



MISTA SALAD



BRUSCHETTA WITH CHEESE

Appetizers

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| SOUP OF THE DAY
<i>Prepared daily.</i> | 3.95 |
| MISTA SALAD (S/L)
<i>Crispy lettuce, fresh tomatoes, peppers, onions, feta cheese, tossed in lemon oregano dressing.</i> | 3.95/5.50 |
| CAESAR SALAD (S/L)
<i>Freshly cut romaine lettuce tossed with our homemade dressing and croutons, finished with parmesan cheese and topped with fresh tomatoes.</i> | 3.95/5.50 |
| SOUP AND SALAD COMBO
<i>Soup of the day served with Caesar salad or Mista salad.</i> | 6.95 |
| UPGRADE YOUR SALAD: | |
| <i>Add grilled chicken breast</i> | 3.50 |
| <i>Add grilled shrimps</i> | 4.50 |
| <i>Add grilled NY 5 oz steak</i> | 6.50 |
| GARLIC BREAD WITH CHEESE (4PCS) | 3.50 |
| BRUSCHETTA WITH CHEESE (4PCS)
<i>Marinated diced tomatoes in fresh basil, garlic and olive oil served on toasted bread with cheese.</i> | 4.50 |

Sandwiches on a Bun

Served with soup OR salad OR French fries.

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| EGGPLANT PARMESAN
<i>Breaded eggplant with baked mozzarella cheese & tomato sauce.</i> | 8.50 |
| BBQ CHICKEN SANDWICH
<i>Grilled Chicken topped with lettuce and BBQ sauce, topped with onions, mushrooms, peppers, baked with mozzarella cheese.</i> | 9.95 |
| SPICY GRILLED CHICKEN SALSA SANDWICH
<i>Grilled Chicken topped with spicy home made tomato salsa.</i> | 9.95 |
| GRILLED AAA NY STRIPLOIN STEAK
<i>Grilled steak accented with mushrooms, onions & bell peppers baked with mozzarella cheese.</i> | 10.95 |

Kara Mia Burgers

All burgers are served with French fries OR salad.

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| THE PEPPERCORN PRODIGY
<i>Grilled homemade lean beef burger, served on a bun with caramelized onions, lettuce, tomato, finished with peppercorn sauce and melted mozzarella cheese.</i> | 9.99 |
| THE MUSHROOM MISSION
<i>Grilled homemade lean beef burger with melted mozzarella cheese, caramelized onions and a blast of sautéed mushrooms, finished with BBQ sauce served on a bun.</i> | 9.99 |
| THE HOT SPOT
<i>Grilled homemade lean beef burger topped with jalapenos, caramelized onions, served on a bun with lettuce, tomato and finished with melted mozzarella cheese.</i> | 9.99 |

Hot & Quick Lunch Specials

Served with soup OR salad.

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| SPAGHETTI POMODORO
<i>With tomato sauce.</i> | 7.50 |
| LASAGNE (MEAT WITH VEG.) | 8.50 |
| SPICY ROAST CHICKEN
<i>Roast chicken (quarter back) with a spicy peppercorn sauce, served with basmati pilaf.</i> | 8.50 |
| CHICKEN PICATA
<i>Grilled chicken breast finished in a lemon sauce with bell peppers, spinach & onions, served with herb rice & sautéed vegetables.</i> | 9.50 |
| CHICKEN PARMESAN
<i>Breaded breast of chicken baked with mozzarella cheese, served with linguini and oregano tomato sauce.</i> | 10.50 |



CHICKEN CAESAR

Healthy Wraps

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| CHICKEN CAESAR
<i>Grilled chicken, romaine, croutons, parmesan cheese with Caesar dressing.</i> | 6.99 |
| SPICY CRISPY CHICKEN
<i>Crispy chicken, lettuce, tomatoes with zesty Kara Mia dressing.</i> | 5.99 |



PEPPERCORN PRODIGY



CHICKEN PARMESAN



BBQ CHICKEN SANDWICH



CHICKEN PICATA

Pasta Platters

All platters served with herb bread & salad.

