

# LUNCH

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



Monday - Saturday: 11am-9pm

Menu items reflect cash prices.

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

## STARTERS & SIDES

SOUP OF THE DAY .....\$9/\$11

VEGAN CHILI {GF, V} .....\$9/\$11  
 125 | 3 | 21 | 5 | 6

HUMMUS {V} .....\$18  
 olive, chermoula, pine nut, vegetables, sourdough  
 580 | 22 | 83 | 20 | 18

EDAMAME {GF, V} .....\$12  
 sea salt & lemon or spicy  
 280 | 12 | 39 | 7 | 4

CHICKEN WINGS {GF} .....\$16  
 choice of:  
 · korean dry rub with sweet chili lime {DF}  
 · gochujang  
 · bbq  
 420 | 11 | 55 | 17 | 0

SHRIMP LETTUCE WRAPS {GF} .....\$21  
 green papaya, mango, kelp noodles, peanut vinaigrette, cilantro  
 420 | 11 | 55 | 17 | 0

CRISPY POTATOES {GF, VA} .....\$10  
 crème fraîche, garlic, herbs, chives  
 480 | 30 | 56 | 6 | 6

TEMPURA VEGETABLES {GF, VA} .....\$11  
 seasonal vegetables, herbs, green goddess  
 370 | 29 | 26 | 4 | 5

SESAME CARROTS {GF, VA} .....\$11  
 tahini yogurt  
 130 | 6 | 16 | 6 | 3

CURRIED CAULIFLOWER {GF, VA} .....\$12  
 ras el hanout, tikka sauce, pickled raisins  
 180 | 4 | 23 | 5 | 5

SEARED BROCCOLI {GF, VA} .....\$11  
 garlic, lemon, chili, parmesan, pine nuts  
 200 | 14 | 17 | 10 | 7

ROASTED SWEET POTATOES {GF, DF, V} .....\$11  
 gochujang 🥕  
 310 | 1.5 | 70 | 6 | 10

HAND CUT FRIES {GF, VA} .....\$9  
 fry sauce  
 +upgrade garlic truffle fries \$2

## 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, cherry tomato, caesar dressing, brioche crouton, parmesan, fresh chives  
 480 | 41 | 16 | 16 | 3  
 - \$15 -

CLASSIC GEM  
 gem lettuce, cherry tomato, carrots, ranch, radish, avocado, red onion, brioche crouton  
 330 | 23 | 26 | 7 | 11  
 - \$16 -

STEAK SALAD\* {GF}  
 aleppo marinade, roasted vegetables, feta, avocado, tomato vinaigrette, oregano goddess  
 490 | 27 | 36 | 37 | 12  
 - \$23 -

CONFIT CHICKEN COBB {GF}  
 romaine, onion, tomato, bleu cheese, avocado, egg, bacon, red wine vinaigrette  
 580 | 41 | 18 | 35 | 4  
 - \$18 -

### 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

### 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  
600 | 40 | 42 | 20 | 14

## DAILY OMELETTE\* .....\$18

seasonal selection, side salad.  
\*egg white substitution for additional charge.

## KIMCHI FRIED RICE BOWL\* {GF}.....\$19

chicken thigh, broccoli, carrot, shiitake, peas, yum yum sauce, fried egg \*contains shrimp\*  
550 | 29 | 35 | 40 | 35

## WAGYU BURGER\* .....\$21

cheddar, lettuce, tomato, onion, special sauce, side salad  
880 | 56 | 37 | 57 | 4

## BISON BURGER\* .....\$23

lettuce, tomato, onion, avocado, lemon aioli, side salad  
add cheese +\$1, egg +\$2, bacon +\$3  
800 | 54 | 33 | 44 | 7

## FALAFEL BURGER.....\$19

house falafel patty, lettuce, tomato, red onion, tzatziki, harissa aioli  
870 | 41 | 90 | 39 | 18

## SALMON BURGER\* .....\$21

lettuce, tomato, onion, avocado, aioli, side salad  
850 | 65 | 30 | 38 | 6

## SHRIMP TACOS\* {GF}.....\$23

grilled shrimp, slaw, avocado, corn tortillas, side salad  
600 | 29 | 44 | 37 | 8

## TURKEY AVOCADO WRAP.....\$18

smoked turkey, lettuce, tomato, onion, avocado, aioli, side salad  
470 | 21 | 59 | 16 | 9

## MEDITERRANEAN WRAP.....\$19

grilled chicken, tomato, onion, cucumber, harissa, tzatziki, side salad  
430 | 20 | 25 | 39 | 6

## HARVEST BOWL {GF, DF}.....\$20

beluga lentils, gochujang sweet potatoes, alfalfa sprouts, avocado, tomato confit  
375 | 18 | 14 | 10 | 10

## MISO GLAZED SALMON\* {GF} .....\$30

ginger-shiitake quinoa, sweet and sour cucumber, cilantro  
580 | 22 | 83 | 20 | 18

## PAPPERDELLE BOLONGESE.....\$28

egg noodle papperdelle, deep tomato sauce, filet, parmesan, toasted crostini, basil  
550 | 29 | 35 | 40 | 35

## FLATBREADS

cold fermented sourdough with mozzarella

### TOMATO, FRESH MOZZARELLA, & BASIL .....\$20

725 | 25 | 100 | 25 | 8

### PEPPERONI & GIARDINIERA.....\$23

900 | 50 | 78 | 35 | 2

### BBQ, CHICKEN CONFIT, FONTINA, PINEAPPLE, JALAPENO.....\$24

930 | 53 | 63 | 49 | 3

### ROASTED MUSHROOM, TRUFFLE, .....\$24 HERBED RICOTTA, POMODORACCIO TOMATO\*\*

810 | 30 | 96 | 39 | 14



MONDAY | HALF OFF WINE BOTTLES

WEDNESDAY | \$69 DATE NIGHT

THURSDAY - SATURDAY | LIVE PIANO NIGHTS

SATURDAY | BOTTOMLESS MIMOSAS!

DAILY HAPPY HOUR | 4 TILL 7

Northern  
HOSPITALITY & CO.

www.millvalleykitchen.com

\*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.