



BREAKFAST 12

NY Breakfast

Tompkins Sq bagel & a MUD coffee

AVAILABLE OPTIONS

\$5.00

Add Tomato: \$1.50

Add Avocado: \$2.00

French Breakfast

scrambled egg & cheddar cheese on a croissant & latte

AVAILABLE OPTIONS

\$9.00

Add Bacon, Sausage or Avocado: \$2.00

MUD Avocado Toast

2 slices of 5 grain bread, smashed avocado, lime, chili flakes, olive oil, toasted pepitos
add organic

AVAILABLE OPTIONS

\$10.00

Add Organic Sunny Side up Eggs: \$4.00

Scrambled Egg & Pickled Jalapeno Sandwich

\$9.00

sliced avocado, cheddar, MUD hot sauce, toasted 5 grain

MUD Burrito

scrambled eggs, rice beans, tomato, asiago, warm flour tortilla

AVAILABLE OPTIONS

\$9.00

Add Bacon or Avocado: \$2.00

Add Side Mixed Greens: \$2.00

Huevos Rancheros

two sunny-side up eggs, can tostada rice & beans, avocado, pico de gallo

AVAILABLE OPTIONS

\$11.00

Add Cheddar, Queso Fresco, or Pickled Jalapeno:

\$1.50

Breakfast Quesadilla

scrambled eggs, flour tortilla, cheddar, avocado & pico de gallo

AVAILABLE OPTIONS

\$10.00

Add Bacon or Sausage: \$2.00

Add Side Mixed Greens: \$2.00

Bagel & Smoked Salmon

\$13.50

hand-sliced all natural smoked salmon, cream cheese, tomato, red onion & toasted
Tompkins Sq bagel

Sourdough French Toast

\$10.50

almond-crusted sourdough, fresh fruit, maple syrup

Buttermilk Banana Pancake

\$10.00

fresh fruit, maple syrup

Granola Bowl	\$9.50
homemade orange zest granola, fresh fruit, plain yogurt & honey	
Oatmeal w. Berries	AVAILABLE OPTIONS
toasted almonds, maple syrup, cinnamon	\$9.50
	Sub Almond Milk: \$1.50

ALL DAY BOWLS 3

Egg, Quinoa & Kale Pesto Bowl	AVAILABLE OPTIONS
organic sunny side up egg, white quinoa, homemade kale pesto, walnuts, parsley, chili flake & lemon	\$11.00
	Add Avocado: \$2.00
Huevos Bowl	AVAILABLE OPTIONS
organic sunny side up egg, sliced avocado, salsa verde, cilantro, pico de gallo, rice & beans	\$11.50
	Add Pickled Jalapeno: \$1.50
Mushroom Bowl	AVAILABLE OPTIONS
organic sunny side up egg, roasted mushroom, micro greens, fresh roasted corn, salsa verde, rice & beans	\$12.50
	Add Avocado: \$2.00
	Sub Organic Quinoa: \$2.50

SIDES 11

Maple Smoked Bacon	\$3.50
Sausage	\$3.50
Home Fries	\$4.00
Guacamole	\$4.00
Rice & Beans	\$4.00
Warm Biscuit w Butter & Apricot Jam	\$4.00
House Salsa Verde	\$1.50
Mixed Greens	\$4.00
Bowl of Fresh Fruit	\$5.00
Morning Pastries	\$3.00
Half Grapefruit, Raw Sugar, Mint	\$3.50

ORGANIC EGGS 1

Omelet, Scrambled, or Fried	AVAILABLE OPTIONS
Any two toppings, 5-grain or sourdough bread & choice of side, mixed greens, home fries or rice & beans. Toppings: tomato - arugula - caramelized onion - avocado, pickled jalapeno - cremini mushroom - guacamole -queso fresco cheddar - goat cheese - bacon - sausage - chorizo (four max please)	Two Eggs: \$10.00 Three Eggs: \$11.00 Each Extra Topping: \$1.50