PENNE DE LA CASA 8.95

With grilled chicken breast, bell peppers, mushrooms and onions in saffron cream sauce.

PENNE PICANTE ROSÉ 8.95

Grilled chicken sautéed with bell peppers, onions and finished in a spicy rosé sauce.

FETTUCCINI KARA MIA 8.95

Grilled chicken breast sautéed with sun dried tomatoes and spinach in alfredo sauce topped with feta cheese.

FETTUCCINI ALFREDO WITH CHICKEN 8.95

Grilled chicken in a rich creamy garlic and parmesan sauce.

LINGUINI GAMBERI 10.95

Linguini with black tiger shrimps, sautéed with mushrooms, garlic & spinach and finished in herb cream sauce.

Vegetarian

BAKED PENNE WITH ROASTED VEGETABLES 8.95

Penne tossed with a basil marinara sauce, bell peppers, mushrooms, onions, broccoli, cauliflower and baked with mozzarella cheese.

EGGPLANT PARMESAN 8.95

Breaded eggplant baked with mozzarella cheese & served with linguini marinara.



Kara Mia

it's all about taste!

FETTUCCINI KARA MIA

Oriental Stir-Fry

Served with soup OR salad.

CHICKEN STIR-FRY 9.95

Seasonal vegetables & grilled chicken breast stir fried in our classic soya sauce, finished with a dash of sesame seeds, served on a **bed of rice OR herbed linguini.**

SHRIMP STIR-FRY 11.95

Seasonal vegetables & grilled black tiger shrimps stir fried in our classic soya sauce, finished with a dash of sesame seeds, served on a **bed of rice OR herbed linguini.**

STEAK STIR-FRY 12.95

Seasonal vegetables & grilled 6 oz AAA New York strip loin steak stir fried in our classic soya sauce, finished with a dash of sesame seeds, served on a **bed of rice OR herbed linguini.**



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PENNE PICANTE ROSE



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SHRIMP STIR-FRY



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STEAK STIR-FRY

10" Thin Crust Pizzas

MARGARETA 8.95

Cheese pizza with basil marinara sauce.

SPICY SPANAKOPITA 9.95

Spicy tomato sauce, mozzarella, fresh spinach, mushrooms, onions, garlic, jalapeno peppers & feta cheese.

BBQ PIZZA 10.95

Grilled BBQ chicken, bell peppers, fresh tomatoes, onions, mushrooms and mozzarella cheese.

MEAT LOVERS 13.95

Grilled AAA New York strip loin steak, grilled chicken breast, jalapeno peppers and mozzarella cheese.



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it's all about taste!

STEAK N' FRIES



Kara Mia

it's all about taste!

BBQ PIZZA

Classic Platters

All platters served with rice, bread & salad.

STEAK N' PEPPERS 12.95

6 oz AAA New York strip loin steak served with spicy plum tomatoes & sweet bell pepper sauce.

STEAK N' FRIES 12.95

6 oz AAA New York strip loin steak served with BBQ sauce.

PEPPERCORN CHICKEN 10.95

6 oz grilled chicken breast with peppercorn sauce.

TODAY'S CHEF SPECIAL:

Ask your server for details.

Drinks

SOFT DRINKS	1.75
SPRING WATER	1.50
CARBONATED WATER-SMALL/LARGE	2.95/4.95
ICE TEA	1.95
REGULAR JUICES	1.95
SPECIALITY JUICES	2.95
(Mango, Guava, Pineapple etc)	
KARA MIA COCKTAILS	3.95
(Guava, Mango, Sherly Temple)	
COFFEE OR TEA	1.75
(Regular, Green & Masala)	

Thinking of catering an event?

We bring our restaurant to your home, party hall or office!

Our catering services offer all of the same fresh & delicious items as our restaurants, sure to make your catered event a fantastic scrumptious experience!

For more information, please visit our website or email us; catering@karamia.ca



Lunch is served from 11:30 AM - 3:00 PM