

Mii amo Sample Lunch Menu

Miso vegetable soup -- napa cabbage, carrots, scallions + tofu
70cal/2gm fat/5gm prot/8gm carb
\$ 8

Local tomato gazpacho -- avocado + corn tortillas
100cal/ 2gm fat/ 1gm pro/ 3 gm carb
\$ 9

Vegetarian chili
fresh vegetables, garbanzo + black beans, sour cream, pita toast + scallion
265cal/2gm fat/10gm prot/12gm carb
\$ 9

Mediterranean shrimp cocktail
shaved cucumber , harissa sauce + meyer lemon
110cal/3gm fat/18gm prot/1gm carb
\$ 12

Yellow fin tuna roll
spiced avocado, cucumber, scallion, tamari, wasabi + ginger
150cal/4gm fat/15gm prot/20gm carb
\$ 13

Portobello quesadilla -- marinated mushrooms, Monterrey jack, avocado + caramelized onion
200cal/8gm fat/9gm prot/22gm carb
\$ 10

Miso glazed salmon salad
soba noodle, watercress, napa, mango, carrot + broccoli with ginger lime vinaigrette
330cal/9gm fat/33gm prot/35gm carb
\$ 16

Cobb salad
grilled chicken, egg, avocado, cucumber, tomato + Maytag blue cheese over baby greens
275cal/12gm fat/12gm prot/9gm carb
\$ 14

Sea scallop salad
shaved cucumber, seaweed salad, daikon sprouts + citrus ponzu vinaigrette
175cal/6gm fat/21gm prot/9gm carb
\$ 16

Marinated portabella mushroom sandwich
oven dried tomato hummus , roasted asparagus, balsamic vinaigrette
220cal/4gm fat/31gm prot/18gm carb
\$ 14

Ancho bbq pulled chicken sandwich
cheddar, coleslaw and poblano cream on a sourdough kaiser
490cal/19gm fat/50gm prot/27gm carb
\$ 14

Tazmanian salmon sandwich

tomato, spinach, lemon pepper aioli on a sourdough kaiser

400cal/10gm fat/32gm prot/24gm carb

\$ 16.00

Vegetable Burger

lettuce, tomato, caramelized onions + house made ketchup

340cal/7gm fat/18gm prot/56gm carb

\$ 14

Buffalo Burger

lettuce, tomato, Swiss, caramelized onions, smoked ketchup + horseradish mustard

540cal/25gm fat/40gm prot/25gm carb

\$ 17

Curried chicken satay style

sweet and spicy cucumber slaw + crushed peanut sauce

380cal/14gm fat/47gm prot/8gm carb

\$ 15

Housemade chorizo stuffed shrimp -- rice, creamy corn + spinach

250cal/6gm fat/29gm prot/20gm carb

\$ 16

Roasted chicken, corn + green chili stew

poblano crème, pepitas + corn tortillas

230cal/8gm fat/28gm prot/14gm carb

\$ 13