

the  
mills  
restaurant



In the heart of Marstons Mills. Cape Cod, MA.

## Lunch | Monday-Saturday until 2PM

### SOUPS

All of our soups are made in-house with 100% natural ingredients and no preservatives.

Soup of the day  
4.5 cup/ 5.5 bowl

Homemade Clam Chowder  
5 cup/ 6.5 bowl

### SALADS

Our homemade dressings are Balsamic or Cranberry Vinaigrette, Italian, 1000 Island, Greek, Ranch or Caesar.

The Cape Codder 8.5

100% Organic mixed greens with dried Cape cranberries, walnuts, apple and crumbled bleu cheese

Classic Caesar 7

Chopped Romaine, Parmesan cheese, house croûton and caesar dressing

Spinach Salad 9

Baby spinach, tomato, chopped egg and bacon, goat cheese

Greek Salad 7

Romaine and Iceberg mix with tomato, olives and feta

Cobb Salad 10

A blend of baby spinach and iceberg, with hickory smoked bacon, tomato, bleu cheese, chopped egg and cubed all white chicken breast

To any salad : add grilled chicken, tuna or chicken salad 4

### HOUSE SPECIALTIES

The Best Meatball Sandwich Ever 10

Our old family recipe in our slow simmered sauce and topped with Parmesan on a toasted roll with choice of one side

Crab Melt ~ 13

100% claw meat salad on Thomas' English & grilled tomato

Rueben Sandwich on Grilled Marble Rye 12

Our tender, slow cooked, Corned Beef with kraut, house made 1,000 island, and Swiss cheese with your choice of side

Boston Style Fishcake Lunch 12

Two cod cakes with baked beans, our molasses brown bread and our own house slaw

Swap one cod cake for cup of chowder for 1.00 more

Philly Loaded Cheese Steak Sub 11

Extra lean shaved steak, provolone, mushroom, peppers, & onion

### SANDWICHES

All of our sandwiches, panini and wraps are served with your choice of chips or today's side.

Substitute a side House salad for just 3 (ala carte 4.5)

Grilled Cheese 5

Mild Vermont Cheddar on white or whole grain wheat

Add tomato .50

Add bacon or ham 2

Substitute brie 2

Grilled Tuna Melt 8.5

Light marble rye with American

### SIGNATURE SANDWICHES

North End Italian Sub 10

Local and imported cold cuts, provolone cheese, lettuce, onion, pickles, tomatoes with herbed oil and vinegar

100% Black Angus Burger 10

6oz. grilled to order with lettuce, tomato & onion

With cheese, or grilled onion or mushroom: add 1

Add bacon : 2

Add a fried egg : 1.35

Chicken Quesadilla 10

Our marinated, all natural chicken breast grilled with sautéed red peppers and caramelized onions with pepper jack cheese and house salsa. (Sub shaved steak 3)

Add house pickled jalapeños .50

Chicken Salad Croissant 10

With organic baby lettuce mix, sliced granny smith apple, and choice of one side

### GRILLED PANINI

Our pressed sandwiches are served on a Ciabatta roll or Pain D'Avignon artisan bread

Savory Meatloaf 10

With caramelized onions and Vermont Cheddar Cheese

Imported Italian Cold Cuts & Provolone Cheese 10

With basil pesto and a hint of garlic aioli

Naturally Hickory Smoked Ham & Brie 9

With a touch of our own honey mustard

All White Meat Grilled Chicken & Pesto 10

With provolone & grilled sliced tomato

### WRAPS

BLT 8

Crispy bacon, romaine, tomato and herb mayo

Chicken Caesar 9

Chicken, romaine, parmesan cheese and caesar dressing

Mill's Chicken Salad 9

Chicken salad with dried cranberries, walnuts and hearts of romaine

Consuming raw or undercooked meats or eggs may increase your risk of developing a food-borne illness. Before placing your order, please inform your server if a person in your party has a food allergy.

## Breakfast | served all day

### COFFEE

Each pot ground to order. We proudly serve Beanstock Coffee roasted by hand right here on Cape Cod.

