

BREAKFAST Served 6:00 am to 11:00 am

SANDWICHES Your choice of bread.	
Two eggs 5.12 substitute egg whites 1.15	
Add bacon, ham, sausage, or avocado	2.30
Pastrami or grilled chicken	2.93
Beef sausage	3.22
Add turkey bacon or turkey sausage, Boar’s Head Turkey	2.65
Add extra egg 1.00 / add cheese 1.00	
Grilled Cheese	7.19

PLATTERS Served with toast & home fries.	
Two eggs any style 7.99	
Substitute egg white 1.73	
3 eggs omelette with 3 fill-ins 10.06	
Pastrami or grilled chicken	2.93
Beef sausage or chorizo	3.22
Add turkey bacon or turkey sausage, Boar’s Head Turkey	2.65
Add extra egg 1.73 / add cheese 1.00 / add hard boiled egg 1.15	

GRIDDLE ORIGINALS	
Buttermilk pancake or challah french toast with syrup	
Add bacon, ham, or sausage	10.29
Add strawberries or banana	2.30
	1.73

SPECIALTY BREAKFAST WRAPS

All wraps come with 2 eggs. Sub Egg whites 1.00 Extra	
Choice of wrap: white, whole wheat, spinach or sundried toamto	
1. The American	7.53
Home fries, & cheddar cheese	
2. The Midwest	10.47
Boar’s head turkey, avocado & swiss cheese	
3. The Greek	8.74
Spinach, mushrooms, feta & home fries	
4. The Southern	7.53
Home fries & pepper jack	
5. The Billy	9.26
Spinach, turkey bacon & cheddar	
6. The Coach	10.18
Egg whites, grilled chicken & american cheese	
7. The Rooster	10.18
Hash browns, chicken cutlet, pepperjack cheese & bbq sauce	
8. Upper 90	10.18
Pastrami, home fries and provolone cheese	
9. The Supreme	11.62
Grilled chicken, avocado, grilled onions, salsa & pepperjack cheese	
10. Borracho	12.19
Carnitas, hashbrown, shredded cheese, salsa verde & homemade pico de gallo	
11. Luchador	12.19
Chorizo, hashbrown, pepperjack, avocado & salsa verde	

COFFEE & ESPRESSO BAR

HOT	Sm. / 10 oz.	Med. / 16 oz.	Lg. / 20 oz.
House blend/decaf	3.30	3.90	4.50
Hot tea	3.00	3.30	3.90
Herbal tea	3.30	3.90	4.50
Cappuccino/latte	4.74	5.70	6.60
Mochaccino	5.40	6.30	6.90
Café au lait	3.90	4.74	5.40
Chai tea	4.50	5.70	
Espresso	3.30	4.50	
Hot chocolate	3.90	4.50	5.10

COLD	Sm.	Lg.
Iced house blend/decaf	4.74	5.70
Iced cappuccino	5.70	6.60
Iced mochaccino	6.30	6.90
Iced tea/green tea	4.74	5.70
Iced chai tea	5.70	6.60
Cup of ice	1.50	1.80

HOT CEREAL BAR Hearty oatmeal	
Reg. 6.33 / Lg. 7.48	
Topped with your choice of 2 free toppings from the following /	
raisin, granola, banana, strawberry with cinammon or brown sugar	
(add 0.50 for extra toppings)	

HOMEMADE GRANOLA & YOGURT PARFAIT	
Crunch honey granola served with non-fat yogurt, fresh fruit & berries	
Sm. 6.33	

FRESH FRUIT Fresh seasonal fruit salad 6.33	
apple 1.73 orange 1.73 banana 1.15	

JUMBO BAGELS & BREADS 2.88			
plain	poppy	sesame	cinnamon raisin
onion	everything	whole wheat	
Add butter or jelly	0.40	Add cream cheese	1.44
Add vegetable, scallion or sun dried tomato cream cheese			2.01
Add lox cream cheese			2.59

BAKERY & DESSERTS

MUFFINS 4.54 ea. / blueberry, cranberry, honey, raisin bran, banana nut, corn, chocolate chip	
CROISSANTS 4.54 ea. classic butter / Flavored croissant 4.89 almond, strawberry, cherry, chocolate, blueberry	
YOGURT LOAVES 4.89 ea. / plain, marble, carrot, walnut, chocolate lemon poppy, red velvet	
DANISH 4.89 ea. / cheese, cinnamon swirl raisin cinnamon stick, chocolate stick	
BROWNIES 6.04 ea. / double fudge, reeses & peanut butter, oreo cookie, cheesecake swirl, snickers, marble cheesecake	
BARS & SQUARES 6.04 ea. / lemon, pecan square	
GIANT HOMEMADE COOKIES 5.18 ea. / chocolate chip, oatmeal raisin, m&m, black & white, color sprinkles, chocolate sprinkles, chinese	

CREATE YOUR OWN SALAD

Pay One Price: **16.38**. Enjoy your salad Tossed or Chopped.

