



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

EGG SANDWICH \$11 *
chicken sausage, cheddar, harissa, english muffin
350 | 19 | 35 | 16 | 5

TENDERLOIN HASH **gf** \$14 *
grass fed beef, zucchini, potato, corn, pickled red onion,
basil, poached egg
360 | 17 | 30 | 30 | 4

LOX ON TOAST \$14 *
avocado, scrambled egg, mascarpone, dill
490 | 21 | 47 | 32 | 5

CHILAQUILES **gf** \$13 *
corn tortilla, five bean salsa, avocado, fried egg,
radish, cotija
560 | 32 | 57 | 17 | 13.5

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

fresh juices

ORANGE \$4

RED GRAPEFRUIT \$4

WHEATGRASS SHOT \$4

DAILY GREENS \$6
kale, celery, cucumber, apple, orange

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

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

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

VERDANT, WHITE ELEPHANT KOMBUCHA \$6

GINGER BEER \$5

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

*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.



mill valley KITCHEN

— lunch —

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

salad

- 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
- COBB** **gf** \$13
romaine, turkey, avocado, tomato, egg, onion, amablu, corn, red wine vinaigrette
520 | 32 | 36 | 25 | 10
- DAY BOAT SCALLOPS** **gf** \$21
green papaya, summer beans, tomato, fresno, cilantro, five spice peanuts
290 | 19 | 21 | 14 | 3

add on to salad

- 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

flatbread

- MOZZARELLA, TOMATO, BASIL** \$7
385 | 14 | 47 | 20 | 3.5
- ZUCCHINI, RED BELL PEPPER, HARISSA, FETA** \$8
350 | 10 | 53 | 13 | 5
- ITALIAN CHICKEN SAUSAGE, GREEN PEPPER, MUSHROOMS, ONION** \$9
435 | 16 | 49 | 25 | 4

burger

served with a small green salad

- MINNESOTA BISON** \$14
420 | 20 | 36 | 37 | 6
- VEGETARIAN** \$11
320 | 9 | 53 | 19 | 8

sides

- KALE, GARLIC, PARMESAN** **gf** \$5
240 | 18 | 17 | 7 | 5
- SESAME CARROTS** **v gf** \$5
70 | 2 | 13 | 2 | 3
- HUMMUS**
pita **v** \$5
560 | 24 | 63 | 15 | 10
fresh vegetables **v gf** \$7
410 | 20 | 48 | 14 | 13

*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