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

# 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 spicey
280 | 12 | 39 | 7 | 4

**CRIPSY POTATOES {GF, VA}** .....$12
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
480 | 30 | 56 | 6 | 6

**BRUSSEL SPROUTS {GF, VA}** .....$13
deep fried sprouts, bacon, sunflower, seeds, maple soy glaze
850 | 68 | 32 | 31 | 9

**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,thenumbersundereachmenuitem represent:
calories | fat | carbohydrates | protein | fiber

## SALADS

**MIXED GREENS {GF, VA}**
spring mix, chèvre,dried cranberries, pepitas,groundflax seed, red winevinaigrette
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, caesardressing, cherry tomato, brioche crouton,parmesan, chive
480 | 41 | 16 | 16 | 4
- $15 -

**GEM LETTUCE {VA}**
gem lettuce, ranch,cherrytomato, radish, avocado, redonion,carrots, brioche crouton
330 | 23 | 26 | 7 | 11
- $16 -

**STEAK* {GF}**
aleppo marinade, roasted vegetables, feta, avocado,tomatovinaigrette, oregano goddess
490 | 27 | 36 | 37 | 12
- $24 -

**CHICKEN COBB {GF}**
romaine,onion,tomato,bleu cheese, avocado, egg,bacon,redwine 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, picode gallo, cheddar,avocado, harissa aioli, side salad
600 | 40 | 42 | 20 | 14

**DAILY OMELETTE** ..... $18
two eggs, seasonal selection, side salad

**HUEVOS RACHEROS*{GF}** ..... $19
two eggs any style, chorizo, black beans, salsa verde, radish, avocado
580 | 31 | 30 | 48 | 6

**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

**GRILLED SALMON** ..... $30
sweet potatoes gnocci, creamed kale, pancetta, pecans
960 | 58 | 53 | 55 | 8

**GRILLED CHICKEN SANDWICH** ..... $19
brie, fig jam, arugula, rosemary aoili, arugula, cibatta, side salad
??? | ?? | ?? | ?? | ?

**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

**SHRIMP TACOS** ..... $21
corn tortillas, coleslaw, marinated shrimp, green goddess, side salad
350 | 24 | 31 | 6 | 7

**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 wildmushrooms, fresh mozzarella, fontina, parmesan, black truffle vinaigrette
680 | 35 | 60 | 31 | 4

**PEACH PROSCIUTTO**..... $24
brie spread, whiskey peaches, proscuitto, balsalmic glaze, arugula
960 | 47 | 84 | 51 | 2

*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.