

{GF} gluten free
 {DF} dairy free
 {V} vegan
 {VA} vegan adaptable

LUNCH

Sun: 10am-9pm
 Mon-Thur: 11am-9pm
 Fri: 11am-10pm
 Sat: 10am-10pm

STARTERS & SIDES

- SOUP OF THE DAY**(C) \$9/(B) \$11
- VEGAN CHILI {GF, V}**.....(C) \$9/(B) \$11
 125 | 3 | 21 | 5 | 6
- HUMMUS {V}**\$18
 chermoula, pine nut, cauliflower, sourdough
 580 | 22 | 83 | 20 | 18
- EDAMAME {GF, V}**\$12
 sea salt & lemon or spicy
 280 | 12 | 39 | 7 | 4
- CRISPY POTATOES {GF, VA}**\$10
 smoked crème fraîche, garlic, herbs, chives
 480 | 30 | 56 | 6 | 6
- SHRIMP LETTUCE WRAPS {GF}**\$21
 green papaya, mango, kelp noodles, peanut vinaigrette, cilantro
 420 | 11 | 55 | 17 | 0
- CURRIED CAULIFLOWER {GF, VA}**\$13
 ras el hanout, tikka sauce, pickled raisins
 180 | 4 | 23 | 5 | 5
- SESAME CARROTS {GF, VA}**\$11
 tahini yogurt
 130 | 6 | 16 | 6 | 3
- SEARED BROCCOLI {GF, VA}**\$11
 garlic, lemon, chili, parmesan, pine nuts
 200 | 14 | 17 | 10 | 7
- ZA'ATAR SWEET POTATOES {GF, V}**.....\$11
 hot honey
 490 | 11 | 78 | 9 | 11

SALADS

- MIXED GREENS {GF, VA}**
 spring mix, chèvre, dried cranberries, pepitas, ground flax seed, red wine vinaigrette
 250 | 20 | 13 | 7 | 3
 - \$13 -
- BABY KALE {GF, VA}**
 manchego, pine nut, lemon-chili vinaigrette
 230 | 26 | 17 | 9 | 3
 - \$13 -
- CLASSIC CAESAR**
 gem lettuce, caesar dressing, cherry tomato, brioche crouton, parmesan, chive
 480 | 41 | 16 | 16 | 4
 - \$15 -
- GEM LETTUCE**
 gem lettuce, ranch, cherry tomato, radish, avocado, red onion, carrots, brioche crouton
 330 | 23 | 26 | 7 | 11
 - \$16 -
- STEAK' {GF}**
 aleppo marinade, roasted vegetables, feta, avocado, tomato vinaigrette, oregano goddess
 490 | 27 | 36 | 37 | 12
 - \$24 -
- CHICKEN COBB {GF}**
 romaine, onion, tomato, bleu cheese, avocado, egg, bacon, red wine vinaigrette
 580 | 41 | 18 | 35 | 4
 - \$19 -

ADD PROTEIN

- CHICKEN BREAST {GF}**\$10
 190 | 3.5 | 0 | 36 | 0
- GRILLED SALMON' {GF}**\$15
 230 | 14 | 0 | 25 | 0
- STEAK' {GF}**\$16
 250 | 15 | 0 | 28 | 0
- GRILLED GARLIC SHRIMP' {GF}**\$12
 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.

NUTRITIONAL INFORMATION

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

ENTREES

BREAKFAST BURRITO*\$18
 scrambled egg, black bean, potato,
 pico de gallo, cheddar, avocado,
 harissa aioli, side salad
 600 | 40 | 42 | 20 | 14

DAILY OMELETTE\$18
 two eggs, seasonal selection, side
 salad

BISON BURGER*\$23
 lettuce, tomato, onion, lemon aioli,
 side salad
 + cheese +\$1, egg +\$2, bacon +\$3
 800 | 54 | 33 | 44 | 7

SMASH BURGER*\$21
 cheddar, lettuce, tomato, onion,
 special sauce, side salad
 + egg +\$2, bacon +\$3
 880 | 56 | 37 | 57 | 4

MEDITERRANEAN WRAP.....\$19
 grilled chicken, tomato, onion,
 cucumber, harissa, tzatziki, side
 salad
 430 | 20 | 25 | 39 | 6

SPAGHETTI PESTO ROSSO\$22
 pesto rosso, pine nuts, grana
 padano, micro basil
 1090 | 70 | 86 | 95 | 7

TURKEY AVOCADO SANDWICH\$18
 smoked turkey, lettuce, tomato,
 onion, avocado, aioli, side salad
 375 | 18 | 40 | 10 | 10

MISO-GLAZED SALMON* {DF, GF}\$30
 ginger-shiitake quinoa, sweet and
 sour vegetables, cilantro
 580 | 22 | 83 | 20 | 18

KIMCHI FRIED RICE BOWL* {GF}.....\$23
 chicken thigh, broccoli, carrot,
 shiitake, peas, yum yum sauce,
 fried egg *contains shrimp*
 550 | 29 | 35 | 40 | 35

FALAFEL WRAP\$19
 house falafel patty, lettuce, tomato,
 red onion, tzatziki, harissa aioli,
 side salad
 870 | 41 | 90 | 39 | 18

LENTIL BOWL {GF, DF}.....\$20
 beluga lentils, za'atar sweet
 potatoes, alfalfa sprouts, avocado,
 tomato confit
 375 | 18 | 14 | 10 | 10

FLATBREADS

cold fermented sourdough with mozzarella

TOMATO, FRESH MOZZARELLA & BASIL\$20
 725 | 25 | 100 | 25 | 8

BBQ CHICKEN.....\$24
 bbq chicken confit, pineapple, jalapeno,
 fontina
 740 | 33 | 77 | 35 | 2

PEPPERONI & HOT HONEY.....\$23
 900 | 50 | 78 | 35 | 2

WILD MUSHROOM.....\$24
 roasted wild mushrooms, fresh mozzarella,
 fontina, parmesan, black truffle vinaigrette
 680 | 35 | 60 | 31 | 4

featured farmer:

**DragSmith
 Farms**

our microgreens & baby lettuce



Northern
HOSPITALITY & CO.

www.millvalleykitchen.com