

Mirale

cafe & grill

BREAKFAST

EGGS

JUST EGGS \$6.50
Served with potatoes, fruit or low fat cottage cheese. Add Black Forest ham, bacon or turkey sausage for \$1.00

HUEVOS RANCHEROS \$8.50
Two corn tortillas topped with black beans, two eggs (OM), cheddar and mozzarella cheese, fresh roasted tomatoes, chili salsa and sour cream. Served with guacamole and potatoes.

CROISSANT SANDWICH \$8.50
A freshly baked croissant filled with egg, Black Forest ham, fontina cheese and a touch of mayo. Served with fresh tomatoes.

BREAKFAST BURRITO \$8.50
Scrambled eggs, turkey bacon, black beans, avocado, fresh salsa, cheddar and mozzarella cheese wrapped in a flour tortilla. Served with our home potatoes.

BREAKFAST QUESADILLA \$9.50
A large flour tortilla stuffed with grilled chicken breast, black beans, cheddar and mozzarella cheese, topped with 2 fried eggs, fresh salsa, avocado and sour cream.

EGG SANDWICH \$9.50
Eggs over hard with lettuce, tomatoes, avocado, turkey bacon and cheddar cheese served on toasted country french bread.

THE WILD THING \$9.50
Wild mushrooms, onions, carrots, goat cheese, sage and marjoram.

BREAKFAST WRAP \$9.50
Scrambled eggs bacon, tomatoes, onions, avocado, cheddar and mozzarella cheese in a flour tortilla.

NEW YORK STEAK AND EGGS \$12.50
New York strip steak with two eggs any style.

FRENCH TOAST

RASIN BRIOCHE \$7.50
Stuffed with cream cheese, banana and strawberry jam.

BERRY BERRY \$7.50
Stuffed with blueberry and strawberry jam and cream cheese.

WAFFLES

Strawberry and Banana \$7.50
Macadamia Nut, Strawberries and Coconut \$8.50
Caramelized Pecan, Bananas, Blueberries, Strawberries and Whipped Cream \$8.50

OTHER FAVORITES

OATMEAL \$7.50
Steel cut oatmeal slowly simmered in nonfat milk topped with caramelized bananas, pecans, strawberries and blueberries.

FRUIT PLATTER \$9.25
Served with choice of low fat cottage cheese or low fat strawberry yogurt.

LOX PLATTER \$10.50
Nova smoked salmon, lettuce, tomatoes, cucumbers, red onions, capers, cream cheese and bagel of your choice.

LOW FAT GRANOLA \$6.50
Served with choice of low fat milk or low fat strawberry yogurt, fresh bananas and strawberries.

EGG SCRAMBLES

(Served with potatoes, fruit or low fat cottage cheese and fresh baguette)

ALFREDO'S \$9.50
Eggs scrambled with Italian sausage, bacon, scallions, and parsley.

WEST THIRD SCRAMBLE \$9.50
Spinach, mushroom, basil, avocado, sun dried tomatoes and goat cheese.

THE HEALTHY ONE \$9.50
Four egg whites scrambled with mushrooms, onions, peppers, and topped with flame broiled chicken breast.

CHORIZO \$9.50
Chicken Chorizo scrambled with onions black beans, fresh salsa, avocado and cheddar cheese.

PENNE RIGATE \$9.50
Chicken breast turkey sausage, fresh basil, garlic, Roma tomatoes and rigate pasta.

CHIPOTLE \$9.50
Chipotle chicken sausage, onions, Roma tomatoes, basil and goat cheese.

THE TOFU \$9.50
Searred tofu steak with broccoli, mushrooms, peppers, and onions in a light ginger soy sauce.

HERBED SCRAMBLE \$9.50
Egg whites, fresh herbs, roasted peppers, mushrooms, spinach and tomatoes.

EGGS FLORENTINE \$9.50
Poached eggs topped with our creamy spinach and artichoke hearts sauce on an English muffin.

PANCAKES

Buttermilk \$6.50
Cinnamon, walnut and banana \$8.50
Strawberry banana \$8.50
Chocolate chip banana \$8.50
Macadamia nut and strawberry \$8.50

OMELETTES

(Served with potatoes, fresh fruit or cottage cheese and fresh baguette)

Any 4 items of your choice: \$9.50

Turkey Sausage, Bacon, Ham, Smoked Salmon, Onions, Peppers, Spinach, Tomatoes, Basil, Kalamata Olives, Avocado, Sundried Tomatoes, Broccoli, Corn, Fresh Turkey Breast, Mushrooms, Garlic, Fresh Salsa, Black Beans, Cream Cheese, Sour Cream, Mozzarella, Cheddar, Pepper Jack, Fontina, Buffalo Mozzarella, Swiss, Gorgonzola, Asiago, Feta, Goat Cheese

BENEDICTS

(Served with 2 poached eggs, home made hollandaise sauce and home potatoes)

TRADITIONAL \$9.50
Ham and English muffin.

