



THE LIGHTER SIDE



SOUP DU JOUR	<i>cup 3.79 bowl 4.79</i>	GRILLED CHICKEN SALAD	8.99
		<i>greens and vegetables topped with grilled chicken & cheese</i>	
HOMEMADE QUICHE	9.49	BUFFALO, CAJUN, TERIYAKI OR BBQ GRILLED CHICKEN SALAD	8.99
<i>with fresh fruit; add side salad 1.50</i>			
GARDEN SALAD	4.99	FIRECRACKER SHRIMP SALAD	9.99
<i>mixed greens, tomatoes, peppers, onions, cucumbers, carrots and croutons</i>		<i>8 Asian-spiced fried shrimp on a garden salad</i>	
CAESAR SALAD	4.99	SOUTHWESTERN CHICKEN SALAD	9.49
<i>romaine lettuce with shredded parmesan and croutons</i>		<i>seasoned grilled chicken on greens with nacho chips, fried jalapenos, cheese & tomato</i>	
1/2 SANDWICH DU JOUR AND CUP SOUP, FRUIT OR SIDE SALAD	6.99	CHICKEN OR SHRIMP CAESAR SALAD	8.99
		<i>also available Cajun style</i>	
1/2 SANDWICH DU JOUR AND BOWL SOUP OR GARDEN SALAD	7.99	SOUTHWEST SHRIMP CAESAR SALAD	9.49
		<i>with pepperjack cheese, fried jalapenos and tortilla strips</i>	
CHICKEN OR TUNA SALAD PLATE	8.49	CAJUN SALMON CAESAR SALAD	9.99
<i>homemade chicken or tuna salad, cottage cheese, egg and fruit</i>		<i>grilled Cajun salmon on a Caesar salad</i>	
SALAD TRIO (Choose 3)	8.49	BEEF OR CHICKEN TACO SALAD	8.99
<i>chicken salad, tuna salad, pasta salad, fresh fruit, side salad or side Caesar salad</i>		<i>lettuce, beef or chicken, fried jalapenos, tomatoes and cheese on nacho chips with sour cream and salsa</i>	
CHEF SALAD	8.99	N.Y. STRIP STEAK SALAD	9.99
<i>ham, turkey, egg, cheese & vegetables</i>		<i>greens and vegetables topped with grilled N.Y. strip steak & cheese</i>	
VEGETARIAN SALAD	7.99		
<i>mushrooms, onions, cucumbers, carrots, peppers, tomato, and broccoli</i>			

MILL'S DRESSINGS INCLUDE

- House Ranch • House Blue Cheese • House Thousand Island
- Catalina Light • Fat-Free Ranch • Oil & Vinegar
- Raspberry Vinaigrette • Balsamic Vinaigrette
- Honey Mustard • Zesty Italian



LUNCH FEATURES



served with fresh baked bread
add side salad or cup of soup 1.50 Add garden salad or bowl of soup 2.50

VEGETABLE PLATE <i>(choose 4)</i> <i>corn, lima beans, green beans, broccoli, sugar snap peas, baked potato, side salad, pasta salad, cole slaw, rice pilaf, honey dill carrots, twice baked potato, black beans, black eyed peas and fries</i>	7.99	VEGETABLE STIR-FRY <i>peppers, onions, carrots, mushrooms and broccoli over rice, fettucine or angel hair pasta.</i> ADD CHICKEN OR SHRIMP – 3.00	8.99
GRILLED CHICKEN BREAST <i>Plain, Cajun, BBQ, teriyaki or Buffalo grilled chicken breast with two vegetables from vegetable plate list</i>	9.99	VEGETARIAN LASAGNA <i>oven-baked pasta layered with spinach and cheese</i>	9.99
SMOTHERED CHICKEN <i>grilled BBQ chicken, Swiss, Cheddar, bacon and grilled onions with two vegetables from vegetable plate list</i>	10.99	EGGPLANT PARMESAN	8.99
BLACKENED CRAB CAKE <i>with choice of two vegetables from vegetable plate list</i>	10.99	LASAGNA <i>oven-baked beef and cheese layered pasta</i>	9.99
GRILLED OR BAKED SALMON <i>with two vegetables from vegetable plate list</i>	10.99	CHICKEN PARMESAN <i>lightly breaded chicken smothered with marinara and melted mozzarella over fettucine</i>	9.99
N.Y. STRIP STEAK <i>6 oz. grilled N.Y. Strip with two vegetables from the vegetable plate list</i>	10.99	WING PLATTER (8) <i>BBQ, medium, hot or hotter, with celery, carrots, blue cheese and fries</i>	8.99
MILL'S FAMOUS RIBS <i>served with two vegetables from the vegetable plate list</i>		BUFFALO CHICKEN TENDERS <i>served plain, BBQ, medium, hot or hotter, with celery, carrots, blue cheese and fries</i>	9.99
HALF RACK	10.99		
FULL RACK	14.99		

SIDE ORDERS

BAKED POTATO	2.99	WAFFLE FRIES	2.99
TWICE BAKED POTATO	3.29	COLE SLAW	1.79
COTTAGE CHEESE	2.29	PASTA SALAD	2.79
VEGETABLE MEDLEY	3.29	RICE PILAF	1.99
FRUIT	2.99	SUGAR SNAP PEAS	3.29
SIDE SALAD	2.99	SIDE CAESAR	2.99
CARROTS AND CELERY	1.99	CHEESE FRIES	3.49



