

THE MILLS FAVORITES

Mills' Own Corned Beef Hash 14

2 farm fresh eggs any style & choice of toast

Plimouth Grist Mill Organic Cheese Grits 13

2 AA Eggs your way with choice of bacon, ham or sausage & toast

Two West Barnstable Duck Eggs 12

with toast & home fries and bacon, sausage or all natural ham

Quiche du Jour 13

An individual 6" quiche served with fresh fruit cup

Cotuit Croissant 13

3 scrambled eggs, baby spinach, ham and Vt. cheddar & home fries

NY Steak and Eggs 16

6 oz. Angus sirloin steak cooked to order with two eggs your way, home fries, and toast

Pulled Pork Huevos Rancheros 14

Two sunny eggs on tender pulled pork, 2 flour tortillas, corn & bean salsa, house chilled pico and queso fresco

Healthy Start Breakfast 13 ♥

Two poached eggs, house made granola on fat free plain Greek yogurt, fresh fruit cup and one slice of whole wheat toast

Wild Caught Smoked Salmon Platter 16 ♥

Toasted bagel, cream cheese, tomato red onion, capers and sliced egg

Salmon Scramble 15 ♥

3 eggs, mild organic Vermont goat cheese, chive, toast and home fries

ONLY GRADE AA FARM FRESH EGGS

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

Two/three eggs 6 / 7.5

Add bacon, sausage, ham, or lean Canadian bacon 4

Add a Specialty Sausage: sweet Italian, housemade lean turkey sausage patty, Gaspar's linguica 5

CAN'T DECIDE?

The Whole Farm 14

Two eggs any style, Two pancakes, Two pieces Applewood smoked bacon, sausage, fresh fruit cup & home fries.

BEAUTIFUL BENNY'S

Two perfectly poached eggs on Thomas' English muffins with hollandaise and red bliss home fries

Traditional 12

Canadian bacon

Florentine 12

Fresh baby spinach and grilled tomato

Norwegian 15

Smoked wild caught Atlantic salmon

Irish 14

Our wicked awesome ten hour corned beef hash

Lobster Benedict (in season) 22

A Classic...Thomas' English with baby spinach & hollandaise

SKILLFUL SKILLET'S

All served with choice of toast

The Western 13

Three scrambled eggs, ham, red bell pepper, onions, potatoes and American cheese

The Irish 15

Our homemade corned beef hash & spinach, three scrambled eggs and Vermont sharp cheddar

The Fiesta 15

Three scrambled eggs on pork carnitas, hash browns potatoes, house pico, and pepper jack

The Italian 14

Three scrambled eggs, peppers, mushrooms, onions, home fries, and a sweet Italian sausage on a bed of our tomato sauce with Parmesan

OFF THE GRIDDLE

All served with powdered sugar and whipped cream

Buttermilk Pancakes

Tall Stack - three for 8

Short Stack -two for 6

Mickey Mouse -one for 5

Our Signature Pancakes 12

3 buttermilk pancakes with NY style cheesecake topped with fresh strawberries

Thick Cut Cinnamon French Toast 8.5

Apple Cinnamon Babka French Toast 13

Scratched baked in Rochester, MA., cream cheese drizzle, toasted walnuts

Belgium Waffle 8.5

MAKE IT YOUR OWN!

Add fruit, chocolate or nuts to your griddled breakfast +1.5 any item

• Strawberries • Bananas • Blueberries (in season) • Craisins
• Walnuts • Almonds • Pecans • Chocolate Chips

100% Vermont
Maple Syrup 2.5

OMELETS

Farm fresh, three egg omelets. All served with homefries and toast

The Fenway 13

Boston Italian Sausage, red bell pepper, caramelized onion & provolone

Meat Lovers Omelet 13

Ham, Applewood bacon, and sausage with Vermont sharp cheddar

Hash Omelet 14

Our homemade corned beef hash and Vermont sharp cheddar

"The Brazilian" 13

Gaspar's linguica, red pepper, onion, & spicy pepper jack

Egg White Omelet 13 ♥

Baby spinach, mushroom, and Vermont organic goat cheese

Lobster Omelet (in season) 22

Maine lobster, sautéed baby spinach, and Boursin cheese

BUILD YOUR OWN FAVORITE OMELET

Pick any three for 12 • Cheese only 9 • Sub egg white +1.75

Additional veggies & cheeses +1 Additional meats +2

Veggies

Tomato, caramelized onion, red bell pepper, mushroom, baby spinach, black olive, pickled jalapeño, broccoli