SALADS 3

Mudmama Salad	AVAILABLE OPTIONS
mixed greens, avocado, red onion, carrot, roasted chickpeas & toasted hemp seeds	\$11.00 Add Fried Egg: \$2.00 Add Chicken: \$3.00

Love Salad	AVAILABLE OPTIONS
mixed greens, roasted corn, guacamole, roasted red peppers, pico de gallo & goat cheese	\$12.00 Add Fried Egg: \$2.00 Add Chicken: \$3.00

Grilled Chicken Citrus Salad	\$13.00
sliced grapefruit, navel orange, red onion, avocado, goat cheese, toasted almonds over mixed greens	

SOUPS 2

Hearty Tomato	\$8.50
shaved asiago on top	
Corn Chowder	\$9.50
fresh roasted corn & touch of cream	

PRESSED SANDWICHES 4

B.A.T.	AVAILABLE OPTIONS
maple smoked bacon, avocado, tomato, asiago & garlic mayo	\$11.00 Add Pickled Jalapeno: \$1.50

Avocado Sandwich	\$11.00
avocado, tomato, queso fresco, arugula & garlic mayo	

Mudman Special	AVAILABLE OPTIONS
blackened chicken, roasted red peppers, arugula, asiago & garlic mayo	\$12.00 Add Fried Organic Egg to any Sandwich: \$2.00

Cheddar Grilled Cheese	AVAILABLE OPTIONS
no side included	\$6.00 Big Soup and a Grilled Cheese: \$13.00 Add Tomato or Pickled Jalapeno: \$1.50 Add Avocado or Bacon: \$2.00

SHARES 2

House Guacamole, Pico & Chips	\$9.00
Baked Nacho Grande	AVAILABLE OPTIONS
three cheeses, black beans, pico de gallo, sour cream	\$12.00
	Add House Guacamole: \$4.00
	Add Pickled Jalapeno: \$1.50

MUD 17

MUD Drip	AVAILABLE OPTIONS
	Big: \$2.75
	Iced: \$3.00

MUD Mocha	AVAILABLE OPTIONS
	Big: \$3.25
	Iced: \$3.50

Maple MUD	AVAILABLE OPTIONS
	Big: \$3.25
	Iced: \$3.50

Espresso	AVAILABLE OPTIONS
triple shot ristretto	Big: \$2.75
	Iced: \$3.00

Macchiato	AVAILABLE OPTIONS
	Big: \$3.25
	Iced: \$3.50

Espresso Breve	AVAILABLE OPTIONS
	Big: \$3.25
	Iced: \$3.50

Cortado	\$3.75
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Americano	AVAILABLE OPTIONS
	Big: \$3.00
	Iced: \$3.25

Latte	AVAILABLE OPTIONS
	Big: \$4.75
	Iced: \$5.00

Vanilla Latte	AVAILABLE OPTIONS
	Big: \$5.00
	Iced: \$5.25

Maple Latte	AVAILABLE OPTIONS
	Big: \$5.25
	Iced: \$5.50

Cappuccino	AVAILABLE OPTIONS
	Big: \$4.75
	Iced: \$5.00
Caramel Cappuccino	AVAILABLE OPTIONS
	Big: \$5.25
	Iced: \$5.50
Mochaccino	AVAILABLE OPTIONS
	Big: \$5.25
	Iced: \$5.50
Red Eye	AVAILABLE OPTIONS
	Big: \$4.00
	Iced: \$4.25
Chai Latte	AVAILABLE OPTIONS
	Big: \$5.00
	Iced: \$5.25
Hot Chocolate	\$4.00

EXTRAS 6

Soymilk	\$0.50
Almond Milk	\$0.75
Chocolate, Caramel	\$0.50
Whipped Cream	\$1.00
Espresso	\$1.50
Vanilla, Almond Syrup	\$0.25

TEA 7

Irish Breakfast
Earl Grey
Blood Orange
Peppermint
Chamomile
Green Bancha
Yerba Mate