Never ending cup 2.5  
100% Organic, fair trade Mexican

Welfleet Blend Decaf

### ONLY GRADE A FARM FRESH EGGS

Your eggs are cooked any style with your choice of toast and our red bliss home fries.

Two/three eggs 5/6  
Add bacon, sausage, ham, linguica or lean Canadian bacon 3

Add a Specialty Sausage: sweet Italian fennel, all natural chicken, or our housemade lean maple turkey sausage patty 4

### SOUTH OF THE BORDER

sub our shredded hash browns only 2

All burritos are made with two scrambled eggs in a warm, whole wheat tortilla served with home fries.

The Veggie Burrito 9  
Eggs, spinach, mushrooms, tomato and provolone

The En Fuego Burrito 9  
Eggs, ham, asparagus, sweet red pepper, house pickled jalapeño and spicy pepper jack cheese ~served with salsa

Steak and Cheese Burrito 10  
Eggs, lean shaved steak, caramelized onion, American Cheese and potato

### SCRUMPTIOUS SAMMIES

Our "Millwich" Breakfast Sandwiches  
A farm fresh egg, over hard on a jumbo Thomas' English with American cheese 5 add egg~ 1.00  
On a jumbo bagel 5.5 On a fresh baked croissant 7

Add bacon, ham, Canadian bacon or breakfast sausage 2  
Add Italian link or Turkey Sausage patty 3  
Add Home Fries to any Millwich 2

### ON THE LIGHTER SIDE

Seasonal fresh fruit 4 cup/6.5 bowl

Fresh Berries (in season) 4.5 cup

Greek non-fat yogurt 4 cup  
With granola and honey 6 bowl add fruits 1.00 each

Irish steel-cut slow  
cooked oatmeal 4.5 cup/6 bowl  
served with milk and brown sugar  
Add banana, strawberries, almonds, raisins or dried cranberries, blueberries (seasonal) 1 each

Mill's own all natural granola 6 bowl  
served with milk and banana

Assorted Cereal with milk 3.5 add banana 1

### SKILLFUL SKILLETTS

All of these dishes are served with choice of toast.

The Western 10  
Two fluffy eggs with ham, sauteed red bell pepper, onions, potatoes and American cheese

The Irish 12  
Our homemade corned beef hash & spinach, topped with two scrambled eggs and cheddar

The Italian 12  
Mark's Nonna's favorite: two eggs, homefries, peppers, mushrooms, onions and sweet Italian sausage on a bed of our slow simmered tomato sauce w/ Parmesan cheese

### BEAUTIFUL BENNY'S

Beautiful Benny's are two perfectly poached eggs on Thomas' English muffins with hollandaise and red bliss home fries.

Traditional 10  
Canadian bacon

Florentine 10  
Fresh baby spinach and grilled tomato

Cape Style 12  
Two house made cod cakes with a slice of our scratch baked molasses brown bread

Norwegian 13  
Smoked wild caught Atlantic salmon

Irish 12  
Our wicked awesome 10 hour corned beef hash

### HOT & FRESH OFF THE GRIDDLE

Our Signature Pancake 10  
NY style cheesecake pancake with fresh strawberries

Buttermilk Pancakes  
With powdered sugar  
Tall Stack three for 7  
Short Stack two for 5.5  
Your choice of Strawberry, blueberry, banana, dried cranberry, walnut, pecan, or chocolate chips 1 ea.

Thick Cut Cinnamon French Toast 7.5  
With powdered sugar

Oneil's Apple Crisp French Toast 10

Strawberry Almond French Toast 10

Belgium Malted Waffle with whipped cream  
Traditional 7.5  
Strawberry, banana or nuts 1.00 each (Blueberries seasonal)

Local organic honey or sugar free syrup available at no cost.

