

DINNER
STARTING AT 5:00 PM NIGHTLY

APPETIZERS

- HOT BUFFALO WINGS** WITH CELERY AND BLUE CHEESE 8.99
CHICKEN FINGERS WITH BBQ SAUCE OR BUFFALO SAUCE 8.99
MUSSELS IN A WHITE WINE GARLIC CREAM SAUCE
SERVED WITH BREAD FOR DIPPING 11.00
PARMESAN & HERB CALAMARI 11.00
- BAY CHIPS** OUR HOMEMADE CHIPS TOPPED WITH PEPPER
JACK CHEESE, SMOKED MOZZARELLA, SCALLIONS,
TOMATO & BACON 8.99

GOURMET BURGERS

SERVED WITH FRIES OR MUG CHIPS

- BAY BURGER** WITH MELTED CHEESE, LETTUCE & TOMATO. 10.50
KAYO BURGER WITH MELTED CHEESE ON TOP
OF RARE ROAST BEEF. 11.00
- ARTIE** ROASTED RED PEPPERS, ARTICHOKE SAUCE
& PROVOLONE CHEESE 10.50
- AMERICAN** LETTUCE, TOMATO, RED ONION,
AMERICAN CHEESE & MAYO 10.50
- SAN FRAN** GOAT CHEESE, BASIL SAUCE, ROASTED RED PEPPERS
& GRILLED PORTOBELLO MUSHROOM 11.00

*Eating undercooked meat or eggs may contribute to food-borne illness

DINNER
STARTING AT 5:00 PM NIGHTLY

ENTREES

FRESH SALMON TOPPED WITH FRUIT SALSA 16.00
SERVED WITH DAILY VEGETABLE AND POTATO

FISHERMAN'S PLATTER 18.00
BREADED WHOLE BELLY CLAMS, SHRIMP AND HADDOCK
SERVED WITH FRIES, HOMEMADE TARTAR AND LEMON

GLUTEN FREE MARYLAND CRAB CAKES 16.00
TOPPED WITH ROASTED TOMATO & GARLIC SAUCE
SERVED WITH DAILY VEGETABLE AND DAILY POTATO

SPICY SHRIMP LINGUINE 15.00
CHIPOTLE ALFREDO SAUCE, GRILLED PORTOBELLO
MUSHROOM, & BROCCOLI
WITH GRILLED CHICKEN 14.00
WITH STEAK TIPS 16.00

