

# myong gourmet

global cuisine - cafe menu

## BEVERAGES:

*All Coffees are Myong's Custom Blends exclusively roasted for us...*

|                                                                      |                 |
|----------------------------------------------------------------------|-----------------|
| Gourmet Coffee - Regular or Decaf.....                               | 1.95 (lg. 2.50) |
| Espresso - Long Pull (Euro-Style Double).....                        | 3.00            |
| Iced Espresso - Double Shot.....                                     | 3.50            |
| Cappuccino .....                                                     | 3.25 (lg. 3.75) |
| Café Latté .....                                                     | 3.25 (lg. 3.75) |
| Mocha or Caramel Latté.....                                          | 4.00 (lg. 4.50) |
| Italian Imported Hot Chocolate <i>(made with real milk)</i> .....    | 3.50            |
| Myong's Iced Frappé (16oz) .....                                     | 4.95            |
| <i>Your Choice - Ghirardelli Caramel, White or Dark Chocolate</i>    |                 |
| Gourmet Iced Coffee or Tea .....                                     | 2.95 (lg. 3.75) |
| Myong's Gin-Cin Signature Tea .....                                  | 3.50 (lg. 3.95) |
| Japanese Green Tea (Hot or Iced) .....                               | 3.95 (lg. 4.50) |
| <i>Traditional Imported Sencha (whole leaf)</i>                      |                 |
| Mighty Leaf Teas .....                                               | 2.75 (lg. 2.95) |
| <i>Magnificent Blends from San Francisco</i>                         |                 |
| Oregon Chai Tea Latté (hot/iced).....                                | 3.50 (lg. 3.95) |
| <i>Add: Ghirardelli Syrup (Caramel, White or Dark Chocolate) .85</i> |                 |
| <i>Monin Natural Flavour Shot .75</i>                                |                 |

## SMOOTHIES: .....

*All Natural Fruit Purée - Non Fat Organic Yogurt & Our Triple Purified Ice*

Banana, Raspberry, Very-Berry, Monkey Business, Tropical Paradise, Strawberry, Peach Basket, Mango-Mango Kiss, Piña Colada, Oreo Cookie, Chocolate Oreo

Add a scoop of Protein Isolate Powder-24gr. (whey or soy) 3.00

## BAKERY & HEALTH BAR:

*Our Muffins have no Sugar or Saturated Fats. All baked goods are made right here. Try One Now! (call ahead for large orders)*

|                                                                               |             |
|-------------------------------------------------------------------------------|-------------|
| Myong's Muffins <i>(All Organic &amp; Gluten Free, made with Honey)</i> ..... | 4.50        |
| Mini Scones .....                                                             | 1.50        |
| Biscotti <i>(Gluten Free &amp; Vegan)</i> .....                               | 3.00        |
| Banana Bread.....                                                             | 2.50        |
| Myong's Cookies <i>(Gluten Free Available)</i> .....                          | 1.50 - 3.00 |
| Charlotte's Cookie <i>(Walnut &amp; Chocolate Chip)</i> .....                 | 2.50        |
| Brownie or Congo Bar (per piece) .....                                        | 3.50        |
| Protein Bar <i>(Sugar Free)</i> .....                                         | 3.50        |
| Healthy Oatmeal Breakfast Cookie (per piece) .....                            | 3.50        |
| Hot Breakfast Oatmeal .....                                                   | 6.95        |

## THREE EGG OMELETTES (With your choice of toast) :

*Egg Whites Only - Add \$1.00*

|                                                         |       |
|---------------------------------------------------------|-------|
| Isle of Crete .....                                     | 9.95  |
| <i>Baby Spinach, Roasted Pear &amp; Feta</i>            |       |
| All American.....                                       | 9.95  |
| <i>Smoked Bacon &amp; Cheddar Cheese</i>                |       |
| The MG Classic.....                                     | 11.95 |
| <i>Exotic Mushrooms, Goat Cheese &amp; Baby Spinach</i> |       |
| Orient Express.....                                     | 11.95 |
| <i>Shrimp &amp; Japanese Seaweed</i>                    |       |
| All That Chazz.....                                     | 9.95  |
| <i>Seasonal Grilled Veggies (his favorite)</i>          |       |
| Breakfast Burrito .....                                 | 7.00  |
| <i>Eggs, Salsa, Avacado &amp; Sesame Sauce</i>          |       |

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## HOT WRAPS:

|                                                                                                            |       |
|------------------------------------------------------------------------------------------------------------|-------|
| Grilled Chicken with Brie & Caramel Onion .....                                                            | 10.95 |
| Santa Fe Chicken .....                                                                                     | 9.95  |
| <i>Grilled Chicken, Melted Cheddar Cheese &amp; Myong's Own Salsa with Shredded Romaine</i>                |       |
| El Paso Steak.....                                                                                         | 11.95 |
| <i>Southwest Seasoned Flank Steak, Melted Cheddar Cheese &amp; Myong's Own Salsa with Shredded Romaine</i> |       |
| Cajun Chicken.....                                                                                         | 10.95 |
| <i>Southern Seasoned &amp; Grilled, with Brie, Lettuce &amp; Hot Sauce</i>                                 |       |
| Ian's Wrap.....                                                                                            | 10.95 |
| <i>Chicken, Bacon &amp; Munster Cheese, Lettuce with Honey Mustard Sauce</i>                               |       |
| Alexa's Wrap-Turkey Burger.....                                                                            | 10.95 |
| <i>Brie, Avocado, Caramelized Onions, Lettuce &amp; Sesame Cream Sauce</i>                                 |       |
| Grilled Veggie .....                                                                                       | 9.50  |
| <i>Seasonal Grilled Veggies, Lettuce &amp; Lemon Ginger Sauce</i>                                          |       |

