



SHAREABLE

SEASONAL OYSTERS 24

Half dozen freshly shucked and topped with cucumber lime mezcal mignonette, cilantro and tajin

HAMACHI CRUDO 24

Mango fresno citrus tiger’s milk, charred mango, avocado, jalapeño, cilantro, mint

MEDITERRANEAN CEVICHE 16

Market fish, red onion, grape tomatoes, cucumber, mint, cilantro, ruby grapefruit, Cara Cara orange, avocado, sweet peppers, olive oil

CRISPY SPANISH OCTOPUS 24

Romesco, dirty baby Yukon potatoes, Spanish chorizo and chimichurri

MEZZE PLATTER 17

Roasted red pepper and feta, muhammara, tzatziki, with vegetable crudités and pita

MEDITERRANEAN FLAT BREAD 17

Artichoke hearts, cucumber, grape tomatoes, red onion, Kalamata olive chimichurri, Parmesan cheese, frisée, basil, lemon olive oil

VOLCANO TOSTADA 18

Carne asada, chorizo, refried beans, Chihuahua cheese, pickled onion, avocado salsa verde, salsa macha

SQUASH BLOSSOM QUESADILLA 19

Squash blossom, Chihuahua cheese, Oaxaca cheese, roasted poblano peppers, fire roasted tomatillo salsa, cotija, cilantro, green onion

| with shrimp or chicken 23

AVOCADO MOUSSE 16

Avocado, lime, cilantro, parsley, tomatillo, garnished with micro cilantro, dill, radish, everything but the bagel seasoning, served with tostadas

TACOS

Three Somos Maiz organic heirloom Mexican blue corn non-GMO tortillas handcrafted in El Cajon

Chicken Tinga 15

Shredded chicken, pickled onion, avocado, crispy Chihuahua cheese, micro cilantro

Grilled Shrimp 18

Avocado salsa, salsa macha, Chihuahua cheese, pickled onion

Carnitas 18

Onion, cilantro, and house salsa

Crispy Fish 15

Panko cod, Chihuahua cheese, pickled fresno harissa ranch, cucumber pico de gallo, cabbage

GARDEN

MIA’S CAESAR SALAD 18

Little gem lettuce, charred snap peas, aged parmesan, hand torn croutons, traditional Caesar dressing

RIVIERA SALAD 20

Mixed baby lettuce, heirloom tomato, dirty baby Yukon potatoes, haricot vert, Kalamata olive, crispy six-minute egg, white anchovy, Champagne vinaigrette

| with seared tuna 33

CHEF'S SEASONAL ORGANIC VEGETABLE 16

ROASTED BEET SALAD 19

Marinated feta, orange segments, pepitas, garden herbs, Dijon Champagne vinaigrette

ANCIENT GRAIN SALAD 17

Farro, wild arugula, kale, squash, tomato, goat cheese, dill, mint pistachio, dried currants, radish, red wine vinaigrette

DIRTY BABY YUKON POTATOES 16

Harissa aioli, chives

LUNCH

CLASSIC TWO EGG BREAKFAST 16

Eggs, bacon, crispy potatoes, and sourdough

| with flat iron steak 25

SHORT RIB BARBACOA FLAUTAS 19

Tomatillo sauce, fried egg, pickled onion, jalapeño crema, cilantro

MEDITERRANEAN QUINOA BOWL 19

Tri-color quinoa, cucumber, tomato, onion, tzatziki, arugula mint basil mix salad, roasted corn, avocado, black beans

| with shrimp or chicken 23

LOX FLAT BREAD 19

Smoked salmon, crispy six-minute egg, red onion, chives, dill, cream cheese, fried capers, lemon oil, everything seasoning, tzatziki

AHI CLUB SANDWICH 21

Blackened yellowfin tuna, tomatoes, frisée, red onion, smash avocado salsa, black garlic chive aioli, jalapeños, buttered toasted sourdough bread

CALIFORNIA CHICKEN CLUB SANDWICH 19

Herb marinated chicken breast, wild arugula, alfalfa sprouts, avocado, smoked bacon, sundried tomato jam, scallion mayo, swiss cheese buttered toasted multigrain wheat bread

