

THE MILL

FINE COFFEE & FRESH FOODS [®]



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DELIVERY MENU

BREAKFAST

Served 6:00 am to 11:00am

Sandwiches (Your Choice of Bread)

One Egg	2.00
Two Eggs	2.75
Substitute Egg Whites	.75
Add Bacon, Ham, Sausage or Avocado	1.25
Add Turkey Bacon or Turkey Sausage	1.50
Add Cheese .75 • Add Extra Egg .75	

Platters

All of the below served with Toast & Home Fries

Two Eggs any style	4.00
Create Your Own 3 Egg Omelette w/3 Fill-ins	5.75
Substitute Egg Whites	.75
Add Bacon, Ham, Sausage or Avocado	1.25
Add Turkey Bacon or Turkey Sausage	1.50
Add Cheese .75 • Add Extra Egg .75	

Griddle Originals

Buttermilk Pancakes served with Syrup	5.50
Challah French Toast served with Syrup	5.50
Add Bacon, Ham or Sausage	1.25
Add Strawberries or Bananas	1.00

Specialty Breakfast Wraps (Choice of Wrap)

1. American 2 Eggs, Home Fries & Cheddar	4.25
2. Mid-West 2 Eggs, Turkey, Avocado & Swiss	5.25
3. Greek 2 Eggs, Spinach, Mushrooms, Feta & Home Fries	5.25
4. Southern 2 Eggs, Home Fries & Pepper Jack	4.25
5. The Billy 2 Eggs, Spinach, Turkey Bacon & Cheddar	5.50

Hot Cereal Bar Reg. 3.75 Lg. 4.75

Hearty Oatmeal

Topped with your choice of 2 Free Toppings from the following (.50 for extra toppings): Raisins, Granola, Bananas, Strawberries, Cinnamon or Brown Sugar

Homemade Granola &

Yogurt Parfait Reg. 3.95 Lg. 4.95

Crunchy Honey Granola served with **non-fat** Yogurt, Fresh Fruit & Berries

Fresh Fruit

Fresh Seasonal Fruit Salad Reg. 3.95 Lg. 4.95

Apples, Oranges	1.00
Bananas	.75

Yogurt Cups

All flavors	1.95
Greek Yogurt	2.95

FRESH FRUIT SMOOTHIES

CHECK OPTIONS AT

THEMILLTOGO.COM

Jumbo Bagels and Rolls

Plain, Poppy, Sesame, Cinnamon Raisin, Onion, Everything, Whole Wheat	1.25
With butter, jelly	add .25
With cream cheese	add 1.00
With vegetable, scallion or sun dried tomato	add 1.50
With lox cream cheese	add 2.00
With sliced lox and cream cheese	add 6.70

COFFEE & ESPRESSO BAR

Hot

	SMALL 12oz	MED 16oz	LG 20 oz
House Blend/Decaf Coffee	1.90	2.20	2.55
Flavored Coffee	2.00	2.30	2.65
Tea/Herbal Tea	1.90	2.20	2.55
Hot Chocolate – 100% Milk	2.80	3.20	3.70
Espresso	2.55	3.25	
Cappuccino / Latte	3.75		4.45
Mochaccino	4.00		4.80
Café Au Lait	3.05		3.85

Cold

Iced Coffee House Blend	2.90	3.30
Iced Flavored Coffee	3.00	3.40
Iced Cappuccino	3.85	4.55
Iced Mochaccino	4.05	4.75
Fresh Brewed Iced Tea	2.90	3.30

Beverages

Canned Soda		1.25
Bottled Water	1.50	2.50
Bottled Soda		2.25
Fresh Squeezed Juices (Orange, Grapefruit)	4.25	5.25
Tropicana Juices, Vitamin Water	2.75	
Naked Juices		4.95
Snapple		2.25

HOT ENTRÉES

Entrees served with your choice of 2 sides

Call in or Check Our Website for Our Daily Specials

ENTREE SELECTIONS

Vegetarian	9.25
Poultry	10.25
Meat	10.95
Seafood	11.95

HOT & COLD SIDES

4.50 Sm. • 5.50 Lg. each

Please Call or Check Our
Website for Daily Items

GOURMET SOUPS

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

Small 4.75 Large 5.75 Premium Soup add 1.00

Daily Classics

Chicken Noodle A Classic Soup to warm up your day

Chicken Gumbo Spicy Creole Classic

Vegetarian Split pea or **Lentil** Rich and Hearty

Our Gourmet Soups
Are Made Fresh In-House
Every Morning

FRESH FROM OUR BAKERY

Muffins 2.50

Blueberry, Cranberry, Honey Raisin Bran,
Banana Nut, Corn, Chocolate Chip

Croissants

Classic Butter 2.50
Almond, Strawberry, Cherry, 2.75
Chocolate, Blueberry

Yogurt Loaves 2.75

Plain, Marble, Carrot Walnut, Chocolate
Lemon Poppy, Red Velvet

Danish 2.75

Cheese, Cinnamon Swirl, Raisin,
Cinnamon Stick & Chocolate Stick

DESSERTS & CHEWY GOODS

Brownies 3.50

Double Fudge, Reeses & Peanut Butter,
Oreo Cookie, Cheesecake Swirl, Snickers,
Marble Cheesecake