Cheeses

American, Vermont sharp cheddar, pepper jack, Swiss, feta, mild provolone

Premium Cheeses +1.5

Smoked Gruyere, Organic Vermont Goat

Meats

Applewood bacon, country ham, Hormel sausage, Gaspar's linguica, sweet Italian sausage

BREAKFAST BURRITOS

w/home fries

The Veggie Burrito 11 ♥

3 Eggs, spinach, mushrooms, tomato, and provolone

The En Fuego Burrito 12

3 Eggs, ham, onion, sweet red pepper, house pickled jalapeño, and spicy pepper jack cheese. Served w/salsa

Steak and Cheese Burrito 13

3 Eggs, lean shaved steak, caramelized onion, American Cheese

Barnstable Burrito 13 ♥

3 Scrambled egg whites, feta, broccoli homemade, all natural turkey sausage

SCRUMPTIOUS SAMMIES

Our Famous "Millwich" Breakfast Sandwiches

Two fried eggs with American cheese

• on Jumbo Thomas' English. 5.5

• on Croissant 6.5

• on Boston bagel 6

• on whole grain, gluten free toast 8

ADD: bacon, ham, sausage, Canadian bacon +2 • Home fries w/any sandwich +2

THE LIGHTER SIDE

Seasonal fresh fruit 5 cup / 7.5 bowl ♥

Fresh berries (seasonal) 6 cup ♥

Greek non-fat yogurt 4 cup ♥

Add fruits +1.5

Mills' own granola 7 bowl ♥

with milk. Add fruit +1.5

Greek yogurt and granola 10 bowl ♥

with honey and choice of one fruit

Veggie Bowl 10 ♥

Pick up to 3 veggies and we'll sauté in Evoo • Add 2 scrambled eggs +3

Assorted Cereal 3.5 ♥

with 2% milk • Add banana +1.5

Irish steel-cut slow cooked oatmeal 5 cup / 6.5 bowl ♥

Add banana, strawberries, almonds or dried cranberries +1.5 each.

Add blueberries (seasonal) +1.5

SIDES

Applewood smoked bacon, Hormel Special recipe sausage, Canadian Bacon, Country Natural Ham 4

Turkey Maple Sausage (Housemade/ All natural), Gaspar's Local Linguica, Italian Sweet Sausage Link 5

Ultimate Home Fries 5 with onion, red bell pepper, bacon, mushrooms & hollandaise.

Shredded Hash Browns 4 with caramelized onion, red pepper

Red Bliss Home Fries 2.5

Tomato - Chilled or Grilled 3

Broccoli, Spinach 4

Molasses Raisin Brown Bread (2) 5

Corned Beef Hash 8

Smoked Salmon 9

One Egg - Any style 2.5

Duck Eggs (2) 5

Baked or Black Beans 2.5

Hollandaise 1.5

POPULAR SWAPS

For Home Fries... Fresh fruit, tomatoes, beans, hash browns, ultimate home fries +3

For Toast... English or bagel +1.5 • Croissant or artisan bread +2
• Gluten free whole grain +3





In the heart of Marstons Mills ♥ Cape Cod, MA 02648
themillsrestaurant.com

LUNCH FAVORITES

SOUPS

All made in-house with 100% natural ingredients and no preservatives

Soup of the day 5 cup / 6 bowl

Homemade Clam Chowder 6 cup / 7.5 bowl

SALADS

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

The Cape Codder 10 ♥

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

Classic Caesar 8 ♥

Chopped Romaine, Parmesan cheese, house crouton, and Caesar dressing

Garden Salad 8 ♥

Baby greens, tomato, onion, carrot, crouton

Greek Salad 9 ♥

Romaine and Iceberg mix with tomato, olives and feta

Cobb Salad 13

A blend of baby spinach and iceberg with grilled chicken, smoked bacon, tomato, bleu cheese, chopped egg

