

millvalleykitchen

starters, snacks, & sides

SOUP OF THE DAY \$7 / \$10

VEGAN CHILI \$7/\$10 **(f) √**

125 | 3 | 21 | 5 | 6

HUMMUS \$16 V

olive, chermoula, pine nuts, vegetables, sourdough

580 | 22 | 83 | 20 | 18

CRISPY SMASHED POTATOES \$9 (f) \/\(^{\alpha}\)

crème fraîche, chives

480 | 30 | 56 | 6 | 6

EDAMAME \$10 **(b) √**

sea salt & lemon or spicy

280 | 12 | 39 | 7 | 4

FRIED CHICKEN WINGS \$15 (f)

korean dry rub, sweet chili lime

420 | 11 | 55 | 17 | 0

CURRIED CAULIFLOWER \$11 (ff)

raz el hanout, tikka sauce, pickled raisins

180 | 4 | 23 | 5 | 5

SESAME CARROTS \$10 (F) \/\frac{1}{\text{A}}

tahini yogurt

130 | 6 | 16 | 6 | 3

TEMPURA VEGETABLES \$10 (6)

seasonal vegetables, herbs, green goddess

370 | 29 | 26 | 4 | 5

chilled

SEAFOOD TOWER* \$58 **(iii)**3 jumbo shrimp, 4 oysters, 4 oz red king crab legs
520 | 10 | 50 | 64 | 17

OYSTERS* \$MP @

ask your server about our daily selection

SHRIMP & OCTOPUS CEVICHE* \$15 (B)

SHRIMP COCKTAIL* \$15 (B)

3 jumbo shrimp, cocktail sauce

AHI TUNA POKE* \$18 (II)

soy, sesame, avocado, cucumber, pickled fresno, bibb lettuce

275 | 14 | 14 | 24 | 4

salads

MIXED GREENS \$7 small / \$11 large $\$ $\$ $\$ $\$ goat cheese, dried cranberries, pepitas, ground flax seed,

red wine vinaigrette 250 | 20 | 13 | 7 | 3

BABY KALE \$8 small / \$12 large (F) VA

manchego, pine nut, lemon-chili vinaigrette

230 | 26 | 17 | 9 | 3

BEET & APPLE SALAD \$12 (f) VA

spinach, walnut, bleu cheese, cider vinaigrette

320 | 22 | 31 | 9 | 3

WARM MUSHROOM PANZANELLA** \$15

roasted mushroom, house focaccia, greens, herbed ricotta,

mustard vinaigrette 235 | 5 | 36 | 12 | 5

add protein

CHICKEN BREAST \$9 **(ff)** 190 | 3.5 | 0 | 36 | 0

STEAK* \$14 **(!** 250 | 15 | 0 | 28 | 0

GRILLED SALMON \$12 (B) GRILLED GARLIC SHRIMP \$10 (B)

230 | 14 | 0 | 25 | 0

135 | 3 | 1 | 27 | 0

*These items are served raw or undercooked or may contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food born illness, especially if you have certain medical conditions.

**Wild mushrooms are not an inspected product and are harvested from a non-inspected site.

Menu items reflect cash prices

Payments made by credit card are subject to a 3% convenience fee.

entrées

MISO GLAZED SEABASS* \$38 (f)

ginger-shiitake quinoa, sweet and sour cucumber

580 | 22 | 83 | 20 | 18

SOCKEYE SALMON* \$32

caramelized brussels sprouts, fennel, sweet potato, cherry

mustard, fennel pesto 770 | 35 | 69 | 48 | 14

RATATOUILLE \$18 **(f)** ✓

roasted vegetables, pistachio romesco, quinoa cake, confit tomato

375 | 18 | 40 | 10 | 10

GRILLED SHRIMP SALAD* \$19 (ff)

green papaya, mango, bean sprouts, kelp noodles, 5 spice peanuts, micro cilantro

345 | 10 | 30 | 40 | 6

STEAK SALAD* \$21 (F)

aleppo marinade, grilled vegetables, feta, avocado, sun dried tomato vinaigrette

490 | 27 | 36 | 37 | 12

KIMCHI FRIED RICE BOWL* \$16 (f)

chicken thigh, grilled caulilini, carrot, shiitake, peas, yum yum sauce, fried egg

550| 29 | 35 | 40 | 35

handhelds

served with side salad or fresh fruit | +\$2 tempura vegetables

SHRIMP TACOS* \$21 (f)

grilled shrimp, slaw, avocado, corn tortillas,

600 | 29 | 44 | 37 | 8

BISON BURGER* \$18

lettuce, tomato, onion, avocado, aioli

800 | 54 | 33 | 44 | 7

VEGGIE BURGER \$15

beet and lentil patty, lettuce, tomato, onion, avocado, lemon aioli $*contains\ nuts*$

900 | 43 | 94 | 32 | 28

WAGYU BURGER* \$16

cheddar cheese, lettuce, tomato, onion, special sauce

880 | 56 | 37 | 57 | 4

TURKEY AVOCADO WRAP \$14

smoked turkey, lettuce, tomato, onion, avocado, aioli

470 | 21 | 59 | 16 | 9

SALMON BURGER* \$19

lettuce, tomato, onion, avocado, aioli

850 | 65 | 30 | 38 | 6

CHERRY MUSTARD CHICKEN SANDWICH \$16

chicken confit, brie cheese, arugula, apple

535 | 22 | 50 | 13 | 6

MEDITERRANEAN WRAP \$17 grilled chicken, tomato, cucumber, onion, sprouts, harissa,

tzatziki

430 | 20 | 25 | 39 | 6

flatbreads

cold fermented sourdough

TOMATO & MOZZARELLA \$18

725 | 25 | 100 | 25 | 8

HAM, FIG, BLEU CHEESE, & ARUGULA \$23

640 | 25 | 80 | 36 | 9

CHORIZO, MANCHEGO, & GREEN OLIVE \$21

700 | 40 | 48 | 37 | 4

ROASTED MUSHROOM, HERBED RICOTTA, \$22

TRUFFLE, & POMODORACCIO TOMATO*

810 | 30 | 96 | 39 | 14

CHARRED ONION, GOAT CHEESE, \$20 FENNEL PESTO, ALMOND

705 | 34 | 99 | 26 | 10

Nutritional Information

from left to right, the numbers under each menu item represent: calories fat carbohydrates protein fiber

(f) gluten-free **V** vegan

VA vegan adaptable