla Chips, topped with your Choice of Meat, Cheddar/Jack Cheese, Pico de Gallo, and Jalapenos. Served with a side of Salsa and Sour Cream

Choose: Chicken, Pork Carnitas, Ground Beef, or Vegetarian

\* These items may be served raw or undercooked based on your specifications, or contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

## \*Salad Menu\*

### Traditional Salad

Served with your choice of Mixed Greens or Spinach, Shredded Carrots, Celery, Croutons, Cucumbers, and Diced Tomatoes

Choose Dressing: Balsamic Vinaigrette, Bleu Cheese, Caesar, Honey Mustard Italian, Oil & Vinegar, Ranch, Raspberry Vinaigrette

### Spinach Berry Salad\*

Served with Spinach, Sliced Almonds, Blueberries, Strawberries, Grilled Chicken, with a Raspberry Vinaigrette Dressing

\*Add Avocado AND/OR Goat Cheese, add \$1 each item

### Caesar Salad\*

Served with Romaine Lettuce, Croutons, Shredded Parmesan Cheese, with a Caesar Dressing

\*Add Grilled Chicken, add \$2

### Miyo Cobb Salad\*

Served with Mixed Greens, Diced Tomatoes, Crispy Bacon Bits, Avocado, Red Onions, Cheddar/Jack Cheese, a sliced Hard Boiled Egg

Choose Dressing: Balsamic Vinaigrette, Bleu Cheese, Caesar, Honey Mustard

Italian, Oil & Vinegar, Ranch, Raspberry Vinaigrette

\*Add Grilled Chicken, add \$2

### Quad Salad\*

Served with your choice of Mixed Greens or Spinach

Choose: Chicken Salad, Curry Chicken, Egg Salad, Tarragon Salad, or Albacore Tuna Salad

Choose Dressing: Balsamic Vinaigrette, Bleu Cheese, Caesar, Honey Mustard

Italian, Oil & Vinegar, Ranch, Raspberry Vinaigrette

### Taco Salad\*

Served in a Crispy Fried Flour Taco Shell, Lettuce, Pico de Gallo, Cheddar/Jack Cheese

Choose: Grilled Chicken, Pork Carnitas, Ground Beef, or Veggies

Choose Dressing: Salsa, Ranch Dressing, or Pork Green Chili

\*Add Avocado, Black Beans OR Refried Beans, Add \$1 each item

9.99

10.99

10.99

12.99

11.99

11.99

## \*Kids Menu\*

12 YEARS or UNDER ONLY | All Meals Come with a choice of Milk, Apple Juice, or Fountain Drink

### Smiley Face Pancakes

Classic Buttermilk or Chocolate Chip Pancakes, topped with whipped cream and fruit

6.49

### Bowl of Cereal and Banana

4.99

### Kid's Shorty Burrito\*

7.99

Includes Eggs, Potatoes, and Cheese

\*Add Bacon, Sausage, Ham, Chorizo, Turkey Sausage, and Chicken, add \$.75

\*Smother It!, add \$1.99

### Grilled Cheese Sandwich

5.99

Served with your choice of Bread and Cheese, and your choice of Chips, Cup of Fruit, or French Fries

\*Add Turkey, Bacon, or Ham, add \$1

### Chicken Tenders\*

6.99

Served with Three Fried Chicken Tenders and your choice of Chips, Cup of Fruit, or French Fries

### Quesadilla\*

6.99

Crispy Flour Tortilla, filled with Cheddar/Jack Cheese and your choice of Chicken, Pork Carnitas, Ground Beef or Veggie

### Kids' Mac and Cheese

4.99

### Kid's Peanut Butter and Jelly

4.99

Your Classic PB&J with your choice of Chips, Cup of Fruit, or French Fries

## \*Healthy Options\*

### First Mate's Plate\*

11.99

Served with your choice of Two Eggs Scrambled or Egg Whites, on One Slice of Multi-Grain Toast, Side of Fruit, and Avocado

Choose: Chicken Breast or Two Turkey Sausage Patties

### Avocado Toast\*

8.99

1 Slice of Whole Wheat Toast, Avocado Slices, Diced Tomatoes, and a side of Fruit

\*Add an Egg, add \$1

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