ICED DRINKS 7

Sunshine Iced Tea	\$2.50
Lemonade w Mint	\$3.50
Arnold Palmer	\$3.50
Iced Loose Leaf	\$3.50
Boylan's Seltzer	\$3.00
Raspberry Italian Soda	\$3.50
Fresh OJ or Grapefruit Juice	AVAILABLE OPTIONS
	Ball: \$3.75
	Pint: \$6.00

DESSERTS 4

MUD Affogato	\$6.00
Mojo espresso over vanilla gelato	
MUD Mocha Brownie	\$8.50
warm espresso fudge brownie, vanilla or chocolate gelato & MUD mocha sauce	
Sauteed Banana Bread	AVAILABLE OPTIONS
glazed banana over warm banana bread & MUD mocha sauce	
	\$8.00
	Add Vanilla or Chocolate Gelato: \$2.00
Blackberry & Pistachio Banana Split	\$9.50
three scoops of il laboratorio vanilla, whipped cream, MUD mocha sauce, crusted pistachios	

TAP 2

Hennepin, Ommegang NY	\$7.00
7.7% Belgium farmhouse saison, on tap for over a decade	
Two Seasonal Taps	
see special or ask your server	

BOTTLES & CANS 8

Pork Slap, Butternuts NY	\$5.00
local all malt pale ale, slapping pigs logo	
Narragansett RI	\$4.00
best of the retros, always smooth, crisp & cheap!	
Augustiner Brau GER	\$6.00
light golden lager, clean, top notch import, insanely drinkable	
Andechs Helles GER	\$8.00
true munich gem, big, crisp, flavorful all-season lager	

Falco IPA Evil Twin NY	\$7.00
7% hip, golden orange & hazy, precious malt/hop balance	
West Coast IPA Greenflash CA	\$7.00
8.1% double IPA, resin, pine, floral & citrus, hop perfection	
Hitachino White Ale, Kiuchi, Japan	\$9.00
soft fluffy cloud greatness, coriander & lemon peel	
Milk Stout, Left Hand CO	\$6.00
glorious creamy & cocostout, not too heavy, not too light	

RED 2

Minervois, Chateau d' Oupia FR	AVAILABLE OPTIONS
sturdy, dark, blackberry gem, wild herbs & violets, classic Carignan, Syrah, Grenache blend	\$9.00
	\$32.00
Cotes du Rhone, Chat Fou - Eric Texier FR	AVAILABLE OPTIONS
a bundle load of ripe red fruit, strawberry, cherry, blackberry, still it remains soft & light on its feet - ballerina light, a real masterpiece	\$10.00
	\$36.00

WHITE 2

Jongieux, Eugene Carrel FR	AVAILABLE OPTIONS
Little known, 100% jacquere, soft juicy fruits, alpine flowers & mineral back bone. You are drinking bottled mountain air!	\$8.00
	\$32.00
Vermentino "Sauvage" Anne Pichon FR	AVAILABLE OPTIONS
dry, floral, crisp, young freshness, light melon & lemon zest, grassy, pickled by moonlight, matches up to Sauvignon blanc	\$9.00
	\$32.00

SPARKLING WINE & MIMOSA'S 5

Avinyo "Petillant" Vi D'agulla ESP	AVAILABLE OPTIONS
Irresistible, lightly fizzy wine from Catalan, Spain. Citrus zests mingle with delicate florals, salty mineral notes & hints of almond, a MUD favorite, your new best friend	\$10.00
	\$36.00
House Champagne, Henry Varnay FR	AVAILABLE OPTIONS
100% chardonnay, hazelnut & citrus zest, no cheap hangover with these classic, affordable, bubbles	\$8.00
	\$28.00
Mimosa	\$8.00
fresh grapefruit or orange juice with house champagne	
Bigmouth Grapefruit Mimosa	\$10.00
fresh grapefruit juice, orange slice, mint, raw sugar rim & house champagne	
Hunky Brass Monkey	\$9.00
hennepin & fresh OJ, stronger than the rest!	