NOVA \$9.50
Smoked salmon and English muffin.

A LA PARIS \$9.50
A fresh croissant, goat cheese and ham.

ALFREDO'S \$9.50
Spinach, mushrooms and English muffin.

SALADS

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| GOURMET CHICKEN CAESAR \$10.00 Slices of grilled chicken breast and romaine lettuce tossed in our signature dressing with garlic croutons, mushrooms, tomatoes, and Parmesan cheese. | MIXED GREEN SALAD \$6.50 Served with fresh toasted walnuts, Gorgonzola cheese and balsamic vinaigrette. |
| CHINESE CHICKEN SALAD \$10.00 Grilled chicken breast atop fried noodles and mixed green lettuce with celery, orange segments, peppers and green onions. Served with ginger soy dressing. | SUE'S CITRUS SALAD \$10.00 Garlic citrus marinated chicken breast atop mixed green lettuce garnished with orange segments, tomato, avocado and toasted almonds. Served with orange-honey poppy seed dressing. |
| GREEK SALAD \$10.00 Roma tomatoes, kalamata olives, cucumbers, bell peppers and chunks of feta cheese on a bed of greens topped with red onions. Served with lemon herb vinaigrette. | COBB SALAD \$10.00 A combination of chopped turkey breast avocado tomato boiled egg, bacon and Gorgonzola cheese on romaine lettuce. Served with lemon herb vinaigrette. |
| TUNA NICOISE SALAD \$12.50 Grilled ahi tuna steak nestled atop lettuce accented with marinated new potatoes, bell pepper rings, french beans, egg and tomato wedges, and nicoise olives. Served with lemon herb vinaigrette. | MEXICAN CHICKEN TOSTADA \$10.00 Grilled chicken and black beans on a fried corn tortilla with melted mozzarella and cheddar cheese atop mixed greens with avocado salsa, sour cream and a cilantro dressing. |
| | FRUITY COTTAGE CHEESE \$10.00 Luscious fruit and low fat cottage cheese served with an orange dressing. |

PASTAS

(served with soup or salad)

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| ANGEL HAIR A LA CECCA \$11.50 Fresh basil, garlic, and Roma tomatoes, sauteed with olive oil and tossed with angel hair pasta. | CALIFORNIA CHICKEN PASTA \$11.50 Sautéed chicken breast, fresh and sun dried tomatoes, broccoli, garlic and mushrooms in a light wine sauce and butter served with fine angel hair pasta. |
| PASTA PRIMAVERA \$11.50 Artichoke hearts, mushrooms and Roma tomatoes sautéed with garlic and olive oil and tossed with linguini pasta and pesto sauce. | SPAGHETTI AND MEATBALLS \$11.50 Our fresh meatballs and marinara sauce tossed in fettuccine pasta. |
| FETTUCCINE ALFREDO \$11.50 Sautéed chicken breast, broccoli, mushrooms, fresh and sundried tomatoes with garlic cream sauce over fettuccine pasta. | |

MELTS

(served with french fries, fruit, baby greens, mashed potatoes, or onion rings)

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| ALFREDO'S MELT \$9.50 Grilled turkey breast, avocado, tomato, alfalfa sprouts, melted mozzarella cheese and Dijonnaise on grilled deli rye. | MOZZARELLA CHICKEN MELT \$10.50 Sautéed breaded chicken breast with melted mozzarella cheese, lettuce, tomato, and mayonnaise on baguette. |
| THE ORTEGA \$10.50 Grilled chicken breast, fire roasted peppers, lettuce, tomato, avocado, melted mozzarella cheese and lemon Aioli on a country French roll. | NEW YORK STEAK MELT \$10.50 Flame broiled New York strip steak topped with grilled onions and mushrooms, lettuce, tomatoes and garlic mayonnaise on a baguette. |
| TUNA MELT \$9.50 White albacore tuna salad and melted cheddar cheese on grilled whole wheat bread with lettuce and tomato. | PATTY MELT \$9.50 A ground sirloin patty with grilled onions served on grilled rye with Thousand Island dressing. |

BURGERS

(All burgers are served with choice of fries, green salad, mashed potatoes, onion rings or fresh fruit.
Add grilled onions and mushrooms, bacon, avocado or cheese for \$1.00 more)

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| 8 OZ. EXTRA LEAN GROUND SIRLOIN \$8.50 |
| GARDEN BURGER \$8.50 |
| CHICKEN BREAST BURGER \$8.50 |
| TURKEY BURGER \$8.50 |