## COLD WRAPS:

|                                                                                                                                                      |      |
|------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| Grilled Chicken .....                                                                                                                                | 9.95 |
| <i>Our Finest Chicken Breast - Free Range Antibiotic and Hormone Free Lime-Cilantro marinated &amp; seared under high heat to lock in tenderness</i> |      |
| Grilled Chicken with Bok Choy.....                                                                                                                   | 9.95 |
| Grilled Chicken with Asian Coleslaw .....                                                                                                            | 9.95 |
| Grilled Chicken-Hot Korean Style.....                                                                                                                | 9.95 |
| <i>White Meat served with Bok Choy &amp; Very Spicy Sauce</i>                                                                                        |      |
| Grilled Chicken Caesar Wrap .....                                                                                                                    | 9.95 |
| <i>Myong's Amazing Caesar Dressing</i>                                                                                                               |      |
| Chicken Salads (available from the case).....                                                                                                        | 9.95 |
| Spicy Asian Chicken - Frisco Fusion - Spa Tuna - Apple Cran                                                                                          |      |
| Tuna - Curry Chicken - Spa Chicken... & more!                                                                                                        |      |
| Myong's Egg Salad.....                                                                                                                               | 9.50 |
| Spa Tuna .....                                                                                                                                       | 9.95 |
| <i>Snow Peas, Apple, Seasonal Veggies, Grape Tomatos &amp; Mixed Greens</i>                                                                          |      |

## CELLOPHANE WRAPS (Gluten Free):

*All Cellophane Wraps contain Rice Noodles, Lettuce, Cucumber, Carrots, Avocado & Cilantro*

|                                                                              |        |
|------------------------------------------------------------------------------|--------|
| Sushi Grade Tuna.....                                                        | 15.00  |
| Ocean Wrap.....                                                              | 15.00  |
| <i>Freshest Daily Market Fish Available</i>                                  |        |
| Shrimp.....                                                                  | 12.95  |
| Chicken .....                                                                | 9.95   |
| Wrap of the Day (Myong's or Yours - Daily Creation) .....                    | Market |
| Frisco Fusion.....                                                           | 9.95   |
| <i>Chunks of White Meat Chicken in low-calorie Asian Apricot Spicy Sauce</i> |        |
| Veggie.....                                                                  | 8.95   |
| Tofu.....                                                                    | 9.50   |
| Tofu Medley.....                                                             | 9.95   |
| <i>Roasted Yams, Beets, Pears &amp; Carrots</i>                              |        |

## CAKE WRAPS:

|                                                                                                  |              |
|--------------------------------------------------------------------------------------------------|--------------|
| Salmon Cake .....                                                                                | 12.95        |
| <i>Brie, Caramelized Onion, Fresh Roasted Peppers with Sesame Cream Sauce &amp; Mixed Greens</i> |              |
| "The" Crab Cake .....                                                                            | 15.50        |
| <i>Brie, Caramelized Onion, Fresh Roasted Peppers with Sesame Cream Sauce &amp; Mixed Greens</i> |              |
| Veggie Tofu Burger .....                                                                         | 10.50        |
| <i>Lettuce, Cucumber, Carrots, Avocado &amp; Sesame Cream Sauce</i>                              |              |
| Special Wrap of the Day.....                                                                     | Priced Daily |

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## **SALADS:** *(Customize your salad add any item!)*

|                                                                                 |              |
|---------------------------------------------------------------------------------|--------------|
| Asian Cole Slaw - <i>seeds, dried cran, mango, walnuts &amp; crunches</i> ...   | 9.50         |
| Bok Choy Salad - <i>seeds, dried cran, mango, walnuts &amp; crunches..</i>      | 10.50        |
| Bok Choy Slaw - <i>seeds, dried cran, mango, walnuts &amp; crunches</i> ...     | 10.50        |
| Veggie Delight - <i>seeds, dried cran, walnuts</i> .....                        | 9.50         |
| Classic Caesar .....                                                            | 9.50         |
| Asian Cole Slaw with Chicken .....                                              | 11.50        |
| Bok Choy Salad with Chicken .....                                               | 13.50        |
| Roasted Root Salad.....                                                         | 13.50        |
| <i>Tofu, Beets, Carrots, Yams, Pears, &amp; Feta in a Lemon Ginger Dressing</i> |              |
| Special Salad of the Day.....                                                   | Priced Daily |
| Mixed Green Salad.....                                                          | 7.95         |

*Add: Fresh AA Grade Tuna 8.00 Grilled Chicken 4.50 Chicken Salad 4.50  
Tuna Salad 5.00 Edemami 1.50 Tofu 3.50 Nuts 1.00 Seeds 1.00  
Fruit 1.50 Roasted Veggies 3.50 Roasted Roots 4.50  
Avocado 2.50 Cheese 1.50 - EXTRA DRESSING - 75¢*

## **QUESADILLAS:**

*Salsa (w/ Cilantro) comes on the side with all Quesadillas*

|               |       |
|---------------|-------|
| Cheese.....   | 8.95  |
| Chicken ..... | 10.50 |
| Steak.....    | 11.50 |
| Shrimp.....   | 13.75 |

## **HEALTHY & DELICIOUS SOUPS:**

|                       |      |
|-----------------------|------|
| Daily Selections..... | 6.95 |
|-----------------------|------|

**everything is made here!**

- Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.

- Food Allergies? If you have a food allergy, please speak to the owner, manager, chef or your server.

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Sauces

- bring home the awesome