



mill valley KITCHEN

— breakfast —

DAILY OMELET \$13 *

two amish eggs, seasonal inspiration

BREAKFAST BURRITO \$12 *

whole wheat tortilla, scrambled egg, avocado,
black bean sauce, potato,
pico de gallo, cheddar
320 | 15 | 30 | 15 | 5

BRUNCH BURGER \$16 *

bison patty, english bacon, fried egg,
smoked onion, sunbutter, dijon, toasted rye
670 | 29 | 60 | 50 | 7

FRIED EGG BLT \$11 *

egg, bacon, lettuce, tomato, harissa, english muffin
350 | 19 | 35 | 16 | 5

SHRIMP & GRITS gf \$14

spanish chorizo, chermoula, tomato
410 | 17 | 45 | 20 | 5

LOX ON TOAST \$12

avocado, scrambled egg, mascarpone, dill
490 | 21 | 47 | 32 | 5

BREAKFAST PIZZA \$12

grilled kale, fresno chili, parmesan, poached egg
450 | 16 | 52 | 25 | 5

MIDWEST CLASSIC \$12

two eggs, bacon or chicken sausage,
breakfast potato, wheat toast

QUINOA WAFFLE gf \$13

blueberry compote, whipped cream
430 | 10 | 83 | 7 | 7

CHIA PUDDING PARFAIT v gf \$8

coconut, granola, blueberry, raspberry
370 | 20 | 43 | 6 | 8

GRAIN BOWL \$14

yellow curry, roasted vegetables
340 | 19 | 39 | 39 | 9

* small green salad included

—fresh juices—

ORANGE \$4

RED GRAPEFRUIT \$4

JUICE OF THE DAY \$5

fresh made, seasonal, organic juice

— sides —

CHICKEN SAUSAGE gf \$5

120 | 13 | 0 | 18 | 0

ENGLISH BACON gf \$5

134 | 6 | 0 | 19 | 0

BACON, NITRATE FREE gf \$5

310 | 24 | 0 | 20 | 0

BANANA BREAD \$4

180 | 4 | 35 | 3 | 3

GRANOLA AND YOGURT gf \$8

170 | 4.5 | 19 | 12 | 2

FRUIT CUP v gf \$5

60 | 0 | 15 | 2 | 1.5

FRESH BERRIES v gf \$7

69 | 0 | 17 | 1 | 5

PEANUT BUTTER PROTEIN BAR v \$4

320 | 15 | 41 | 19 | 4

—super food smoothies—

GREEN v gf \$7

kale, broccoli, spinach, avocado, apple,
mango, banana, nuts, maca, hemp, flax
470 | 18 | 69 | 22 | 12

YELLOW v gf \$7

mango, pichuberry, pineapple, banana, almond milk,
virgin coconut oil, agave, hemp, nutmeg, vanilla
300 | 9 | 52 | 17 | 4

RED v gf \$7

strawberry, blueberry, raspberry, blackberry,
goji, chia, acai, banana, hemp, flax
180 | 4 | 27 | 12 | 8

—natural refreshments—

RED MOON \$6

grapefruit, agave, yuzu, soda

RX \$6

orange, coconut water, pineapple, kombucha

RASPBERRY LEMONADE \$6

fresh raspberries, mint, lemon, soda

VERDANT, WHITE ELEPHANT KOMBUCHA \$6

GINGER BEER \$5

breakfast offerings are available Saturday and Sunday from 10:00am through 3:00pm



mill valley KITCHEN

— lunch —

— soup & salad —

VEGAN CHILI **v** **gf**
CUP \$4 90 | 5 | 11 | 3 | 2.5
BOWL \$6 180 | 10 | 21 | 5 | 5

SOUP OF THE DAY
CUP \$4
BOWL \$6

BABY KALE SALAD **gf** \$7
manchego, pine nuts, lemon-chili vinaigrette
300 | 24 | 17 | 7 | 3

MIXED GREEN SALAD **gf** \$7
organic greens, pumpkin seeds, raisins, goat cheese, red wine vinaigrette
250 | 20 | 13 | 7 | 3

COBB **gf** \$13
chopped romaine, turkey, avocado, tomato, egg, onion, amabl, corn, red wine vinaigrette
520 | 32 | 36 | 25 | 10

GRILLED SCALLOP **gf** \$21
baby kale, grapefruit, orange, avocado, fresno chili, tarragon pesto
510 | 43 | 33 | 10 | 10

— add on to salads —

KADEJAN FARMS CHICKEN BREAST **gf** \$6
290 | 7 | 0 | 27 | 0

ARCTIC CHAR **gf** \$8
320 | 22 | 0 | 29 | 0

GRASS-FED SIRLOIN **gf** \$9
300 | 18 | 0 | 31 | 0

GRILLED SHRIMP **gf** \$8
140 | 6 | 0 | 21 | 0

— snacks & sides —

HOUSE MADE HUMMUS
pita **v** \$5
560 | 24 | 63 | 15 | 10
fresh vegetables **v** **gf** \$7
410 | 20 | 48 | 14 | 13

KALE, GARLIC, PARMESAN, LEMON **gf** \$5
240 | 18 | 17 | 7 | 5

SESAME CARROTS **v** **gf** \$5
70 | 2 | 13 | 2 | 3

— whole grain flatbreads —

MOZZARELLA, TOMATO, BASIL \$7
385 | 14 | 47 | 20 | 3.5

SPINACH, CHÉVRE, SWEET ONION \$8
350 | 10 | 53 | 13 | 5

ITALIAN CHICKEN SAUSAGE, GREEN PEPPER, MUSHROOMS, ONION \$9
435 | 16 | 49 | 25 | 4

— mill valley burger —

sweet onion, tomato, butter lettuce, pickles on whole grain bun, served with a small green salad with your choice of the following:

BISON BURGER \$14
420 | 20 | 36 | 37 | 6

VEGETARIAN BURGER \$11
320 | 9 | 53 | 19 | 8

*all items at mill valley kitchen have been assessed for nutritional value. the numbers under each menu item from left to right represent total calories, fat, carbohydrates, protein in grams, and fiber.
calories fat carbohydrates protein fiber
v = vegan **gf** = gluten