flatbreads

Fresh Mozzarella, Basil, Roasted Garlic $8
385 | 14 | 47 | 20 | 3.5
Oyster Mushroom, Rosemary, Ricotta $10
435 | 16 | 49 | 25 | 5
Spanish Chorizo, Green Olive $10
332 | 8 | 48 | 25 | 3.5
Shrimp, Pesto, Roasted Tomato $10
520 | 18 | 57 | 22 | 4

Pork Shoulder, Kimchi $10
435 | 16 | 49 | 25 | 5

snacks & sides

Sesame Carrots v gf $6
70 | 2 | 13 | 2 | 3
Spicy Edamame v gf $6
290 | 19 | 27 | 5 | 4
Farro-Mushroom Risotto $6
290 | 19 | 27 | 5 | 4
Lemon Kale $6
290 | 19 | 27 | 5 | 4
Beef Tartar $13*
horseradish, egg yolk, cornichons, crackers
350 | 10 | 53 | 21 | 5
Steamed Mussels $9
yellow curry, fresno chili, baguette
290 | 11 | 26 | 22 | 1
Hummus $9
seasonal veggies, pita
385 | 14 | 47 | 20 | 3.5 v

MVK Picnic $16
435 | 16 | 49 | 25 | 4

all items at mill valley kitchen have been assessed for nutritional value.
the numbers under each menu item from left to right represent:
calories | fat | carbohydrates | protein | fiber
v = vegan | gf = gluten-free

*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.

entrées

Grilled Arctic Char gf $25
potato puree, lemon kale, tomato jam
380 | 17 | 23 | 54 | 5
Miso Glazed Seabass gf $32
ginger-shiitake quinoa, sweet and sour cucumber
370 | 10 | 50 | 38 | 4
Cioppino $31
king crab, shrimp, mussels, clams, market fish, tomato-herb broth, baguette, olive
420 | 9 | 36 | 46 | 3
Roasted Young Hen $22
farro-mushroom risotto, pan sauce
675 | 45 | 30 | 43 | 6
Duroc Pork Chop $25
kimchi fried rice, pickled chili, garlic
610 | 29 | 38 | 42 | 4
Grass Fed Filet $39
potato, red watercress, smoked onion, buttermilk
550 | 29 | 36 | 41 | 7
Orecchiette $14
roasted cauliflower, pistachio pesto, arugula, parmesan
380 | 26 | 28 | 11 | 3
Grain Bowl v $14
yellow curry, roasted vegetables
340 | 19 | 39 | 39 | 9

soup

Vegan Chili v gf $14
90 | 5 | 11 | 3 | 2.5
Soup of the Day $14

salads

Baby Kale gf $7
manchego, pine nuts, lemon-chili vinaigrette
300 | 24 | 17 | 7 | 3
Mixed Green gf $7
pumpkin seeds, Craisins, chevre, red wine vinaigrette
250 | 20 | 15 | 7 | 3
Grilled Asparagus gf $9
shiitake, mimosa vinaigrette
520 | 18 | 47 | 22 | 4
Tabbouleh gf $8
tomato, harissa, tahini yogurt, pine nuts
230 | 13 | 22 | 8 | 7

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