STEP 1	Choose your favorite greens		
	mixed baby greens	crisp romaine	healthy kale
	organic spinach	crisp iceberg	

STEP 2	Choose one main ingredient (each additional 3.74)		
	greek meatballs	falafel	cumin spiced meatballs
	smoked turkey	tofu	breaded chicken cutlet
	grilled chicken	albacore tuna	portobello mushroom
	spicy grilled shrimp	tuna salad	
	cajun chicken		

STEP 3	Choose up to 7 ingredients (1.15 each additional)		
	tzatziki	hard-boiled egg	sweet potatoes
	tyrokafteri (spicy greek cheese spread)	baby mozzarella	crispy bacon
	cauliflower	shredded cheddar	sun-dried tomatoes
	brussel sprouts	blue cheese	avocado
	sliced grapes	kalamata olives	red onions
	romano cheese	artichoke hearts	sliced cucumber
	roasted corn	asparagus	broccoli florets
	shredded carrots	low-fat jack cheese	sauteed mushrooms
	chickpeas	jalapeno peppers	alfalfa sprouts
	sweet peas	kidney beans	mixed peppers
	cherry tomatoes	pesto penne	celery
	dried cranberries	roasted peppers	quinoa
	scallions	chopped tomatoes	sliced beets
	croutons	sunflower seeds	golden raisins
		sliced almonds	
		candied walnuts	

STEP 4	Choose a dressing		
	harrisa	creamy sriracha	asian peanut
	yogurt dill	extra virgin olive oil	honey dijon
	greek dressing (oil, vinegar, oregano, salt)	lemon tahini vinaigrette	fat free raspberry
	ranch	lime chipotle vinaigrette	red wine vinegar
	sesame ginger	creamy corn & poblano	blue cheese
	russian	low-fat house italian	
	caesar	fat free lemon herb	
		lf balsamic vinaigrette	
		lf balsamic vinegar	

CHEF DESIGNED ENTREE SALADS 16.38

All main ingredients, green & dressings can be substituted.
Served in a bowl.

1. Grilled Chicken Caesar
Romaine, grilled chicken, shaved parmesan, croutons with caesar dressing

2. Rio Grande
Romaine, breaded chicken cutlet, cherry tomatoes, corn, avocado, tortilla chips, cheddar cheese with ranch dressing

3. Buffalo Salad
Romaine, cajun chicken, carrots, tomatoes, red onion, celery with blue cheese dressing

4. Thai Salad
Romaine, grilled chicken, carrots, celery, alfalfa sprouts with asian peanut dressing

5. Milldorf
Spinach, grilled chicken, apples, sliced grapes, walnuts, dried cranberries, crumbled blue cheese with balsamic vinaigrette

6. The Avocado Dreaming
Mixed baby greens, avocado, grilled chicken, red onions, tomatoes, tortilla chips with lime chipotle vinaigrette

7. The Mill Salad
Kale, quinoa, tofu, beets, sunflower seeds, chopped tomatoes, red onion, dried cranberries with balsamic vinaigrette

8. Harvest Cobb Salad
Grilled chicken, bacon, hard-boiled egg, avocado, walnuts with cream corn & poblano dressing

9. The Greek
Romaine, grilled chicken, chickpeas, crumbled feta, kalamata olives, cucumbers with extra virgin olive oil & balsamic vinegar

10. Santorini Salad
Spinach and kale mix, falafel, chickpeas, roasted red peppers, cucumbers, red onion with lemon tahini vinaigrette

11. The Cali
Kale, grilled chicken, apples, sweet potatoes, almonds, goat cheese with balsamic vinaigrette

12. Paros Power
Keftedes (greek meatballs), agatha’s tzatziki, romaine, quinoa, chickpeas, cherry tomatoes, feta with extra virgin olive oil

13.Aegean Love
Soutzoukakia (cumin spiced greek meatballs) romaine, tyrokafteri (spicy greek cheese spread) cucumbers, roasted red peppers, onions with greek dressing (oil, vinegar, oregano and salt)

14. Calling My Name
Mixed greens, grilled chicken, quinoa, cauliflower, agatha’s tzatziki, dried cranberries with homemade harissa dressing

THE MILL

FINE COFFEE & FRESH FOODS®

Order Online at www.TheMillFoods.com

DELIVERY MENU

140 E 52nd St, New York, NY 10022 (212) 826-0302

BUILD YOUR OWN SANDWICH

Custom build your sandwich. Enjoy it cold or hot and crispy from the oven. Items also available by the pound.

