



mill valley KITCHEN

lunch

starters

- BABY KALE SALAD** **gf** \$7
manchego, pine nuts,
lemon-chili vinaigrette
300 | 24 | 17 | 7 | 3
- MIXED GREEN SALAD** **gf** \$7
pumpkin seeds, craisins,
goat cheese, red wine vinaigrette
250 | 20 | 13 | 7 | 3
- QUINOA TABBOULEH** **gf** \$8
tomato, cucumber, pine nuts,
tahini yogurt, feta
250 | 15 | 23 | 7 | 4

- GRILLED ASPARAGUS** **gf** \$9
sunflower sprouts, shiitake, truffle,
mimosa vinaigrette
230 | 19 | 9 | 8 | 3

- STEAMED MUSSELS** \$9
yellow curry, fresno chili, baguette
290 | 11 | 26 | 22 | 1

- HUMMUS** \$9 **v**
seasonal vegetables, pita
580 | 21.5 | 83 | 20 | 18

- SPICY EDAMAME** **v gf** \$6
250 | 8.5 | 24 | 18 | 3

add on to salads

- CHICKEN BREAST** **gf** \$7
150 | 3.5 | 0 | 29 | 0
- ARCTIC CHAR** **gf** \$8
160 | 10 | 0 | 17 | 0
- SKIRT STEAK** **gf** \$9
140 | 3 | 0 | 26 | 0
- SHRIMP** **gf** \$9
140 | 6 | 0 | 21 | 0

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

flatbreads

- 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

sandwiches

served with a small green salad

- CALIFORNIA BURGER** \$14
lettuce, tomato, onion,
avocado, 1,000 island
420 | 20 | 36 | 37 | 6
- SALMON BURGER** \$15
lettuce, tomato, onion, avocado
410 | 18 | 34 | 31 | 5
- VEGETARIAN BURGER** \$12
lettuce, tomato, onion
320 | 9 | 53 | 19 | 8
- TACOS CARNITAS** \$12
chimichurri, pickled onion,
avocado, cotija
560 | 25 | 55 | 28 | 11
- TURKEY** \$13
avocado, tomato, sprouts, aioli
550 | 26 | 56 | 34 | 12
- SMOKED CHICKEN** \$13
brie, fig jam, arugula
420 | 21 | 36 | 30 | 4

entrées

- GRILLED ARCTIC CHAR** **gf** \$25
potato puree, lemon kale, tomato jam
380 | 17 | 23 | 34 | 5
- MISO GLAZED SEA BASS** **gf** \$32
certified chilean sea bass,
ginger-shiitake quinoa,
sweet and sour cucumber
370 | 10 | 30 | 38 | 4
- ROASTED YOUNG HEN** \$22
farro-mushroom risotto, pan sauce
675 | 45 | 30 | 43 | 6
- GRASS FED SKIRT STEAK** \$16
fingerling potato, grilled kale,
radish, buttermilk, amablu
490 | 29 | 36 | 36 | 7
- ORECCHIETTE PASTA** \$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
- COBB SALAD** **gf** \$14
romaine, turkey, avocado, tomato,
egg, onion, amablu, corn,
red wine vinaigrette
520 | 32 | 36 | 25 | 10

sides \$6

- KALE, GARLIC, PARMESAN,
LEMON** **gf**
240 | 18 | 17 | 7 | 5
- GINGERED-SHIITAKE QUINOA** **v gf**
280 | 12 | 39 | 7 | 4
- SESAME CARROTS** **v gf**
70 | 2 | 13 | 2 | 3
- FARRO-MUSHROOM RISOTTO**
290 | 19 | 27 | 5 | 4

*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.

morning side

- DAILY OMELET

\$13

served with a small green salad
- EGG SANDWICH

\$11 *

chicken sausage, cheddar, harissa, english muffin

350 | 19 | 35 | 16 | 5
- MILL VALLEY BREAKFAST BURRITO

\$12

whole wheat tortilla, scrambled egg, avocado, black bean sauce, potato, pico de gallo, cheddar

320 | 15 | 30 | 15 | 5
- LOX ON TOAST

\$14 *

avocado, scrambled egg, mascarpone, capers, dill

490 | 21 | 47 | 32 | 5
- CHIA PUDDING PARFAIT

v gf \$8

coconut, granola, blueberry, raspberry

370 | 20 | 43 | 6 | 8
- HOUSE MADE PEANUT PROTEIN BAR

\$4

320 | 15 | 41 | 19 | 4
- BERRIES

v gf \$7
- FRESH FRUIT

v gf

60 | 0 | 15 | 2 | 1.5

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
- WHEATGRASS SHOT

\$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

wine by the glass

CAROUSEL SPARKLING ROSÉ, Loire Valley	\$8	JARGON, PINOT NOIR, California	\$8
CANTINA PROSECCO, Italy	\$9	LANDMARK, PINOT NOIR, California	\$14
		SPELL, PINOT NOIR, NICHOLE’S BLEND, Sonoma	\$19
DECOY, SAUVIGNON BLANC, Sonoma County	\$10	GRAYSON, CABERNET, California	\$9
KIM CRAWFORD, SAUVIGNON BLANC, New Zealand	\$12	JUSTIN, CABERNET, Paso Robles	\$16
		CAYMUS, CABERNET, Napa Valley	\$26
BENZIGER, CHARDONNAY, Sonoma Valley	\$9	CRYPTIC, RED BLEND, Sonoma County	\$10
SARACINA, UNOAKED CHARDONNAY, Mendocino	\$12	PIATTELLI, MALBEC, Mendoza	\$11
ROMBAUER, CHARDONNAY, Carneros	\$16	VELVET DEVIL, MERLOT, Washington State	\$9
MONTEVINA, PINOT GRIGIO, California	\$8	FOUR VINES ‘BIKER’, ZINFANDEL, Paso Robles	\$13
PINE RIDGE, CHENIN VIOGNIER, Napa Valley	\$9	LE P’TIT PAYSAN, GRENACHE BLEND, Paso Robles	\$13
FRANCISCAN, WHITE BLEND, Napa Valley	\$11		
WILLAKENZIE ESTATE, PINOT GRIS, Oregon	\$12	wines with  symbol are organic	

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