LEMON DILL BAKED HADDOCK 16.00
TOPPED WITH SAUTÉED SPINACH, TOMATO & GRILLED SHRIMP

SURF & TURF MARKET PRICE
CHANGES DAILY ASK YOUR SERVER

BBQ BY THE BAY \$19.00
1/2 RACK TENDER PORK RIBS, JACK DANIELS BBQ WINGS,
FRIED SHRIMP, FRIES AND COLE SLAW

MAPLE GLAZED TIPS AND SHRIMP SAUTEE 16.00
WITH ONIONS AND MUSHROOMS SERVED OVER RICE PILAF

ADD A DINNER SALAD OR SOUP FOR \$2.29

CATCH TO KITCHEN
WE PARTNER WITH SAL'S FRESH SEAFOOD TO PROVIDE
THE FRESHEST SEAFOOD AVAILABLE



**TAKE OUT MENU
2017**

**BREAKFAST
LUNCH
DINNER**

**23 MAIN STREET
CENTER HARBOR, NH
677-7141**

www.themugrestaurant.com

BREAKFAST

SERVED DAILY UNTIL 12:00

OMELETS

3 EGGS SERVED WITH
TOAST & HOME FRIES

CALI MUSHROOM, SPINACH, GOAT CHEESE &
HAM 8.49

VEGGIE MUSHROOM, GREEN PEPPERS,
ONIONS, TOMATO, BLACK OLIVE & JACK CHEESE
8.49

TEX-MEX JACK CHEESE, SALSA, AVOCADO
SEASONED BEEF & SOUR CREAM 8.49

WESTERN GREEN PEPPER, RED PEPPER, HAM,
ONION, JACK CHEESE & BACON 8.99

COUNTRY FRENCH BACON, 7.99

FLORENTINE SPINACH, FETA, TOMATO 7.99

3 CHEESE 6.25
ADDITIONAL VEGGIES .50 EACH
ADDITIONAL MEATS .75 EACH

BREAKFAST WRAPS

2 EGGS
SERVED WITH TOAST & HOME FRIES

GARDEN GREEN PEPPER, MUSHROOM,
TOMATO, RED PEPPER, ONION, SPINACH
& GOAT CHEESE 8.49

MEAT LOVERS BACON, SWEET
SAUSAGE, HAM & CHEDDAR 8.49

MEXICAN SALSA, CHEDDAR, BACON
& GUACAMOLE 8.49
CHOICE OF WRAPS: PLAIN, SPINACH OR
SUN-DRIED TOMATO

COUNTRY STYLE BREAKFAST

ONE EGG ANY STYLE SERVED WITH TOAST &
HOME FRIES 4.00

ADD BACON, HAM OR MAPLE SAUSAGE 6.75

TWO EGGS ANY STYLE SERVED WITH TOAST &
HOME FRIES 5.00
ADD BACON, HAM OR MAPLE SAUSAGE 7.75

STEAK TIPS & EGGS
SERVED WITH TOAST & HOME FRIES 12.95

BAY BREAKFAST SANDWICHES

Served with home fries \$7.49

TWO EGGS
WITH BACON, HAM OR MAPLE SAUSAGE

YOUR CHOICE OF:
AMERICAN, SWISS, CHEDDAR OR PROVOLONE
ON A:

BAGEL, CROISSANT OR SWEET MUFFIN

**MULTIGRAIN GLUTEN FREE
BREAD AVAILABLE**

PANCAKES, FRENCH TOAST & WAFFLES

2 HOMESTYLE PANCAKES 5.99

**2 FRESH BLUEBERRY or
CHOCOLATE CHIP PANCAKES** 6.99

2 PROTEIN PANCAKES 8.29
FRESH BLUEBERRIES, GRANOLA,
ALMONDS & CINNAMON

WAFFLES
HOME STYLE 5.25
BLUEBERRIES 6.99

HOMESTYLE FRENCH TOAST 5.25

GRANOLA FRENCH TOAST 7.49
ADD FRESH BLUEBERRIES OR
STRAWBERRIES 8.25

SPECIALTY BREAKFAST

THE SICILY GRILLED PANINI
BREAD WITH BASIL PESTO,
TOMATO, HAM & AN EGG 7.79

EGGS BENEDICT
2 POACHED EGGS WITH
HOLLANDAISE SAUCE & HAM ON
A PORTUGUESE SWEET MUFFIN 7.79

TUSCAN EGGS BENEDICT
2 POACHED EGGS,
HOLLANDAISE SAUCE, SPINACH, TOMATO
& MUSHROOM ON
A PORTUGUESE SWEET MUFFIN 7.99

CRABCAKE BENEDICT
2 POACHED EGGS, HOLLANDAISE ON
GLUTEN FREE CRAB CAKES 13.99

SMOKED SALMON BENEDICT
2 POACHED EGGS, HOLLANDAISE,
SMOKED SALMON ON A FRESH
CROISSANT 11.99

BAGEL & LOX 9.99
CREAM CHEESE, CAPERS & RED ONIONS

MAD RIVER COFFEE
cappuccino latte
assorted juices

PROTEIN SHAKES 4.99
FRESH FRUIT SHAKES MAKE WITH WHEY
PROTEIN POWDER

LUNCH

STARTING AT 12:00

SALADS

CAESAR SALAD 10.50
WITH GRILLED CHICKEN 12.50

GREEK SALAD 10.50
WITH GRILLED CHICKEN 12.50

FRUIT AND NUT SALAD MIXED GREENS, DRIED APPLES & CRANBERRIES, 10.50
CANDIED NUTS & FETA. RASPBERRY VINAIGRETTE
WITH GRILLED CHICKEN 12.50

GOAT CHEESE & BEET SALAD MIXED GREENS, MANDARIN ORANGES, 10.50
GOAT CHEESE, SHREDDED BEETS AND WALNUTS. CHAMPAGNE VINAIGRETTE
WITH GRILLED CHICKEN 12.50
WITH STEAK TIPS 14.00

ORIENTAL SALAD MIXED GREENS, CUCUMBERS, RED ONION, MANDARIN 10.50
ORANGES, FRESH STRAWBERRIES, SESAME NOODLES & ORANGE GINGER DRESSING
WITH GRILLED CHICKEN 12.50
WITH GRILLED SHRIMP 15.00

