

# MILL MOUNTAIN COFFEE AND TEA

Salem: 540-389-7549  
Starkey: 540-989-5282

Downtown: 540-342-9404  
Daleville: 540-966-1002

## Breakfast

### Oatmeal

Old fashioned oats with brown sugar \$3

Oatmeal with brown sugar and two sides \$3.50

Additional sides \$0.50 each

Sides: *craisins, walnuts, banana slices, and peanut butter*

### Homefries

Small \$1.75 Large \$3.25 add cheese and onions \$ .55

### French Toast

Served with sausage, bacon, or two eggs your way \$6.50

### Biscuits and Gravy

2 Biscuits with sausage gravy and two eggs your way \$5.50

1 Biscuit with sausage gravy and two eggs your way \$4.50

### Steak, Egg, and Provolone

Grilled Sirloin Steak, scrambled eggs, and provolone cheese with green peppers and onions in a tortilla wrap \$6.60

## Breakfast Plate – Sandwich – Omelette Options

Eggs may be cooked to order\*

<u>Proteins</u> eggs – egg whites – bacon – sausage – ham – turkey – steak – chicken	<u>Veggies</u> lettuce – field greens – jalapeno – green pepper – cucumber – carrot – tomato – onion
<u>Cheeses</u> cheddar – swiss – havarti – parmesan – bleu – provolone – mozzarella – gouda – brie	<u>Breads</u> white – wheat – rye – ciabatta – wrap – bagel – english muffin – biscuit – croissant

### Sandwiches

Two Eggs \$3.60

Egg and Cheese \$4.10

Egg and Meat \$4.60

Meat \$4.10

Meat and Cheese \$4.60

Meat, Egg, and Cheese \$5.60

### Plate

Egg(1) \$.80

Eggs(2) \$1.60

Toast(1) \$1.00

Toast(2) \$2.00

Cheese \$.50

Meat \$2.00

### Omelettes

includes one piece of toast and a side of salsa or guacamole

Cheese \$5.50

Veggie \$5.50

Cheese and Veggie \$6

Meat \$6.75

*Build-Your-Own* \$6.75

any veggies, one meat,  
one cheese, one sauce

\* consuming raw or undercooked eggs may increase your risk of food-borne illness

## Extras and Additions

Extra Meat(chicken, turkey, bacon, ham) \$2  
Extra dressing, pesto, guacamole, or salsa \$.50  
Extra veggies \$.50  
Extra cheese \$.50

Sub Brie, Gouda, or Bleu Cheese \$.50  
Sub Chicken or Steak \$1.00  
Sub small hash for side \$1  
Hummus \$1.50

# Lunch Menu

## Salads

### Dressings

Balsamic Vinaigrette – Honey Dijon – Ranch – Thousand Island – Caesar – Oriental Sesame – Sweet Vidalia Vinaigrette – Raspberry Vinaigrette – Pesto – Bleu Cheese

*For your convenience, all dressings are served on the side*

**House Salad** \$6.75 w/Chicken \$7.75

Field greens, tomatoes, carrots, red onion and cucumbers

**Small House Salad** \$4.75 w/Chicken \$5.75

**Caesar Salad** \$6.75 w/Chicken \$7.75

Crisp romaine, croutons, and parmesan cheese

**Small Caesar Salad** \$4.75 w/Chicken \$5.75

**Papua Salad** \$7.25 w/Chicken \$8.25

Field greens, cranberries, walnuts, aged blue cheese, carrots, cucumbers and red onion

**Small Papua Salad** \$5.75 w/Chicken \$6.75

**Chef Salad** \$7.75

Turkey, ham, bacon, swiss, cheddar and parmesan cheeses on a bed of romaine lettuce with carrots, cucumbers, tomatoes and onions

**Small Chef (one meat, one cheese)** \$6.50

**Mexican Altura Salad** \$7.75

Chipotle chicken salad on a bed of romaine with tomatoes, red onions and tortilla chips