Enjoy 100% Grade A Vermont Maple Syrup  
in an individual serving glass bottle 2.5

## ULTIMATE HOME FRIES

Try our super fries—red bliss potatoes with onions, red peppers, mushrooms, bacon and hollandaise

*Sub on any dish 2*  
*Side ~enough to share! 5*

## THE MILLS FAVORITES

### Mill's Own Corned Beef Hash 11

*Only the good stuff, with two farm fresh eggs any way you like them with your choice of toast.*

### Cotuit Croissant 10

*Two scrambled eggs atop a bed of baby spinach with country ham and Vermont cheddar cheese. and served with home fries*

*Add hollandaise to your croissant for only 1.00*

### Healthy Start 10

Two perfectly poached eggs, house made all-natural granola on fat free Greek yogurt, with fruit and one slice wheat toast

### The Whole Farm 12

*Two eggs your way, two pancakes, two bacon•stps, sausage, home fries and fresh fruit cup*

### Smoked wild caught Salmon Platter 12

*On a toasted bagel, served with cream cheese, tomato, onion, chopped egg and capers*

### New England Ole Style Breakfast 10

*Two eggs any style with one Cod Cake, slow baked beans, and our 'coffee can' molasses brown bread*

## FARM FRESH THREE EGG OMELETS

### "The Ooh La La" 10

*Boursin garlic and herb cheese and fresh asparagus with toast & home fries*

### "The Brazilian" 10

*Fall River's Gaspar's linguica, red pepper, onion, and spicy pepper jack cheese with a side of fresh pico de gallo, toast & home fries*

## SCRATCH BAKED GOODIES

Check our bakery case for goodies baked daily. Eat here or take home!

*Jumbo muffins, scones, or danish pastries 3 and up*

*Buttery Croissants 3*

*Jumbo bagel 2*  
*with cream cheese 2.75*

*Toast—white, whole, wheat, marble rye, or raisin 1.75*

*Pain D'Avignon artisan bread, Thomas' English muffin, 2*  
*Gluten-Free white 3*

*Jumbo Cookies 2.5*    *Bags of 5 small cookies 4*

*Our special house blend, all natural granola 1/2 lb. bag 8*

## SIDES

*Home fries 2*    *Shredded hash browns 3 (Sub for only 2)*  
*Ultimate home fries 5 - enough to share!*

*Hormel bacon, Special Recipe pork sausage, hickory smoked ham steak, Gaspar's local linguica, or lean Canadian bacon 3*

*Italian sweet fennel sausage, local nitrate/nitrite free chicken sausage, or our house made, lean turkey sausage patties 4*

*One AAA farm fresh egg any style 2.75*    *Hollandaise 2*

*Asparagus with hollandaise 4*    *Grilled or chilled tomato 2*

*Baked beans or black beans 2*    *House Cod Cake 4*

*Corned beef hash 6.5*    *Smoked wild caught salmon 8*

*SUB Fruit for Home Fries on any dish for 2.75*

### Meat Lover Omelet 10

*Ham, bacon, and sausage with Vermont Cheddar with toast and home fries*

### Egg White Omelet 10

*Baby spinach, mushroom, and goat cheese with toast and home fries*

## BUILD YOUR OWN FAVORITE OMELET

Cheese only 7.5 ~PICK ANY THREE 9.5~ Add'l Cheese or Veggies +1 Extra Meats +2 Substitute egg beaters or egg whites +1.5

### Veggies

Broccoli  
Tomato  
Caramelized onion  
Red bell pepper  
Baby spinach  
Mushroom  
Black olives  
Asparagus  
Pickled jalapeño

### Meats

Hickory smoked ham  
Hormel Special Recipe sausage  
Hormel hickory smoked bacon  
Gaspar's local linguica  
Homemade lean maple turkey sausage  
Sweet Italian fennel sausage

### Cheese

American  
Vermont sharp cheddar  
Pepper jack  
Swiss  
Goat cheese  
Feta  
Mild provolone

Boursin 2  
Imported Gruyère 2

## BEVERAGES

Beanstock Coffee 2.5 dine in only  
regular or decaf - never ending cup

Hot tea (second one's on us) 2  
-Decaf tea available

Tazo specialty teas 2.5

Fresh squeezed OJ , Cranberry, Grapefruit,  
Tomato or V8 3

San Pellegrino Sparkling Water 3

Hot cocoa/chocolate milk 3  
2% Milk 2/3

Lemonade or Arnold Palmer 2

Iced tea/coffee 2.75

Soda bottle 2 Specialty 3

Poland Springs 1.50