millvalleyKITCHEN

morning side

DAILY OMELET $14
two eggs, seasonal selection, side salad

HUEVOS RANCHEROS GF $16
braised pork, black beans, salsa verde, radish, avocado
580 | 31 | 30 | 48 | 6

salads

MIXED GREENS GF VA $10
pumpkin seed, craisin, chévre, red wine vinaigrette
250 | 20 | 13 | 7 | 3

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

BEET SALAD GF $12
fennel, orange, frisée, bleu cheese, hazelnuts, caraway vinaigrette
340 | 22 | 31 | 9 | 3

CAESAR SALAD V $12
butter lettuce, tomato, vegan dressing, garlic bread crumb
300 | 25 | 12 | 7 | 2

add protein

CHICKEN BREAST GF $7
150 | 3.5 | 0 | 29 | 0

GRILLED SALMON* GF $10
160 | 10 | 0 | 17 | 0

FLAT IRON STEAK* GF $9
140 | 3 | 0 | 26 | 0

entrées

MISO GLAZED SEA BASS* GF $28
ginger-shiitake quinoa,sweet and sour cucumber
260 | 7 | 21 | 26 | 3

GRILLED SALMON* GF $21
black eyed pea succotash, ginger carrot sauce, bacon, basil
390 | 18 | 20 | 28 | 6

CARBONARA ROSSA $20
bacon, peas, egg, red pepper, pecorino
960 | 48 | 113 | 23 | 5

RATATOUILLE V GF $20
roasted vegetables, pistachio romesco, crispy spanish quinoa, tomato relish
375 | 18 | 40 | 10 | 10

STEAK SALAD* GF $20
aleppo marinade, grilled vegetables, sun dried tomato vinaigrette, avocado, feta
490 | 27 | 36 | 37 | 12

sandwiches

served with side salad

TURKEY AVOCADO VA $14
smoked turkey, lettuce, tomato, onion, avocado, aioli
470 | 21 | 59 | 16 | 9

SMOKED CHICKEN $14
fig jam, brie, speck, arugula
470 | 21 | 59 | 16 | 9

STEAK SANDWICH $19
horseradish cream, pickled red onion, arugula, jus
520 | 29 | 42 | 36 | 6

SALMON BURGER* $18
lettuce, tomato, onion, avocado, aioli
410 | 18 | 34 | 31 | 5

BISON BURGER* $18
lettuce, tomato, onion, avocado, aioli
420 | 20 | 36 | 37 | 6

LETTUCE WRAPS GF $15
braised pork, achiote, pineapple pico, avocado, chiles
440 | 26 | 16 | 34 | 2

Nutritional Information
from left to right, the numbers under each menu item represent:
calories fat carbohydrates protein fiber
GF = gluten-free V = vegan VA = vegan adaptable

flatbreads

TOMATO AND MOZZARELLA $14
385 | 14 | 47 | 20 | 3.5

HAM, FIG AND BLEU CHEESE $15
500 | 24 | 47 | 31 | 3

SMOKED CHICKEN, BBQ, PICKLED PEPPERS, PINEAPPLE, CRISPY SHALLOT $15
400 | 18 | 64 | 23 | 3

CHARRED ONION, GOAT CHEESE, FENNEL PESTO, ALMOND $14
465 | 33 | 26 | 21 | 4

snacks

HUMMUS V $13
smoked olive, chermoula, pine nut, vegetables, pita
580 | 21.5 | 83 | 20 | 18

ROASTED BRUSSELS SPROUTS V GF $8
chermoula, pine nut
420 | 29 | 36 | 15 | 6

GRILLED CHICKEN WINGS GF $12
korean dry rub, sweet chili lime
420 | 11 | 55 | 17 | 0

SESAME CARROTS V GF $8
70 | 2 | 13 | 2 | 3

SPICY EDAMAME V GF $8
280 | 12 | 39 | 7 | 4

LEMON PARMESAN KALE GF VA $8
red pepper flake
240 | 18 | 6 | 7 | 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.

LUNCH 05.10.21

natural refreshments

RX $6
orange, pineapple, coconut water, kombucha

DAY SPA $6
cucumber, ginger, lemon, co_2

JINX TEA $6

KOMBUCHA $6

GINGER BEER $5

coffee/tea

HOT TEA $4.5
english breakfast, earl grey, tropical green, hojicha green, african nectar, chamomile citron, ginger twist

ICED TEA $4

ARNOLD PALMER $4.5

COFFEE $4

ESPRESSO $4

AMERICANO $4

CAPPUCCINO $5

LATTÉ $5

tap beer

FEATURE TAP
MODIST
STEEL TOE
FULTON
INDEED

can/bottle

SOCIABLE CIDERWERKS $7
ST. PAULI GIRL N/A $5

signature cocktails

MVK OLD FASHIONED $14
maker's mark, knob creek rye, demerara, orange bitters

GOLD MEDAL MARGARITA $14
herrandura double barrel reposado, grand marnier, agave, lime, blackstrap bitters, smoked lemon salt rim

YUMA SUN $13
cazadores reposado, velvet falernum, pineapple juice, lime juice, angostura bitters

LOVE GRENADE $14
tattersall gin, domaine de canton, pama, lemon juice

FLAMING BETSY $14
prairie cucumber vodka, cucumber juice, lime juice, simple syrup, jalapeño, tajin

SILK ROAD $14 VA
sensei whiskey, china china, cardamom syrup, lemon juice, egg white

RUBY SIPPER $11
jinx tea, prosecco

Join us for Happy Hour 4-6pm, every day!

$8 signature cocktails
$4 tap beers
$3 off wine by the glass
$2 off burgers and flatbreads

HAVE YOU TRIED OUR OTHER LOCATIONS?

BENEDICT'S Morning Heroes

millvalley MARKET

SCAN THE CODE TO FIND US ONLINE!

white wine by the glass

PROSECCO, *ZARDETTO* , Italy -ON TAP- $8

CREMANT ROSÉ , *CAROUSEL,* France $10

ROSÉ, *SPELL*, Sonoma County $16

PECORINO, *UMANI RONCHI*, Italy $12

SAUVIGNON BLANC, *DOMAINE DE SAINT-PIERRE*, Sancerre, France $17

SAUVIGNON BLANC, *HUIA*, Marlborough, New Zealand $12

CHARDONNAY, *LOUIS JADOT POUILLY FUISSÉ*, Burgundy, France $15

CHARDONNAY , *PINE RIDGE*, Carneros Collines $18

CHARDONNAY, *CLINE*, Sonoma Coast $10

CHENIN BLANC VIOGNIER, *PINE RIDGE*, California $9

PINOT GRIGIO, *SAN PIETRO*, Italy $13

red wine by the glass

VALPOLICELLA, *GUERRIERI RIZZARDI*, Italy $14

ZINFANDEL, *FLYING CLOUD*, Paso Robles $13

MALBEC, *ADELANTE*, Mendoza, Argentina $12

PETITE SIRAH, *BRADY VINEYARD*, Paso Robles $14

RIOJA, *FERNANDEZ GOMEZ*, Spain $13

PINOT NOIR, *CHEMISTRY*, Willamette Valley, Oregon $11

PINOT NOIR, *FINO VINO*, Edna Valley $13

CABERNET, *MATCHBOOK*, California $10

CABERNET, *THREE FINGER JACK*, Lodi $16