QUESADILLAS

(Served with salsa, sour cream and avocado)

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| GRILLED VEGGIES AND FONTINA \$9.50 |
| GRILLED CHICKEN, BASIL, TOMATOES, FETA \$9.50 |
| GRILLED CHICKEN, BLACK BEANS, CHEDDAR, MOZZARELLA \$9.50 |
| GRILLED N.Y. STEAK, GRILLED ONIONS, MUSHROOMS, MOZZARELLA \$10.50 |

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SANDWICHES

(served with fries, fruit, baby greens, mashed potatoes or onion rings)

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| CHIPOTLE TURKEY MEATLOAF | \$9.50 | CAPRESE | \$9.50 |
| Served with lettuce, tomatoes and lemon aioli on french bread. | | Fresh buffalo mozzarella and Roma tomatoes with basil pesto, drizzled with extra virgin olive oil and balsamic vinegar on a baguette. | |
| GRILLED CHICKEN | \$10.50 | ROASTED PEPPER | \$9.50 |
| Served with Roma tomatoes, roasted pine nuts, goat cheese and sun dried tomato pesto on a baguette. | | Red and yellow oven roasted peppers, basil and warm goat cheese on french bread. | |
| PROVOLONE AND ROAST BEEF | \$10.50 | MEGA CLUB | \$10.50 |
| Served with tomatoes, red onions, pickles and horseradish sauce on a country style French roll. | | A triple decker with home roasted turkey breasts, avocado, bacon, lettuce and tomato on whole wheat toast. | |
| CHICKEN SALAD | \$9.50 | PAN BAGNAT | \$10.50 |
| All white meat chicken salad with lettuce, tomatoes, and red onions on toasted sourdough. | | Grilled Ahi tuna bell peppers, onion, hard boiled egg, tomatoes and an olive tampanade served in scooped out house baked french bread. | |
| SMOKED TURKEY AND BRIE | \$9.50 | | |
| Served with lettuce, tomatoes, red onion and a cranberry chutney. | | | |

WRAPS

(served with fries, salad , mashed potatoes or onion rings)

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| VEGETARIAN WRAP | \$9.50 | HONEY MUSTARD CHICKEN | \$9.50 |
| Black beans, rice, mozzarella and cheddar cheese, and pico de gallo salsa wrapped in a flour tortilla. | | Chunks of chicken breast, grilled vegetables, avocado, alfalfa sprouts, feta cheese and honey mustard sauce in a flour tortilla. | |
| BBQ CHICKEN WRAP | \$9.50 | SANTA FE CHICKEN WRAP | \$9.50 |
| Lettuce, tomato, red onion, grilled chicken breast and cheese tossed in a hickory barbecue sauce wrapped in a fresh tortilla. | | Lettuce, tomatoes, red onions, chicken breast and cheese tossed in a spicy Santa Fe dressing wrapped in a flour tortilla. | |
| CHINESE CHICKEN SALAD WRAP | \$9.50 | TURKEY BREAST WRAP | \$9.50 |
| A classic Chinese chicken salad tossed in a tangy dressing with boneless skinless chicken wrapped in a flour tortilla. | | Fresh turkey breast, avocado, lettuce, tomato, cucumber and honey mustard in a flour tortilla. | |
| | | TUNA SALAD WRAP | \$9.50 |
| | | Our tuna salad with lettuce, tomato, cucumbers, red onions and cheddar cheese in a flour tortilla. | |

CHICKEN

(served with soup or salad)

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| CHICKEN STIR FRY | \$11.50 | LIME CHICKEN | \$11.50 |
| Stir fried chicken breast with onion, bell peppers, celery, mushrooms, and broccoli. Served with an oriental sauce on a bed of rice. | | Grilled chicken breast with whole grain mustard sauce. | |
| B.B.Q CHICKEN BREAST | \$11.50 | MUSHROOM CHICKEN | \$11.50 |
| Flame broiled chicken breast smothered in our B.B.Q sauce. Served with french fried potatoes and vegetables. | | A marinated chicken breast grilled to perfection topped with mushrooms and whole grain mustard sauce. | |
| BRAISED CHICKEN IN PORT WINE | \$11.50 | CHICKEN MILANESE A LA PARMIGIANA | \$11.50 |
| Chicken breast sauteed in garlic and port wine. | | Sauteed chicken Milanese topped with marinara sauce mozzarella and Parmesan cheese. | |
| | | CILANTRO CHICKEN BREAST | \$11.50 |
| | | Grilled chicken breast in a yellow corn and cilantro sauce. | |

FRESH FISH

(served with mashed potatoes, rice pilaf, french fries, and vegetables. Choice of soup or salad)

