## Breakfast Menu

**Daily Omelet**  
Two amish eggs, seasonal inspiration  
- Price: $13  
- Calories: 320 | Protein: 15 | Carbs: 15 | Fat: 5

**Breakfast Burrito**  
Whole wheat tortilla, scrambled egg, avocado, black bean sauce, potato, pico de gallo, cheddar  
- Price: $12  
- Calories: 320 | Protein: 15 | Carbs: 15 | Fat: 5

**Chilaquiles**  
Corn tortilla, five bean salsa, avocado, fried egg, radish, cotija  
- Price: $13  
- Calories: 560 | Protein: 32 | Carbs: 19 | Fat: 17

**Kimchi Fried Rice**  
Fried egg, pickled chili, garlic  
- Price: $12  
- Calories: 420 | Protein: 22 | Carbs: 30 | Fat: 4

**Lox on Toast**  
Avocado, scrambled egg, mascarpone, dill  
- Price: $14  
- Calories: 490 | Protein: 21 | Carbs: 37 | Fat: 5

**Crab Benedict**  
Smashed peas, king crab, poached eggs, hollandaise, watercress  
- Price: $16  
- Calories: 620 | Protein: 43 | Carbs: 28 | Fat: 6

**Brunch Burger**  
Bison patty, english bacon, fried egg, smoked onion, sunbutter, dijon, toasted rye  
- Price: $16  
- Calories: 670 | Protein: 29 | Carbs: 40 | Fat: 7

**Quinoa Waffle**  
Blueberry compote, whipped cream  
- Price: $13  
- Calories: 430 | Protein: 10 | Carbs: 83 | Fat: 7

**Chia Pudding Parfait**  
Coconut, granola, blueberry, raspberry  
- Price: $18  
- Calories: 370 | Protein: 20 | Carbs: 43 | Fat: 6

**Grain Bowl**  
Yellow curry, roasted vegetables  
- Price: $14  
- Calories: 340 | Protein: 19 | Carbs: 39 | Fat: 9

**Orange**  
- Price: $4  
- Calories: 53 | Protein: 0 | Carbs: 4 | Fat: 0

**Red Grapefruit**  
- Price: $4  
- Calories: 69 | Protein: 0 | Carbs: 17 | Fat: 1

**Wheatgrass Shot**  
- Price: $4  
- Calories: 0 | Protein: 0 | Carbs: 0 | Fat: 5

**Fresh Juices**

- Orange  
- Red Grapefruit  
- Wheatgrass Shot

**Sides**

**Chicken Sausage**  
- Price: $15  
- Calories: 120 | Protein: 13 | Carbs: 0 | Fat: 18

**English Bacon**  
- Price: $15  
- Calories: 134 | Protein: 6 | Carbs: 0 | Fat: 19

**Bacon, Nitrate Free**  
- Price: $15  
- Calories: 310 | Protein: 24 | Carbs: 0 | Fat: 20

**Banana Bread**  
- Price: $4  
- Calories: 180 | Protein: 4 | Carbs: 35 | Fat: 3

**Granola and Yogurt**  
- Price: $18  
- Calories: 170 | Protein: 4.5 | Carbs: 19 | Fat: 2

**Fruit Cup**  
- Price: $15  
- Calories: 60 | Protein: 0 | Carbs: 15 | Fat: 2

**Fresh Berries**  
- Price: $17  
- Calories: 69 | Protein: 0 | Carbs: 17 | Fat: 1

**Peanut Butter Protein Bar**  
- Price: $4  
- Calories: 320 | Protein: 15 | Carbs: 41 | Fat: 19

**Smoothies**

**Super Green**  
Kale, broccoli, spinach, avocado, apple, mango, banana, nuts, maca, hemp, flax  
- Price: $7  
- Calories: 470 | Protein: 18 | Carbs: 69 | Fat: 22

