

{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, DF}\$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, VA}.....\$11
hot honey
490 | 11 | 78 | 9 | 11

FRENCH FRIES {GF, VA}\$12
lemon aioli
480 | 30 | 56 | 6 | 6

*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

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 {VA}
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

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, V}.....\$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

Menu items reflect cash prices. Payments made by credit card are subject to a 3% convenience fee.