GRILLED SALMON SALAD FRESH GRILLED SALMON TOPPED WITH 17.00
FRUIT SALSA ON A BED OF MIXED GREENS

SANDWICHES

SERVED WITH HOMEMADE MUG CHIPS

BAYBURGER FRESH GROUND BEEF, AMERICAN CHEESE, LETTUCE & TOMATO 10.50

M.O.S. BURGER GRILLED MUSHROOMS & ONIONS WITH SWISS CHEESE 11.00

COBB BURGER AVOCADO RANCH SAUCE, 11.00
BLUE CHEESE, BACON, LETTUCE & TOMATO

CRAB BURGER GLUTEN FREE CRAB CAKE TOPPED WITH LETTUCE, TOMATO AND 12.50
SUNDRIED TOMATO/GARLIC SAUCE ON GLUTEN FREE BREAD

PESTO GRILLED CHICKEN GRILLED CHICKEN, PESTO MAYO, TOMATO, 11.00
MOZZARELLA & GRILLED MUSHROOMS ON A CIABATTA ROLL

GRILLED PORTOBELLO MUSHROOM SANDWICH FRESH SPINACH, 9.00
ROASTED RED PEPPERS, PROVOLONE & BALSAMIC GLAZE ON A CIABATTA ROLL

MELTS

TUNA MELT CHEDDAR, BACON AND TOMATO 10.50

BBQ CHICKEN GRILLED CHICKEN, SMOKED CHEDDAR, BACON & CARAMELIZED 10.50
ONIONS

CAPRESE MELTED FRESH MOZZARELLA, TOMATO AND FRESH BASIL 9.00
NEW YORKER SLICED ROAST BEEF, 1000 ISLAND DRESSING, CARAMELIZED 11.00

HOMEMADE SOUP

FRENCH ONION SOUP 5.00
SOUP DU JOUR CUP 4.00 BOWL 6.00
HOMEMADE SEAFOOD CHOWDER CUP 5.00 BOWL 7.00

WRAPS

PLAIN, SPINACH, OR SUN-DRIED TOMATO WRAP
SERVED WITH HOMEMADE MUG CHIPS

CAESAR WITH BREADED CHICKEN 10.00

GREEK WITH GRILLED CHICKEN 10.00

STEAK & CHEESE 10.00

STEAK BOMB MUSHROOM, PEPPER & ONION 11.00

BUFFALO CHICKEN WITH SPICY BREADED CHICKEN 10.00

SOUTHWESTERN GRILLED CHICKEN, LETTUCE, TOMATO, BACON,
GUACAMOLE & SALSA 10.00

GRILLED VEGGIE TOMATO, GREEN PEPPER, MUSHROOM, ONION,
RED PEPPER, ARTICHOKE SAUCE & GOAT CHEESE. 9.50

HOUSE SPECIALTY SEAFOOD

SMOKED SALMON BLT & CUP OF SEAFOOD CHOWDER 15.00

FISH TACOS BREADED HADDOCK NUGGETS, FRESH 13.00
SALSA, SOUR CREAM, GUACAMOLE ON TWO SOFT TORTILLAS.
SERVED WITH COLESLAW AND A LIME WEDGE

SHRIMP QUESADILLA MELTED CHEDDAR JACK CHEESE, 11.50
FRESH SALSA & GRILLED SHRIMP. TOPPED WITH LETTUCE, TOMATO & SOUR CREAM

FRIED WHOLE BELLY CLAMS AND FRIES Market Price
SERVED WITH HOMEMADE TARTAR SAUCE AND COLE SLAW

FISHERMAN'S PLATTER Market Price
FRESH WHOLE BELLY CLAMS, SHRIMP AND HADDOCK. SERVED WITH FRIES,
HOMEMADE TARTAR AND COLE SLAW

FISH & CHIPS 14.50
FRESH FRIED HADDOCK AND FRIES,
SERVED WITH HOMEMADE TARTAR AND COLE SLAW

GLUTEN FREE MARYLAND CRAB CAKES 14.50
SERVED WITH HOMEMADE TARTAR OR ROASTED TOMATO & GARLIC SAUCE,
COLESLAW

CATCH TO KITCHEN.

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