



mill valley KITCHEN

lunch

salads

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

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

QUINOA TABBOULEH **gf** \$9
parsley, tomato, cucumber, feta,
pine nuts, tahini yogurt
240 | 15 | 23 | 7 | 4

TANDOORI CALAMARI \$11
cucumber, fresno, arugula,
grilled baguette, almond
250 | 12 | 22 | 14 | 2

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

GRILLED SCALLOPS **gf** \$21
green papaya, summer beans,
tomato, fresno, cilantro,
five spice peanuts
290 | 19 | 21 | 14 | 3

add on to salads

GRILLED CHICKEN BREAST **gf** \$6
290 | 7 | 0 | 52 | 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

soup

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

flatbreads

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

**ZUCCHINI, RED PEPPER,
HARISSA, FETA** \$8
350 | 10 | 53 | 13 | 5

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

**ENGLISH BACON, PINEAPPLE,
PICKLED CHILI, CILANTRO** \$10
426 | 15 | 48 | 22 | 4

**SHRIMP, BASIL PESTO,
ROASTED TOMATO** \$10
332 | 8 | 48 | 25 | 3.5

**TRUFFLED ARTICHOKE, SHIITAKE,
RICOTTA** \$9
357 | 9 | 51 | 17 | 4

sandwiches

served with a small green salad

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

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

TURKEY, AVOCADO, TOMATO \$12
550 | 26 | 56 | 34 | 15

**BACON, LETTUCE, TOMATO,
BASIL PESTO** \$13
660 | 38 | 43 | 31 | 7

SMOKED CHICKEN, BRIE, FIG JAM \$12
420 | 21 | 36 | 30 | 4

**TURKEY, SWISS, SAUERKRAUT,
1000 ISLAND** \$14
470 | 18 | 40 | 36 | 8

entrées

POACHED ARCTIC CHAR \$25
marinated freekeh and white beans,
spicy tomato
480 | 22 | 33 | 36 | 9

MISO GLAZED SEA BASS **gf** \$32
certified chilean sea bass,
ginger-shiitake quinoa,
sweet and sour cucumber
370 | 10 | 30 | 38 | 4

ROASTED YOUNG HEN \$21
farro-mushroom risotto, pan sauce
675 | 45 | 30 | 43 | 6

GRAIN BOWL **v** \$14
yellow curry, roasted vegetables
340 | 19 | 39 | 39 | 9

PAPPARDELLE BOLOGNESE \$16
530 | 26 | 41 | 30 | 4

snacks & sides

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

GINGERED-SHIITAKE QUINOA **v gf** \$5
280 | 12 | 39 | 7 | 4

SPICY EDAMAME **v gf** \$5
250 | 8.5 | 24 | 18 | 3

YUKON POTATOES **v gf** \$5
250 | 11 | 35 | 4 | 4

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

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

SUMMER HASH **v gf** \$5
200 | 9 | 30 | 5 | 4

FARRO-MUSHROOM RISOTTO \$5
290 | 19 | 27 | 5 | 4

*items are served raw or undercooked, or contain(or may contain)raw or undercooked ingredients.
consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

morning side

- DAILY OMELET

\$13

served with a small green salad
- EGG SANDWICH

\$11

chicken sausage, cheddar, harissa, english muffin

350 | 19 | 35 | 16 | 5
- MILL VALLEY BREAKFAST BURRITO

\$12

whole wheat tortilla, scrambled egg, avocado, black bean sauce, potato, pico de gallo, cheddar

320 | 15 | 30 | 15 | 5
- LOX ON TOAST

\$14 *

avocado, scrambled egg, mascarpone, capers, dill

490 | 21 | 47 | 32 | 5
- CHIA PUDDING PARFAIT

v gf \$8

coconut, granola, blueberry, raspberry

370 | 20 | 43 | 6 | 8
- HOUSE MADE PEANUT PROTEIN BAR

\$4

320 | 15 | 41 | 19 | 4
- BERRIES

v gf \$7
- FRESH FRUIT

v gf

CUP \$5

60 | 0 | 15 | 2 | 1.5

PLATE \$7

120 | 0 | 31 | 2 | 3

natural refreshments

- GREEN TEA “MOJITO”

\$6

tropical green tea, mint, lime
- RX

\$6

orange, coconut water, pineapple, kombucha
- STRAWBERRY LEMONADE

\$6

fresh strawberry, basil, lemon, soda
- DAILY GREENS

\$6

kale, celery, cucumber, apple, orange
- VERDANT, WHITE ELEPHANT KOMBUCHA

\$6
- GINGER BEER

\$5
- WHEATGRASS SHOT

\$4

smoothies

- SUPER GREEN

v gf \$7

kale, broccoli, spinach, avocado, apple, mango, banana, nuts, maca, hemp, flax

470 | 18 | 69 | 22 | 12
- MANGO

v gf \$7

pineapple, banana, coconut, chia

260 | 7 | 52 | 3 | 5
- STRAWBERRY - BANANA

v \$7

granola, almond milk, orange

350 | 7 | 74 | 7 | 16

wine by the glass

CAROUSEL SPARKLING ROSÉ, Loire Valley	\$7	JARGON, PINOT NOIR, California	\$7
CANTINA PROSECCO, Italy	\$8	LANDMARK, PINOT NOIR, California	\$12
TUALATIN, SEMI-SPARKLING MUSCAT, Oregon	\$7	SPELL, PINOT NOIR, NICHOLE’S BLEND, Sonoma	\$18
ANGELINE, SAUVIGNON BLANC, Russian River Valley	\$9	GRAYSON, CABERNET, California	\$8
KIM CRAWFORD, SAUVIGNON BLANC, New Zealand	\$12	HESS ALLOMI, CABERNET, Napa Valley 🌿	\$14
		JUSTIN, CABERNET, Paso Robles	\$14
10 SPAN, CHARDONNAY, Central Coast, California	\$8	ANCIENT PEAKS, MERLOT, California	\$11
JACKSON ESTATE, CHARDONNAY, Santa Maria	\$10	FIELDFARE SYRAH, Monterey County	\$12
FERRARI-CARANO, CHARDONNAY, Sonoma County	\$14	PIATTELLI, MALBEC, Mendoza	\$9
ROMBAUER, CHARDONNAY, Carneros	\$18	CRYPTIC, RED BLEND, Sonoma County	\$10
MURPHY’S LAW, RIESLING, Washington	\$7	ROBERT BIALE, BLACK CHICKEN ZINFANDEL, Napa Valley	\$12
MONTEVINA, PINOT GRIGIO, California	\$7	FOUR VINES ‘BIKER’, ZINFANDEL, Paso Robles	\$12
PINE RIDGE, CHENIN VIOGNIER, Napa Valley	\$8		
WILLAKENZIE ESTATE, PINOT GRIS, Oregon	\$12		

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 free