**Mango**  
Pineapple, banana, coconut, chia  
- Price: $7  
- Calories: 260 | Protein: 7 | Carbs: 74 | Fat: 7

**Strawberry - Banana**  
Granola, almond milk, orange  
- Price: $7  
- Calories: 350 | Protein: 7 | Carbs: 74 | Fat: 7

**Natural Refreshments**

**Ellipse Elixir**  
Pomegranate, acai, cranberry, lemon, chamomile  
- Price: $6  
- Calories: 0 | Protein: 0 | Carbs: 0 | Fat: 5

**Whey Cooler**  
Kombucha, whey, orange, lime  
- Price: $6  
- Calories: 0 | Protein: 0 | Carbs: 0 | Fat: 5

**Rhubarb Shrub**  
Rhubarb juice, raw cider vinegar, lime, soda  
- Price: $6  
- Calories: 0 | Protein: 0 | Carbs: 0 | Fat: 5

**Day Spa**  
Cucumber, ginger, agave, lemon  
- Price: $6  
- Calories: 0 | Protein: 0 | Carbs: 0 | Fat: 5

**Verdant Tea Kombucha**  
- Price: $5  
- Calories: 0 | Protein: 0 | Carbs: 5 | Fat: 0

**Ginger Beer**  
- Price: $5  
- Calories: 0 | Protein: 0 | Carbs: 5 | Fat: 0

**Blackeye Cold Brew Coffee**  
- Price: $4.50  
- Calories: 0 | Protein: 0 | Carbs: 5 | Fat: 0

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*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.
### VEGAN CHILI
- **CUP**: $4.90
- **BOWL**: $5.90

### SOUP OF THE DAY
- **CUP**: $4.00
- **BOWL**: $6.00

### salad
- **BABY KALE** gf $7
  - manchego, pine nuts, lemon-chili vinaigrette
  - Calories: 300, Fat: 24, Carbohydrates: 17, Protein: 7, Fiber: 3

- **MIXED GREEN** gf $7
  - organic greens, pumpkin seeds, cranberries, goat cheese, red wine vinaigrette
  - Calories: 250, Fat: 20, Carbohydrates: 13, Protein: 7, Fiber: 3

- **COBB** gf $13
  - romaine, turkey, avocado, tomato, egg, onion, amablu, corn, red wine vinaigrette
  - Calories: 520, Fat: 32, Carbohydrates: 36, Protein: 25, Fiber: 10

- **GRASS FED SKIRT STEAK** $16
  - fingerling potato, grilled kale, radish, buttermilk, blue cheese

### flatbread
- **FRESH MOZZARELLA, BASIL, ROASTED GARLIC** $8
  - Calories: 385, Fat: 14, Carbohydrates: 47, Protein: 20, Fiber: 3.5

- **OYSTER MUSHROOM, ROSEMARY, RICOTTA** $9

- **ROASTED PORK, KIMCHI, KALE** $10
  - Calories: 415, Fat: 13, Carbohydrates: 47, Protein: 24, Fiber: 5

- **SPANISH CHORIZO, GREEN OLIVE** $9
  - Calories: 435, Fat: 16, Carbohydrates: 49, Protein: 25, Fiber: 4

- **SHRIMP, PESTO, ROASTED TOMATO** $10
  - Calories: 332, Fat: 8, Carbohydrates: 48, Protein: 25, Fiber: 3.5

### burger
- **MINNESOTA BISON** $14
  - Calories: 420, Fat: 20, Carbohydrates: 36, Protein: 37, Fiber: 6

- **VEGETARIAN** $12
  - Calories: 320, Fat: 9, Carbohydrates: 53, Protein: 19, Fiber: 8

### sides $6
- **KALE, GARLIC, PARMESAN, LEMON** gf
  - Calories: 150, Fat: 3.5, Carbohydrates: 0, Protein: 29, Fiber: 0

- **SESAME CARROTS** v gf
  - Calories: 70, Fat: 2, Carbohydrates: 13, Protein: 2, Fiber: 3

- **GINGERED-SHITAKE QUINOA** v gf
  - Calories: 280, Fat: 12, Carbohydrates: 39, Protein: 7, Fiber: 4

- **FARRO-MUSHROOM RISOTTO**
  - Calories: 290, Fat: 19, Carbohydrates: 27, Protein: 5, Fiber: 4

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*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. v = vegan  gf = gluten-free