STEP 1	Choose a main ingredient			
	grilled chicken	12.36	tuna salad	12.59
	buffalo chicken	12.36	egg salad	11.44
	crispy chicken cutlet	12.36	chicken salad	12.94
	smoked turkey	12.36	soppressata	12.88
	cracked pepper turkey	12.36	swiss	9.72
	roast turkey	12.36	cheddar	9.72
	roast beef	12.94	american	9.72
	prosciutto	12.94	fresh mozzarella	10.93
	salami	12.08	provolone	9.72
	black forest ham	12.36	pepper jack	9.72
	hummus	11.21	brie	10.93

STEP 2	Choose a cheese			
	1.00 each			
	swiss	american	mozzarella	provolone
	cheddar	pepper jack	shredded parmesan	muenster
1.25 each				
	fresh mozzarella	havarti	brie	

STEP 3	Choose a delicious bread		
	round roll	plain wrap	ciabatta hero
	rye bread	spinach wrap	multi-grain hero
	multi-grain bread	whole wheat wrap	baguette hero
	white bread	sundried tomato	sesame hero
	ww bread	wrap	

STEP 4	Choose the toppings			
	Complimentary			
	lettuce	onion		
	0.50 each			
	cucumber	banana pepper	pickles	sprout
	cole slaw	pico de gallo	arugula	
	0.75 each			
	roasted pepper	jalapeño pepper	sweet pepper	
	1.95 each			
	bacon	avocado		

STEP 5	Choose a dressing or spread		
	caesar	grainy mustard	bbq sauce
	russian	hot pepper spread	pesto
	italian	balsamic vinegar	sriracha
	mayonnaise	horseradish mayo	olive oil
	chipotle spread	sesame ginger	honey dijon

SPECIALTY CHICKEN SANDWICHES

1. Texas Marshall	15.24
Chicken cutlet, bacon, pepper jack cheese with bbq sauce	
2. El Guapo	15.24
Chicken cutlet, bacon, shredded parmesan with caesar dressing	
3. The NHB	14.09
Chicken cutlet, fresh mozzarella, roasted red pepper with russian dressing	
4. THE CI	15.24
Grilled chicken, cheddar cheese, avocado with ranch dressing	
5. Colgate Special	15.24
Grilled chicken, swiss cheese, avocado with sesame ginger dressing	
6. Chik Tok	14.89
Chicken cutlet, fresh mozzarella, roasted peppers arugula and balsamic glaze	
7. 718	14.89
Chicken cutlet, pepper jack cheese, jalapeno, pico de gallo and chipotle mayo	
8. The Hawk	15.24
Grilled chicken, bacon, cheddar cheese and chipotle mayo	
9. GK 1	15.24
Grilled chicken, avocado, red onion, fresh mozzarella and homemade spicy soy ginger sauce	
10. Moore Moore	15.24
Grilled chicken, havarti, arugula and homemade avocado spread	
11. Not a Big Deal	15.24
Grilled chicken, soppressata, fresh mozzarella and pesto	

NEXT LEVEL SANDWICHES

12. The Shakespeare	14.38
Roast turkey, swiss, coleslaw, pickles & spicy brown mustard	
13. The Broadway	13.74
Roast beef, cheddar with horseradish mayo	
14. The Road House	15.24
Ham, prosciutto, soppressata, fresh mozzarella, oregano, EVOO and red wine vinegar	
15. The 212	16.04
Roasted turkey, havarti, bacon, avocado with whole grain mustard	
16. The Varick	15.24
Prosciutto, sopressata, provolone, jalapeño peppers with extra virgin olive oil & balsamic	
17. Club Med	14.66
Hummus, muenster cheese, sprouts, tomato, carrot, cucumber, avocado	

NEXT LEVEL SANDWICHES

18. Tuna Delight	13.74
Tuna salad, cucumber, muenster cheese, tomato	
19. Millcado	13.74
Avocado, cucumbers, onions, arugula and roasted red peppers with evoo and balsamic vinegar	
20. Matteo	12.36
Fresh mozzarella cheese, arugula, tomatoes and balsamic vinegar	
21. THE JP	13.74
Smoked turkey, swiss cheese, pickles and honey mustard	

GOURMET SOUPS

We offer up to 6 freshly made soups. Call and ask for our daily specials.