Bars & Squares 3.50

Lemon, Pecan Square

Chewy Goodies 2.75

Almond Horn, Raspberry Macaroons, Linzer Tart

Giant Homemade Cookies 2.75

Chocolate Chip, Oatmeal Raisin, M&M,
Black & White, Color & Chocolate Sprinkles,
Chinese

HomeMade Puddings

Rice, Chocolate 3.50
Jell-O 3.00

Please Call Us at 212.343.1200
for Your Special Occasion Cakes
Beautifully Decorated & Custom Inscribed

CREATE YOUR OWN SALAD Pay One Price 9.25

Enjoy your Salad **Tossed** or **Chopped** with Unlimited Toppings

STEP 1 Select your **Favorite Greens**

Organic Mixed Baby Greens • **Organic** Spinach • Crisp Romaine • Crisp Iceberg • Healthy Kale

STEP 2 Choose One **MAIN INGREDIENT**

(Add 2.00 for each additional portion)

Grilled Tofu	Smoked Turkey
Spicy Grilled Shrimp	Cajun Chicken
Albacore Tuna	Herb Grilled Chicken
Tuna Salad	Crispy Chicken
Portobello Mushrooms	Falafel

STEP 3 PICK 3 ITEMS

(Add 1.00 for each additional portion)

Asparagus • Avocado	Shaved Romano
Crispy Bacon	Baby Mozzarella
Candied Walnuts	Shredded Cheddar
Egg Whites	Low-Fat Jack Cheese
Artichoke Hearts	Feta Cheese
Sun-dried Tomatoes	Saga Blue Cheese
Kalamata Olives	Sweet Potatoes
Hard Boiled Eggs	Brussel Sprouts

STEP 5 Choose your favorite **DRESSING**

Ranch	Organic Citrus Vinaigrette
Sesame Ginger	Low-Fat House Italian
Honey Dijon	Fat Free Lemon Herb
Russian	House Balsamic Vinaigrette
Creamy Sriracha	Low-Fat Balsamic Vinegar

STEP 4 Choose 4 **TOPPINGS**

(Add .50 for each additional)

Shaved Red Onions	Sliced Cucumber
Broccoli Florets	Sliced Mushrooms
Roasted Corn	Shredded Carrots
Chick Peas	Sweet Peas
Jalapeño Peppers	Kidney Beans
Penne Pasta	Roasted Peppers
Alfalfa Sprouts	Mixed Peppers
Celery	Sliced Almonds
Quinoa	Mandarin Oranges
Cherry Tomatoes	Dried Cranberries
Chopped Tomatoes	Sunflower Seeds
Sliced Beets	Golden Raisins
Scallions	Croutons

** ASK ABOUT OUR NEW DRESSINGS **

Caesar	Fat Free Raspberry
Blue Cheese	Red Wine Vinegar
Classic French	Balsamic Vinegar
Asian Peanut Dressing	Extra Virgin Olive Oil
Creamy Corn & Poblano	

CHEF DESIGNED ENTRÉE SALADS

All Main Ingredients, Greens & Dressings can be substituted. Served in a Bowl for 9.25

15. **Grilled Chicken Caesar** Romaine, Grilled Chicken, Shaved Parmesan, Croutons (Dressing: Caesar)
25. **The Mill Salad** Kale, Quinoa, Tofu, Beets, Sunflower Seeds, Tomato, Red Onion, Dried Cranberries (Dressing: White Balsamic Vinaigrette)
35. **Buffalo Salad** Romaine, Cajun Chicken, Carrot, Tomato, Red Onion, Celery (Dressing: Blue Cheese)
45. **The Greek** Romaine, Grilled Chicken, Chickpeas, Crumbled Feta, Kalamata Olives and Cucumber (Dressing: Olive Oil and Balsamic Vinegar)
55. **Santorini Salad** Spinach and Kale Mix, Falafel, Chick Pea, Roasted Red Peppers, Cucumber, Red Onion (Dressing: Lemon Tahini Vinaigrette)
65. **Harvest Cobb Salad** Grilled Chicken, Bacon, Eggs, Avocado, Walnuts (Dressing: Creamy Corn & Poblano)
75. **Thai Salad** Romaine, Grilled Chicken, Carrots, Celery, Sprouts (Dressing: Asian Peanut)
85. **The Cali** Kale, Grilled Chicken, Apples, Sweet Potatoes, Almonds, Goat Cheese & Balsamic Vinaigrette

THE MILL SPECIALTY SANDWICHES

COMPLEMENTARY Any Bread, Lettuce, Tomato, Onions, Cucumbers and Any Dressing.