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| GRILLED FILET OF SALMON | \$14.50 | AHI TUNA | \$14.50 |
| Served with tarragon cream sauce. | | Grilled Fresh tuna. | |

SIDE ORDERS

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| Smoked Salmon..... | \$5.50 | Chicken Breast..... | \$5.00 | Plain Pancake..... | \$3.00 |
| Ham..... | \$3.00 | Black Beans..... | \$3.00 | Fancy Pancake..... | \$4.00 |
| Hamburger Patty..... | \$4.50 | Cottage Cheese..... | \$2.50 | Toast..... | \$2.00 |
| Turkey Sausage..... | \$3.50 | Cream Cheese..... | \$1.50 | English Muffin..... | \$2.00 |
| Bacon..... | \$3.00 | Avocado Half..... | \$3.50 | Bagel..... | \$2.00 |
| Turkey Bacon..... | \$3.00 | Salsa..... | \$2.00 | 2 Eggs..... | \$3.50 |

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DRINKS

(add 50 cents on double coffee drinks or soy milk)

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| HOUSE ROAST (ORGANIC) | \$2.25 |
| AMERICANO | \$2.25 |
| ESPRESSO | \$2.25 |
| CAFE LATTE Espresso and steamed milk. | \$3.25 |
| CAPPUCCINO Espresso with steamed milk and foam. | \$3.25 |
| WAKE UP CALL Espresso topped with coffee. | \$3.25 |
| MOCHA Espresso with steamed milk, chocolate, and whipped cream. | \$4.25 |
| SMOOTH TAKE OFF Vanilla ice cream, banana, chocolate, espresso and whipped cream (blended). | \$4.25 |
| AU-LAIT Hot coffee with steamed milk. | \$3.00 |
| MARBLE COFFEE Vanilla ice cream with a shot of espresso and whipped cream. | \$4.25 |
| VANILLA LATTE Espresso with steamed milk and pure vanilla powder. | \$4.00 |
| A.G. Vanilla or mocha espresso blended with ice and touch of milk. | \$4.00 |
| MILK SHAKES Vanilla ice cream, espresso, chocolate, strawberry or banana. | \$4.50 |
| HOT CHOCOLATE With whipped cream. | \$3.00 |

TEAS

LIPTON
COMOLLIE
ENGLISH BREAKFAST
EARLY GREY
ZEN MANGO
SIMPLY MINT
ORANGE PEKOE
HOWERY DARJEELING
LEMON GINGER GREEN TEA
CHINA GREEN TEA
PASSION FRUIT ICED TEA

SMOOTHIES

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| STRAWBERRY SENSATION Banana, strawberries, non fat vanilla yogurt and apple juice. | \$4.50 |
| BERRIES BOMB Blueberries, strawberries, banana, orange juice and non fat vanilla yogurt. | \$4.50 |
| THE PROTEIN Banana, protein powder, honey, soy milk and non fat vanilla yogurt. | \$4.50 |
| MANGO TANGO Mango, pineapple, banana, non fat vanilla yogurt and orange juice. | \$4.50 |
| TROPICAL LUST Mango strawberries, banana, non fat vanilla yogurt and apple juice. | \$4.50 |
| ISLAND BREEZE Pineapple, banana, coconut, non fat vanilla yogurt and orange juice. | \$4.50 |
| PEANUT BUTTER ENERGIZER Peanut butter, banana, low fat milk, wheat germ, protein powder and non fat vanilla yogurt. | \$4.50 |

COLD DRINKS

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| SNAPPLE | \$2.25 |
| COKE | \$2.00 |
| DIET COKE | \$2.00 |
| SPRITE | \$2.00 |
| ARROWHEAD WATER | \$3.00 |
| PELLEGRINO WATER | \$3.50 |
| PINEAPPLE JUICE | \$2.25 |
| FRESH ORANGE JUICE | \$4.00 |
| FRESH LEMONADE | \$2.50 |
| ARNOLD PALMER (ICE TEA & LEMONADE) | \$2.50 |
| TOMATO JUICE | \$2.25 |
| APPLE JUICE | \$2.25 |
| CRANBERRY JUICE | \$2.25 |

FRESH BAKED GOODS

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| BAGELS: PLAIN, SESAME, ONION, CHEDDAR, JALAPENO, OR EVERYTHING | | BAGUETTES | \$2.50 |
| with butter or strawberry jam: | \$2.00 | STRAWBERRY CHEESECAKE | \$5.50 |
| with cream cheese: | \$2.25 | DOUBLE GERMAN CHOCOLATE CAKE | \$5.50 |
| CROISSANTS | \$2.25 | MUFFINS | \$2.25 |
| SCONES | \$2.25 | COOKIES | \$2.25 |

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