



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 \$14 *

avocado, scrambled egg, mascarpone, dill

490 | 21 | 47 | 32 | 5

SHAKSHUKA \$13 *

poached eggs, spicy tomato, israeli couscous,
grilled baguette

410 | 17 | 45 | 20 | 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

—fresh juices—

ORANGE \$4

RED GRAPEFRUIT \$4

WHEATGRASS \$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 & 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
green papaya, sunflower sprouts, tomato, green beans, peanuts, cilantro
290 | 19 | 21 | 14 | 3

— 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