

# myong gourmet

@ SAW MILL CLUB

## SMOOTHIES & SHAKES

**Smoothies** **\$8.00**

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- Pineapple Kale Lemon
- Strawberry Banana
- Pineapple Mango

**Protein Shakes** **\$8.00**

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- Vanilla Whey Protein Powder
- Chocolate Whey Protein Powder
- Soy Protein Powder

**Shakes with add ons** **\$10.00**

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- Peanut Butter
- Fruit

## BEVERAGES

**Home Brewed Tea** Large **\$4.00**

Small **\$3.50**

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- Myong's Signature Gincin Tea
- Myong's Signature Gincin Tea
- Iced Green Tea
- Half & Half Gincin/Green Tea
- Unsweetened Iced Tea

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## BREAKFAST

**Oatmeal** \$7.00

Plain oat, pinch of salt  
& cinnamon

**Breakfast Burrito** \$8.00

2 Eggs, Avacado, Salsa, sesame  
sauce

**Breakfast Omelette** \$10.00

3 Eggs, Spinach, Tomato, Onion

**Egg wrap/sandwich** \$5.00

2 Eggs  
Add cheese +\$1.00  
Add Bacon +\$2.00

## SALADS

**Asian Coleslaw** \$13.00

Bok Choy Salad with Grilled  
Chicken, Sunflower Seeds,  
Noodle Crunches, Crushed Red  
Pepper vinaigrette

**Vegan Delight** \$14.00

Kale, Roasted Veggies, Mung  
Bean. Sweet Potato, Tofu, Rice  
Vinaigrette

**Caesar Salad** \$13.00

Homemade Croutons

**Make Your Own** **Varies**

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## LUNCH

**Tomato Pesto Wrap** \$10.00

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Sundried Tomatoes, Pesto

**Alexa Wrap** \$10.00

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Chicken Burger, Carmelized  
Onions, Brie, Sesame sauce

**Ian Wrap** \$10.00

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Grilled Chicken, Munster, Bacon,  
Honey Mustard

**Egg wrap/sandwich** \$5.00

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2 Eggs  
Add cheese +\$1.00  
Add Bacon +\$2.00

**Turkey Club Wrap** \$9.00

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**Vegan Delight** Price Varies

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Veggies, Chicken, Tofu, Shrimp

**Soup** \$8.00

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Butternut Squash  
Tomato Basil