ADD TO YOUR SALAD +5

• Solid white Albacore Tuna or Chicken Salad • Grilled Chicken Breast

HOUSE SPECIALTIES

Lobster Salad Roll (In season) 25

100% claw and knuckle Maine lobster, lightly dressed on grilled brioche

Quiche du Jour 14

An individual 6" quiche served with a Garden Salad

Grilled Reuben on Marble Rye 12

Slow cooked corned beef with fresh sauerkraut, homemade 1,000 island, Swiss cheese and side

Quesadillas ♥

Grilled whole wheat tortilla with Pepper Jack cheese, onions & peppers. Chicken 11 Steak 13 Veggie 12*

*Veggie – Pick 3 additional veggies of your choice

Boston Strong Hot Dog 12

Kayem 1/4 lb. hot dog on grilled brioche bun, honey and bacon baked beans and homemade slaw

Chicken Salad Croissant 12

Organic baby greens, sliced apple, and choice of one side



All Sandwiches, Burgers, etc. come with choice of: homemade cole slaw, red bliss potato salad, or Cape Cod chips.

Substitute a small side salad. +5

EASY PEASY GRILLED & CHEESY

Mom's Grilled Cheese 10

Sharp Vermont Cheddar on white, wheat, or marble rye
Add tomato +1 Add bacon or ham +3

Mill's Grown-up Grilled Cheese 12

Local smoked Gruyere, grilled tomato, and crisp Applewood smoked bacon on Pain D'Avignon artisan bread

Tuna Apple Melt 12

Our solid white Albacore, American, grilled slices of delicious apple on marble Rye



Before placing your order, please inform your server if a person in your party has a food allergy

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

BURGERS

8 oz. Always fresh. 100% Angus on grilled deli rolls

All American 12

Lettuce, tomato, pickle & onion

Add cheese, grilled onion, or mushroom +1 ea.

Add bacon or fried egg +2

Dinner Style Patty Melt 13

American and cheddar, grilled onion, house 1,000 island on griddled Texas toast

Veggie Burger 11 ♥

All natural, handmade of red and yellow beets, black beans, grilled pineapple, quinoa with LTOP

SIGNATURE SUBS

On Boston baked Ciabatta loaf. Toasted.

North End Italian Sub 12

Local and imported cold cuts, provolone, lettuce, red onion, pickles, tomatoes and oil & vinegar

Philly Loaded Cheesesteak Sub 13

Lean, shaved steak, provolone cheese, mushroom, onions and peppers

The "Best Eva" Meatball Sub 12

Mark's Nonna's secret family recipe in our slow simmered marinara

PRESSED PANINI SANDWICHES

On Pain' D'Avignon artisan bread.

Grilled Chicken Breast & Pesto 11 ♥

With tomato and provolone

Italian Cold Cut 12

Prosciutto, sweet sopressata, hot capicola, provolone,

WRAPS

Whole wheat. May sub toasted bread at n/c

BLT 10

Crispy bacon, romaine, tomato, and herb mayo

Chicken Caesar 11 ♥

Grilled chicken, romaine, parmesan, Caesar dressing.

Tuna Salad 10

Solid white albacore

Mill's Chicken Salad 11

All white chicken salad, raisins, walnuts.

BAKED GOODIES

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

Jumbo Muffins, scones, danish or pastries 3 and up

Buttery Croissants 3

Jumbo bagel 3

with cream cheese 4

Toast 2.5

White, whole wheat, marble rye, raisin

Gluten Free Whole Grain Bread 3.5

Pain D'Avignon Artisan Bread 3

Thomas' English Muffin 2.5

BEVERAGES

Beanstock Coffee 3

regular or decaf. Neverending cup – dine in only

Hot Lipton tea 2

regular or decaf – (the second is on us)

Specialty teas 3 ea

Hot Cocoa 3.5

Iced tea/coffee 3.5

Organic 24 Hr. Cold Brew 4

Fresh squeezed OJ 3.5

Cranberry, Grapefruit, Tomato 3

San Pellegrino Sparkling Water 3

Lemonade or Arnold Palmer 3.5

Soda bottle 2

Poland Spring 1.50

Milk 2% 3

Chocolate Milk 3.5