1. **El Guapo** Chicken Cutlet, Bacon, Shredded Parmesan and Caesar Dressing 8.25
2. **The NHB** Chicken Cutlet, Melted Mozzarella, Roasted Red Peppers and Russian 8.00
3. **The Varick** Prosciutto, Sopressata, Basil, Provolone, Hot Peppers, Extra Virgin Olive Oil & Balsamic 8.75
4. **The Broadway** Roast Beef, Cheddar and Horseradish Mayo 7.50
5. **The JP** Smoked Turkey, Melted Swiss, Sweet Pickles and Honey Mustard 7.50
6. **Tuna Delight** Tuna Salad, Cucumbers, Meunster Cheese and Tomatoes 7.50
7. **The 212** Roasted Turkey, Havarti, Bacon, Avocado, Whole Grain Mustard 9.50
8. **Club Med** Hummus, Muenster Cheese, Sprouts, Tomato, Carrots, Cucumbers & Avocado 8.00

NEXT LEVEL SANDWICHES

9. **The CI** Grilled Chicken, Cheddar Cheese & Avocado with Ranch Dressing 8.00
10. **The Spicy Woods** Grilled Chicken, Cucumbers, Banana Peppers, Jalapenos, Sprouts, Honey Mustard & Sriracha 8.50
11. **Texas Marshall** Chicken Cutlet, Bacon, Pepperjack Cheese & BBQ Sauce 8.25
12. **Colgate Special** Grilled Chicken, Swiss, Avocado & Sesame Ginger 8.25
13. **The Mad Dog Max** Roast Beef, Turkey, Provolone & Russian Dressing 8.50
14. **The LB** Chicken Salad, Cheddar Cheese, Hot Sauce & Honey Mustard 7.25
15. **The Anton** Smoked Turkey, Pepperjack Cheese, Banana Peppers & Spicy Brown Mustard 7.50
16. **The Gallagher** Turkey, Salami, Sweet Peppers & Italian Dressing 8.25

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 to start:

Grilled Chicken	6.25	Roast Beef	6.75	Tuna Salad	6.25	Swiss	4.95
Cajun Chicken	6.25	Prosciutto	6.75	Egg Salad	4.95	Cheddar	4.95
Crispy Chicken Cutlet	6.25	Salami	6.25	Chicken Salad	6.25	American	4.95
Smoked Turkey	6.25	Black Forest Ham	6.25	Mortadella	6.25	Fresh Mozzarella	5.95
Roast Turkey	6.25	Hummus	5.00	Sopressata	6.75	Provolone	4.95
						Pepper Jack	4.95
						Brie	5.95

STEP 2 Choose a CHEESE:

.75 each	.75 each
Swiss	Mozzarella
Cheddar	Muenster
American	1.00 each
Provolone	Fresh Mozzarella
Shredded Parmesan	Havarti
Pepper Jack	Brie

STEP 4 Choose the TOPPINGS:

Complimentary	.75 each
Lettuce	Roasted Peppers
Onion	Sweet Peppers
Tomatoes	Jalapeños
	Hummus
.50 each	1.25 each
Cucumbers	Bacon
Sweet Pickles	Avocado
Banana Peppers	
Sprouts	

STEP 5 Choose a DRESSING:

Caesar	Olive Oil
Russian	BBQ Sauce
Italian	Pesto
Mayonnaise	Sriracha
Dijonaise	
Grainy Mustard	
Honey Dijon	
Balsamic Vinegar	
Horseradish Mayo	

STEP 3 Choose a hearth baked BREAD:

Round Roll	Ciabatta	White
Whole Wheat	Focaccia	Rye
Pumpnickel	Pita	7-Grain
Wrap (Add .50)	Hero	



THE MILL



FRESH FRUIT SMOOTHIE BAR

SMALL 16 OZ. 5.50 • **LARGE 20 OZ.** 6.50

EXTRAS Acai Berry, Protein Powder or Maca Powder 1.00 each
Flax Seeds or Chia Seeds .75 each

FRUIT SMOOTHIES

- 1S. **Berry Blast** Strawberries, Blackberries, Banana & Apple Juice
- 2S. **Tropical Breeze** Strawberries, Pineapple, Banana & Orange Juice
- 3S. **Hawaiian Vaca** Mango, Pineapple, Banana & Apple Juice
- 4S. **Peanut Paradise** Peanut Butter, Banana & Soy Milk
- 5S. **Mocha Joy** Espresso, Chocolate Syrup, Banana & Skim Milk
- 6S. **Fresh Start** Mango, Pineapple & Orange Juice

ALMOND MILK SMOOTHIES

- 1A. **Ripe Life** Strawberries, Blueberries, Mango & Almond Milk
- 2A. **Healthy Day** Apple, Kale, Spinach, Banana & Almond Milk
- 3A. **The Mill Pleasure** Peanut Butter, Banana, Almond Milk & Chocolate Protein Powder
- 4A. **Weight Loss** Strawberries, Blueberries, Blackberries, Flax Seeds & Almond Milk
- 5A. **The Kappa Smoothie** Kale, Apple, Pineapple & Choice of Apple Juice or Almond Milk
- 6A. **Razzle Dazzle** Strawberries, Banana, Mango & Almond Milk

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