

myong gourmet

progressive world cuisine - cafe menu

BEVERAGES:

All Coffees are Myong's Custom Blends

Gourmet Coffee - Regular or Decaf.....	1.75 (lg. 1.95)
Espresso - Long Pull.....	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)
Ghirardelli Hot Chocolate.....	2.95
Myong's Iced Frappé (16oz)	4.95
<i>Your Choice - Ghirardelli Caramel, White or Dark Chocolate</i>	
Gourmet Iced Coffee or Tea	2.50 (lg. 2.95)
Myong's Gin-Cin Signature Tea	3.00 (lg. 3.50)
Japanese Green Tea (Hot or Iced)	3.00 (lg. 3.50)
<i>Traditional Sencha (whole leaf)</i>	
Mighty Leaf Teas	2.50 (lg. 2.75)
<i>Magnificent Blends from San Francisco</i>	
Oregon Chai Tea Latté (hot/iced).....	3.25 (lg. 3.75)
<i>Add: Ghirardelli Syrup (Caramel, White or Dark Chocolate) .85</i>	
<i>Monin Natural Flavour Shot .75</i>	

SMOOTHIES:

<i>All Natural Fruit Purée - Non Fat Organic Yogurt & Our Triple Purified Ice</i>	
Banana, Cherry Blast, Raspberry, Sunshine, 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)	2.00
Acai Berry Shot.....	4.00

BAKERY & HEALTH BAR:

Our Muffins are Low in Sugar & Saturated Fat. All baked goods are made right here. Try One Now! (call ahead for large orders)

Myong's Muffins (Spelt Flour - Gluten Free also available)	3.75
Protein Muffin.....	5.50
Pound Cakes & Scones (Spelt Flour)	3.50
Biscotti (Gluten Free)	2.75
Myong's Cookies (Spelt Flour)	1.50 - 3.00
Charlotte's Cookie (Walnut & Chocolate Chip)	2.50
Brownie or Congo Bar (per piece)	3.00
Protein Bar (Sugar Free).....	3.00
Healthy Oatmeal Breakfast Cookie (per piece)	3.50
Hot Breakfast Oatmeal	5.50

THREE EGG OMELETTES (With your choice of toast) :

Egg Whites Only - Add \$1.00

Isle of Crete	8.95
<i>Spinach, Roasted Pear & Feta</i>	
All American	8.95
<i>Bacon & Cheese</i>	
Jack Sparrow	10.95
<i>Lump Crab, Goat Cheese & Asparagus</i>	
Orient Express.....	10.95
<i>Shrimp & Seaweed</i>	
All That Chazz.....	8.95
<i>Seasonal Grilled Veggies (his favorite)</i>	
Breakfast Burrito	6.00
<i>Eggs, Salsa, Avacado & Sesame Sauce</i>	

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HOT WRAPS:

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

COLD WRAPS:

Grilled Chicken.....	8.95
<i>Our Finest Fresh Breast- Lime-Cilantro marinated & seared under high heat to lock in tenderness</i>	
Grilled Chicken with Bok Choy.....	9.50
Grilled Chicken with Asian Coleslaw.....	9.50
Grilled Chicken-Hot Korean Style.....	9.50
<i>White Meat served with Bok Choy & Very Spicy Sauce</i>	
Grilled Chicken Caesar Wrap.....	9.50
<i>Myong's Amazing Caesar Dressing</i>	
Chicken Salads (available from the case).....	9.50
Mandarin - Asian Spicy - Frisco Fusion - Mango Explosion - Mediterranean - Curry Chicken - Spa Chicken... & more!	
Myong's Egg Salad.....	9.50
Tuna (Myong's tuna creations)	9.50
Spa Tuna	9.50
<i>Hearts of Palm, Grapes, French Green Beans, Mixed Greens & Tomatoes</i>	

CELLOPHANE WRAPS (Gluten Free):

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

Sushi Grade Tuna.....	13.95
Ocean Wrap.....	13.95
<i>Freshest Market Fish Available</i>	
Shrimp.....	11.95
Chicken	8.95
Frisco Fusion.....	9.50
<i>Chunks of White Meat Chicken in low-calorie Asian Apricot Spicy Sauce</i>	
Veggie.....	8.95
Tofu.....	9.50
Tofu Medley.....	9.50
<i>Roasted Yams, Beets, Pears & Carrots</i>	

CAKE WRAPS:

Salmon Cake	12.95
<i>Brie, Caramelized Onion, Fresh Roasted Peppers with Sesame Cream Sauce & Mixed Greens</i>	
"The" Crab Cake	14.95
<i>Brie, Caramelized Onion, Fresh Roasted Peppers with Sesame Cream Sauce & Mixed Greens</i>	
Veggie Tofu Burger	9.50
<i>Lettuce, Cucumber, Carrots, Avocado & Sesame Cream Sauce</i>	
Special Wrap of the Day.....	Priced Daily

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SALADS:

Asian Cole Slaw	8.00
Bok Choy Salad.....	9.95
Veggie Delight.....	9.00
Asian Cole Slaw with Chicken	10.95
Bok Choy Salad with Chicken	12.95
Roasted Root Salad.....	12.95
<i>Tofu, Beets, Carrots, Yams, Pears, Caramelized Onions & Feta in a Lemon Ginger Dressing</i>	
Special Salad of the Day.....	Priced Daily
Mixed Green Salad.....	6.95

*Add: Fresh Tuna 6.00 Grilled Chicken 3.00 Chicken Salad 4.00
Tuna Salad 5.00 Edemami 1.50 Tofu 3.00 Nuts 1.00 Seeds 1.00
Fruit 1.50 Roasted Veggies 2.50 Roasted Roots 4.00
Avocado 2.50 Cheese 1.50*

QUESADILLAS:

Salsa & Cilantro in all Quesadillas

Cheese.....	8.50
Chicken	9.50
Steak.....	10.50
Shrimp.....	12.95

HEALTHY & DELICIOUS SOUPS:

Daily Selections.....	5.95
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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.

myong's

catering

- parties & events

myong's

custom roasted coffee

- whole bean or ground

myong's

gift card

- you set the amount

myong's

merchandise

- sauces, aprons, apparel & more

myong's

you'll never cook again