



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

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

KIMCHI FRIED RICE **gf** \$12 *
fried egg, pickled chili, garlic
420 | 22 | 30 | 42 | 4

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

CRAB BENEDICT \$16 *
smashed peas, king crab, poached eggs,
hollandaise, watercress
620 | 43 | 28 | 30 | 6

BRUNCH BURGER \$16 *
bison patty, english bacon, fried egg,
smoked onion, sunbutter, dijon, toasted rye
670 | 29 | 60 | 50 | 7

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

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

ELLIPSE ELIXIR \$6
pomegranate, açai, cranberry,
lemon, chamomile

WHEY COOLER \$6
kombucha, whey, orange, lime

RHUBARB SHRUB \$6
rhubarb juice, raw cider vinegar, lime, soda

DAY SPA \$6
cucumber, ginger, agave, lemon

VERDANT TEA KOMBUCHA \$6

GINGER BEER \$5

BLACKEYE COLD BREW COFFEE \$4.50

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

GRASS FED SKIRT STEAK \$16
fingerling potato, grilled kale,
radish, buttermilk, blue cheese
490 | 29 | 36 | 36 | 7

add on to salad

CHICKEN BREAST **gf** \$7
150 | 3.5 | 0 | 29 | 0

SKIRT STEAK **gf** \$9
140 | 3 | 0 | 26 | 0

ARCTIC CHAR **gf** \$8
160 | 10 | 0 | 17 | 0

SHRIMP **gf** \$9
140 | 6 | 0 | 21 | 0

flatbread

FRESH MOZZARELLA, BASIL, ROASTED GARLIC \$8
385 | 14 | 47 | 20 | 3.5

OYSTER MUSHROOM, ROSEMARY, RICOTTA \$9
350 | 10 | 53 | 21 | 5

ROASTED PORK, KIMCHI, KALE \$10
415 | 13 | 47 | 24 | 5

SPANISH CHORIZO, GREEN OLIVE \$10
435 | 16 | 49 | 25 | 4

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

burger

served with a small green salad

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

VEGETARIAN \$12
320 | 9 | 53 | 19 | 8

sides \$6

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

SESAME CARROTS **v gf**
70 | 2 | 13 | 2 | 3

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

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

*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