POKE BOWL 20

Yellowfin tuna, garlic rice, edamame, avocado, pickled ginger, red onion scallions, mango, radish, cilantro, wasabi, chipotle mayo, crispy wonton



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PAPAS & MOLE NEGRO 17

Crispy potato pave, Oaxacan mole negro, crema salada, chicken chicharron, micro epazote

AVOCADO MOUSSE 16

Avocado, lime, cilantro, parsley, tomatillo, garnished with micro cilantro, dill, radish, everything but the bagel seasoning, served with tostadas

MUSHROOM CHORIZO FUNDIDO 16

Chorizo made of mushroom, pasilla rajas, onion, Chihuahua cheese mushroom pico de gallo, cilantro, flour tortillas

PICADILLO EMPANADAS 15

Peanut chipotle salsa, chimichurri aioli

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| with seared tuna 33

ROASTED CAULIFLOWER 18

Cauliflower purée, spice of life, toasted almond Spanish salsa verde

ROASTED BEET SALAD 19

Marinated feta, orange segments, pepitas, garden herbs, Dijon Champagne vinaigrette

ANCIENT GRAIN SALAD 17

Farro, wild arugula, kale, squash, tomato, goat cheese, dill, mint pistachio, dried currants, radish, red wine vinaigrette

ROASTED ORGANIC CARROTS 18

Tahini yogurt, honey Aleppo glaze, pistachio dukkah

DIRTY BABY YUKON POTATOES 16

Harissa aioli, chives

CHEF'S SEASONAL ORGANIC VEGETABLE 16

LAND & SEA

SHRIMP CHILE RELLENO 22

Guajillo purée, fire-roasted grape tomatoes, frisée, pepita dressing, micro cilantro, roasted spiced pepitas

BLACKENED CRUSTED AHI TUNA 32

Mediterranean quinoa salad, Castelvetro olive tapenade, amarillo ginger coconut emulsion

PAN-SEARED BARRAMUNDI 36

Crispy skin with cannellini beans, fish fumet, salsa verde, tomato, Kalamata olives

HALF ROASTED ALEPPO CHICKEN 32

Cauliflower and parsnip purée, corn relish, pickled onion, fire-roasted tomatillo salsa, pistachio dukka

PRIME FLAT IRON STEAK 39

Herb marinated, English pea truffle purée, griddled panela, chimichurri

BONE-IN RIBEYE 22oz (GREAT TO SHARE) 80

Ancho chile rubbed, fried onions, topped with salsa macha butter

BARBACOA BRAISED SHORT RIB 34

Carrot purée, potato mash, garden herb salad, herb oil, pickled onion

HERITAGE PORK CHOP 35

Lan-roc Farms double cut, apple juice brine, calabas purée, Spanish rice pilaf, mango chutney

OUR MENU FEATURES MEAT, CHICKEN, AND VEGETABLES PREPARED WITH ZERO SEED OILS.

Menu items may contain or come into contact with allergens, including, but not limited to wheat, eggs, nuts, soy and dairy products. Ask our staff for more information. Served raw or undercooked or may contain raw or undercooked ingredients: Consuming raw shellfish or raw, undercooked meats, poultry, seafood or eggs may increase risk of foodborne illness, especially if you have certain medical conditions. Warning: Certain foods and beverages sold or served here can expose you to chemicals including acrylamide in many fried or baked foods, and mercury in fish, which are known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to P65Warnings.ca.gov/restaurant.



243 N Hwy 101, mias101.com
Solana Beach, CA @mias_on_101

DINNER

MIA'S MARGARITAS

- MIA'S CLASSIC MARGARITA 15**
Blanco tequila, Cointreau, lime, agave
| **Make it spicy!** with a serrano infused tequila
- AGUACHILE MARGARITA 16**
Blanco tequila, Chareau, cucumber-cilantro
aguachile, lime, agave
- CARROT PASSION MARGARITA 16**
Blanco tequila, Cointreau, carrot, passion fruit,
lime, agave
- COCONUT MARGARITA 16**
Blanco tequila, Cointreau, coconut purée, lime,
toasted coconut

We offer 90 artisanal tequilas and mezcal.
Try a single pour or a tasting flight to experience the
diverse regions and styles available.