## Homemade Chicken and Tuna Salads

*On your choice of bread with lettuce and tomato* \$7.25

*On a romaine leaf or a bed of field greens* \$4.75

**Famous Chicken Salad** – craisins, walnuts, and red onions in a sweet chicken salad

**Chipotle Chicken Salad** – mild buffalo chipotle sauce with red onions and a touch of ranch

**Curry Chicken Salad** – curry with craisins and red onions

**Tuna Salad** – baked yellow-fin tuna shredded and mixed with capers, red onions, spices, and mayo

## Vegetarian Fare

**The Antigua** \$7.25

Hummus, onions, carrots, diced cucumbers, tomatoes and field greens with a splash of balsamic vinaigrette in a spinach wrap

**The Pacino** \$7 w/Chicken \$8

Melted mozzarella cheese with pesto sauce, tomato, and field greens on grilled ciabatta bread

## Soup

Check out our daily board for soups and specials.

Cup \$4 Bowl \$5.50

**Cup of Soup and Half Sandwich Combo** \$7.75

**Cup of Soup and Small Salad** \$7.75

**Bowl of Soup and Small Salad** \$9.25

## Sandwiches

*Served with your choice of side*

potato chips – chips and salsa – pretzels – caesar salad – field green salad – potato salad – pasta salad

**Add an extra side or split lunch \$1.50**

### Breads

white – wheat – rye – ciabatta – croissant – bagel – english muffin – wraps

**The Kona** \$7.25

Tuna salad with capers and onions served hot with tomato and melted cheddar on toasted rye bread

**The Papua Sandwich** \$7.75

Smoked turkey with melted blue cheese, sauteed onions, tomatoes and field greens with sweet vidalia vinaigrette on toasted ciabatta bread

**The Kalossi** \$7.75

Hot turkey and ham, melted swiss, sauteed onions, and tomatoes with homemade balsamic garlic mayo on toasted ciabatta bread

**Chicken Bacon Ranch** \$8

Grilled chicken with crispy bacon, swiss, and ranch with lettuce and tomato on a wrap or ciabatta

**Chicken Pesto – Caesar – Buffalo** \$7.25

Grilled chicken, parmesan cheese, tomatoes, lettuce with pesto sauce, caesar dressing, or buffalo ranch on a wrap or ciabatta  
*Add blue cheese crumbles* \$0.50

**Mill Mountain Burrito** \$8

Chicken breast grilled with hot pepper relish, cheddar cheese, chipotle ranch, and sauteed red onion and green pepper all rolled in a flour tortilla wrap **SPICY!**

**Cali Club** \$8

Smoked turkey breast, bacon, swiss cheese, lettuce, tomato, guacamole, and ranch dressing served on rye

**Turkey Reuben** \$7.25

Smoked turkey, melted swiss, hot sauerkraut, and thousand island dressing on toasted rye

**BLT Avocado** \$7

A classic BLT with guacamole

**Grilled Cheese with a Twist** \$7

Cheddar, swiss, bacon, guacamole and tomatoes on your choice of bread

**Chicken Philly Cheese Steak** \$7.75

Grilled chicken, mozzarella, green peppers, onion, tomatoes and mayo on a wrap

## The Basics

**BLT** \$6.25

Bacon, lettuce, tomato and mayo.

**Turkish Roast** \$7.25

Smoked turkey, swiss, lettuce, tomato, and mayo

**Ham & Swiss** \$7.25

Deli ham, swiss, lettuce, tomato, mayo and spicy Dijon mustard

**The Mill Mountain Club** \$8

Turkey, ham, crispy bacon, swiss and cheddar cheese with lettuce, tomato and mayo on three slices of bread (white, wheat, or rye)

**Grilled Cheese** \$6.25

Your choice of cheese and bread grilled to perfection

**Half Sandwich** \$4.25

Turkish Roast, Ham & Swiss, Grilled Cheese, BLT or any chicken or tuna salad on white, wheat or rye