



mill valley KITCHEN

morning bowls

MVK SMOOTHIE BOWL \$14
fresh dragon fruit, assorted seasonal house sorbets, granola, yogurt, assorted berries, honey
670 | 16 | 131 | 7 | 10

BDE MAKA SKA BOWL \$13
greek yogurt, granola, fresh berries, honey, mint
540 | 13 | 82 | 29 | 9

power plant bowls

MIXED GREENS \$11
goat cheese, dried cranberries, pepitas, ground flax seed, red wine vinaigrette
250 | 20 | 13 | 7 | 3

BABY KALE \$12
manchego, pine nut, lemon-chili vinaigrette
230 | 26 | 17 | 9 | 3

GRILLED SHRIMP SALAD \$18
green papaya, mango, bean sprouts, kelp noodles, 5 spice peanuts, micro cilantro
345 | 10 | 30 | 40 | 6

add protein

CHICKEN BREAST \$9
190 | 3.5 | 0 | 36 | 0

GRILLED SALMON \$12
230 | 14 | 0 | 25 | 0

FELLERS RANCH WAGYU STEAK* \$14
250 | 15 | 0 | 28 | 0

GRILLED GARLIC SHRIMP \$10
135 | 3 | 1 | 27 | 0

sweet

BRIOCHE FRENCH TOAST \$11
fresh berries, whipped cream, powdered sugar
1050 | 47 | 133 | 23 | 3

BLUEBERRY QUINOA PANCAKES \$16
fresh berries, whipped cream, powdered sugar
730 | 19 | 128 | 14 | 5

snacks & sides

CRISPY POTATO HASH \$6
bell peppers, onions, creme fraiche
370 | 13 | 58 | 8 | 9

BUTTERMILK BISCUITS \$6
seasonal jam
560 | 20 | 65 | 8 | 1

FRUIT PLATTER \$9
140 | 0.5 | 36 | 2 | 6

TURKEY SAUSAGE \$6
210 | 11 | 5 | 23

BACON \$7
310 | 24 | 20

HUMMUS \$16
smoked olive, chermoula, pine nuts, vegetables, sourdough pinsa
580 | 22 | 83 | 20 | 18

Nutritional Information

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

gluten-free vegan vegan adaptable

savory

BROWN RICE BOWL* \$17
chicken thighs, grilled broccoli, carrot, cucumber, fried egg, kimchi, special sauce, sesame
640 | 31 | 46 | 45 | 6

CALIFORNIA BENEDICT* \$19
avocado, spinach, tomato confit, fresno chile, cilantro, hollandaise, side salad
790 | 63 | 33 | 25 | 5

CLASSIC BENEDICT* \$19
ham, hollandaise, side salad
940 | 69 | 29 | 48 | 3

SHAKSHUKA* \$16
spiced tomato sauce, feta, cilantro, choice of bacon or turkey sausage, choice of toast
770 | 56 | 37 | 31 | 6

NORDIC BLU SALMON BENEDICT* \$19
house cured gravlox, kale, poached eggs, caper-shallot-dill hollandaise, side salad
920 | 68 | 32 | 45 | 6

HUEVOS RANCHEROS* \$17
chorizo, black beans, salsa verde, radish, avocado
580 | 31 | 30 | 48 | 6

BISCUITS & MUSHROOM GRAVY* \$17
2 eggs any style
1040 | 54 | 84 | 32 | 3

THE STANDARD \$17
2 eggs, fingerling potato hash, bacon or turkey sausage, choice of toast
660 | 36 | 52 | 30 | 5

AVOCADO TOAST \$17
2 eggs any style, marinated tomatoes, radish, cilantro, sunflower seeds
600 | 46 | 27 | 23 | 9

DAILY OMELETTE \$16
two eggs, seasonal selection, side salad

handhelds

served with side salad

BREAKFAST BURRITO \$17
scrambled egg, black bean, potato, pico de gallo, cheddar, avocado, harissa aioli
600 | 40 | 42 | 20 | 14

EGG AND CHEESE SANDWICH \$16
cheddar scrambled eggs, braised kale, turkey sausage or bacon, english muffin
560 | 25 | 50 | 6 | 34

MEDITERRANEAN WRAP \$16
grilled chicken, tomato, cucumber, onion, harissa, tzatziki
430 | 20 | 25 | 39 | 6

BRUNCH BURGER* \$19
bison patty, lettuce, tomato, caramelized onion, avocado, aioli, fried egg, add cheese +1
880 | 56 | 52 | 47 | 11

FELLERS RANCH WAGYU SMASH BURGER* \$19
cheddar cheese, lettuce, tomato, onion, special sauce
880 | 56 | 37 | 57 | 4

SALMON BURGER* \$19
lettuce, tomato, onion, avocado, aioli
850 | 65 | 30 | 38 | 6

VEGGIE BURGER \$18
beet and lentil patty, lettuce, tomato, onion, avocado, lemon aioli *contains nuts*
900 | 43 | 94 | 32 | 28

DUCK CONFIT TACOS \$16
jicama tortilla, avocado, orange cranberry salsa
this item does not come with a side salad
190 | 11 | 10 | 14 | 5

*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.