HANDCRAFTED COCKTAILS

- SOLANA SIESTA 16**
Reposado tequila, Aperol, grapefruit, cinnamon, hibiscus,
lime, Fee Foam
- TIA MIA 16**
Pineapple-infused mezcal, agricole rum, Cointreau,
coffee-infused rum, tiki bitters, orgeat, lime, mint
- OAXACA OLD FASHIONED 16**
Reposado tequila, mezcal, xocoatl mole bitters,
angostura, agave
- GUAVA SPRITZ 16**
Aperol, Chareau, guava, lemon, cava, mint
- MARACUYÁ MULE 16**
Mezcal, ginger beer, passion fruit, lime, agave, cucumber,
chipotle powder
- CARAJILLO 16**
Licor 43, cold brew, Fee Foam, cinnamon

FREE SPIRITED COCKTAILS

- ZERO-PROOF MARGARITA 15**
Choose any Mia's Margarita and make it non-alcoholic
- MIA-NETTO SPRITZ 15**
Alcohol removed Mionetto Sparkling Brut and
NA Aperol Aperitivo
- INDIGO SUNSET 15**
Empress Gin 0.0 alcohol-free, grapefruit, lime,
agave, tonic

BEVERAGES

- Mexican Coke, Squirt or Sprite · 12oz6
- Diet Coke · 8oz4
- Iced Tea & Arnold Palmer4
- Fresh-squeezed Lemonade · 9oz5
- Ginger Beer5
- Kopu Sparkling & Still Water8

VINO

- BUBBLY** Glass / Bottle
Mionetto Prestige · Prosecco Brut12 / 46

Schramsberg · Blanc de Blanc18 / 85

Hampton Water Bubbly Rosé · France15 / 58
- WHITE & ROSÉ** 6oz / 9oz / Bottle
Whispering Angel Rosé · Provence16 / 24 / 62

Trimbach Pinot Blanc · France15 / 23 / 58

Las Nubes, Kiiiy, Sauv Blanc blend, Baja13 / 20 / 50

Cakebread, Sauv Blanc · Napa Valley16 / 24 / 62

L' Angolo Estate, Chardonnay · Dundee Hills18 / 27 / 70

Chalone, Chardonnay · Napa Valley16 / 24 / 62

Pewsey Vale, Riesling · Australia15 / 23 / 58

Sancerre · France22 / 32 / 82
- REDS** 6oz / 9oz / Bottle
Lingua Franc, Pinot Noir · Willamette Valley20 / 30 / 78

L' Angolo Estate, Pinot Noir · Dundee Hills18 / 27 / 70

Las Nubes, Nimbus, Red Blend, Baja17 / 26 / 66

Saldo, Zinfandel · Napa Valley16 / 24 / 62

Trivento Golden Reserve, Malbec · Argentina16 / 24 / 62

Brown Heritage, Cabernet · Columbia Valley15 / 23 / 58

| **Please ask your server for a list of our reserve wines.**

CERVEZAS

- ON DRAFT · 16oz**
Modelo Especial, Pilsner-style Lager · ABV 4.49

Pivo, German Pilsner · ABV 5.39

Sierra Nevada Hazy Little Thing, IPA · ABV 6.79

Union Jack, American IPA · ABV 7.09

Trumer, German-style Pilsner · ABV 4.99

Juan Cordero American Pale Ale · ABV 5.59

La Lupulosa, American IPA · ABV 7.39

Seasonal Amber · ASK YOUR SERVER9

Seasonal IPA · ASK YOUR SERVER9

Boochcraft, Hard Kombucha · ABV 7.09
- FLIGHTS**
Four 4oz pours from our selection of draft beer9
- NON-ALCOHOLIC · 12oz**
8Zero5, Blonde Ale · NON-ALCOHOLIC6

Best Day Hazy, IPA · NON-ALCOHOLIC6

Water served on a request-only basis to comply with rules passed by the State of California. A 20% gratuity may be added to parties of 10 or more.
Warning: Drinking distilled spirits, beer, coolers, wine and other alcoholic beverages may increase cancer risk, and, during pregnancy, can cause birth defects.
For more information go to [P65Warnings.ca.gov/alcohol](https://www.P65Warnings.ca.gov/alcohol).