Sm. 8.34 / Lg. 9.49
Premium Soup: Sm. 9.34 / Lg. 10.49

DAILY CLASSICS

Chicken Noodle / a classic soup to warm up your day
Chicken Gumbo / spicy creole classic
Turkey Chili / a classic soup
Vegetarian Split Pea or Vegetarian Lentil / rich & hearty
Our Gourmet Soups are Made Fresh In-House Every Morning

THE HOTTIES

Delicious hot sandwiches. Served on a Balthazar hero or sliced rye.

1. The Norman	14.38
Grilled chicken, grilled onions, swiss and honey mustard	
2. The Bing Bong	15.53
Grilled chicken, bacon, swiss, and sweet baby ray’s	
3. The Buddy	16.68
Boar’s Head pastrami and corned beef, swiss cheese, sauerkraut and spicy brown mustard	
4. John Papa	16.68
Boar’s Head pastrami and corned beef, provolone cheese, coleslaw and russian dressing	
5. Showtime Cubano	16.68
Pulled pork, ham, swiss, pickles, mustard and mayo	
6. The Buff	14.38
Grilled chicken, sweet baby ray’s buffalo sauce, crumbled blue cheese and lettuce	
7. Reuben	15.24
Slow cooked corned beef, swiss cheese, sauerkraut and russian dressing	

HOT ENTREES

All entrees served with your choice of 2 sides.

Chicken parmigiana	17.55		
Meatball parmigiana	18.65	B.L.T.	9.14
Grilled chicken	17.55	Chicken parm roll	13.23
Vegetarian dishes	17.19	on a hero	14.09
Poultry dishes	18.34	Meatball parm roll	13.51
Meat dishes	19.49	on a hero	14.38
Seafood dishes	20.64		

HOT & COLD SIDES

Ask about our Daily Hot Sides Selection

French fries 5.18

FROM THE GRILL

Hamburger	7.99
Philly cheesesteak	14.89
Cheeseburger	9.14
Chicken Wings	13.74

BURGER & SANDWICH ADD-ONS

Deluxe / french fries, lettuce, tomato & onions
Lettuce, Tomato, or Onions / complimentary

bacon or avocado	1.95	mushrooms	0.75
cheese	1.00	steak fries	4.50
grilled peppers	0.75	extra patty	4.54

EL MILL BURRITOS

Delicious and healthy Mexican items prepared fresh every morning by our staff

STEP 1	Burrito wrap or burrito bowl			
STEP 2	Choose your base (up to 2)			
	spanish rice		pinto or black	
	brown rice		beans	
STEP 3	romaine lettuce		mixed greens	
	Choose your main			
	pollo asado	13.74	shrimp	14.89
	chipotle chicken	13.74	mushrooms	13.51
	carne asada	15.24	rice & beans	13.51
STEP 4	carnitas	14.38		
	Choose your toppings			
	mixed cheese		tortilla chips	
	brussels sprouts		jalapeño peppers	
	roasted corn		peppers & onions	
			sour cream	
			pico de gallo	
			tabasco	
			salsa verde	
			guacamole +2.00	

FRESH FRUIT SMOOTHIES

Berry Blast	Sm 10.20	Lg. 11.40
Strawberries, blackberries, banana & apple juice		
Tropical Breeze	10.20	11.40
Strawberries, pineapple, banana & orange juice		
Hawaiian Vaca	10.20	11.40
Mango, pineapple, banana & apple juice		
The Mill Pleasure	11.10	12.30
Peanut butter, banana, almond milk & chocolate protein		
Healthy Day	10.20	11.40
Apple, kale, spinach, banana & almond milk		
PB Light	11.10	12.30
Strawberries, blueberries, peanut butter, vanilla protein & almond milk		
Acai, Maca or Protein Powder	2.00	2.40
Flax Seeds & China Seeds	1.75	2.10

BEVERAGES

Bottled water	Sm. 2.30	Lg. 3.74
Bottled soda / hal's seltzer water	3.16	
Tropicana juice or vitamin water	4.03	
Snapple	3.16	
Gatorade	3.44	
San pellegrino	4.03	

WE CATER!

Let us cater your next breakfast, lunch & dinner meetings, as well as any special events.

Find our catering menu at www.TheMillFoods.com
Call below for a free quote from our 2 locations!

140 E 52nd St, New York, NY 10022 (212) 826-0302