GRILLED CHICKEN & BURGERS

served with fries, chips, fruit, baked potato, pasta salad, side salad or slaw



3 OZ. BURGER	5.79	GRILLED CHICKEN SANDWICH	8.59
		<i>Plain, BBQ, teriyaki, Cajun or Buffalo with lettuce, tomato, onion & pickle on a kaiser roll</i>	
6 OZ. BURGER	7.99		
8 OZ. BURGER	8.59		
<i>with lettuce, tomato, onion & pickle on a kaiser roll</i>			
PATTY MELT	8.99	GRILLED CHICKEN CLUB	8.99
<i>an 8 oz. burger, grilled onions, cheddar, Swiss and lettuce on grilled sourdough</i>		<i>grilled chicken breast on light wheat toast with lettuce, tomato, bacon and mayo</i>	
CHEESEBURGER CLUB	8.49	BBQ CHICKEN	8.99
<i>burger, cheddar, lettuce, tomato, bacon, and mayo on toasted light wheat</i>		<i>grilled BBQ chicken, cheddar, bacon, slaw and fried onions on grilled sourdough</i>	
CAROLINA BURGER	8.99	CAJUN RANCH CHICKEN	8.99
<i>an 8 oz. burger, BBQ sauce, bacon, cheddar, fried onions and slaw on grilled sourdough</i>		<i>grilled Cajun chicken, bacon, ranch, Swiss, lettuce and tomato on grilled sourdough</i>	
BLACK JACK BURGER	8.99	HOT & SOUR	8.99
<i>an 8 oz. burger, Cajun seasoning, fried jalapenos, pepperjack cheese and bacon on grilled sourdough</i>		<i>grilled Buffalo chicken on sourdough with lettuce, tomato and side of blue cheese</i>	
		BLACK JACK CHICKEN	8.99
		<i>grilled Cajun chicken, fried jalapenos, pepper jack cheese and bacon on grilled sourdough</i>	

ADDITIONAL TOPPINGS .50 EACH

- Bacon • Jalapenos • Swiss Cheese • Blue Cheese • Grilled Onions • Ham
- Mushrooms • Cheddar Cheese • Slaw • Pickle Chips



Thank you for being a valued customer at "THE MILL." We strive for fresh food and good service. We do not add gratuity to any party large or small unless you request it.

*Thanks,
John Ray*



SANDWICHES, WRAPS, & SUCH

served with fries, chips, fruit, baked potato, pasta salad, side salad or slaw



JALAPENO PIMENTO CHEESE <i>on grilled rye</i>	6.99	BLACKENED CRAB CAKE <i>with lettuce, tomato, and tartar sauce on a kaiser roll</i>	9.99
GRILLED CHEESE <i>melted cheddar on light wheat</i>	5.99	TIM'S FRIED BOLOGNA <i>with mayo, tomato & cheddar on wheat</i>	6.99
BACON, LETTUCE & TOMATO <i>on a large toasted English muffin with mayo</i>	5.99	FRENCH DIP <i>roast beef and Swiss cheese served hot on a hoagie with au jus for dipping</i>	7.99
CHICKEN OR TUNA SALAD <i>homemade chicken or tuna salad with lettuce, mayo and tomato on a large toasted English muffin</i>	6.99	TURKEY OR HAM CLUB <i>turkey or ham, bacon, lettuce, tomato, mayo and cheese on toasted light wheat</i>	8.49
CHICKEN OR TUNA SALAD WRAP <i>with lettuce and tomato in a whole wheat wrap</i>	7.99	CHICKEN SALAD CLUB <i>homemade chicken salad, bacon, lettuce, tomato and mayo on toasted light wheat</i>	8.49
VEGETABLE WRAP <i>lettuce, tomato, onions, cucumbers, mushrooms and peppers with dill mayo in a whole wheat wrap</i>	7.99	HOT TURKEY RANCH CLUB <i>hot turkey, bacon, cheddar, Swiss, lettuce, tomato, and ranch dressing on toasted sourdough</i>	8.99
CAJUN CHICKEN CAESAR WRAP <i>grilled Cajun chicken, romaine, shredded parmesan, and Caesar dressing in a whole wheat wrap</i>	8.99	BUFFALO CHICKEN <i>fried chicken breast dipped in hot sauce served on a kaiser roll with lettuce, tomato and a side of blue cheese</i>	8.99
CAJUN STEAK CAESAR WRAP <i>grilled N.Y. strip steak, romaine, shredded parmesan, and Caesar dressing in a whole wheat wrap</i>	9.99	CHICKEN OR TUNA SALAD MELT <i>homemade chicken or tuna salad atop English muffin halves with tomato and melted Swiss cheese</i>	7.99
REUBEN OR TURKEY REUBEN <i>grilled rye bread with corned beef or turkey, sauerkraut, Swiss cheese and Thousand Island dressing</i>	7.99	HOT ROAST BEEF <i>roast beef, Swiss cheese, grilled onions, lettuce, tomato and mayo on a hoagie roll</i>	7.99
HOT HAM OR TURKEY & SWISS <i>ham or turkey, Swiss cheese, lettuce, tomato, and mayo served hot on ciabatta bread</i>	7.99	RIB EYE STEAK SANDWICH <i>on a kaiser roll with lettuce, tomato and onion</i>	9.99
CHICKEN PARMESAN <i>on a kaiser roll with marinara, melted mozzarella and lettuce</i>	8.99	N.Y. STRIP STEAK SANDWICH <i>on a hoagie roll with lettuce, tomato and onion</i>	9.99
CAJUN GRILLED SALMON <i>with lettuce, tomato, and tartar sauce on a kaiser roll</i>	9.99		