

Milk Street Cafe

allergy information

We are a shellfish free facility
All bread, bagels, and wraps can be replaced with gluten free bread
* = Item can be removed or replaced

	dairy	eggs	fish	nuts & seeds	peanuts & legumes	wheat	soy
breakfast							
Classic Sandwich (Cafe)	*cheddar cheese	eggs				*wheat bread	
Beyond Sausage Sandwich (Cafe)	*cheddar cheese	eggs			*pea protein in Beyond Sausage	*wheat bread	
Ranchero Burrito (Cafe)	*cheddar cheese	eggs			*black beans	*flour tortilla	
Veggie Burrito (Cafe)	*feta cheese	eggs				*flour tortilla	
signature sandwiches							
Buffalo Chicken		*in ranch				*wheat bread	
Grilled Chicken Pesto		*in aioli		*in pesto		*wheat bread	
Mediterranean Tuna		in mayo	tuna			*wheat bread	
Roast Beef Romesco		*in aioli		*almonds in romesco		*wheat bread	
Roasted Cauliflower Wrap				pumpkin and sesame seeds		*wheat bread	
Roast Turkey Avocado		*in aioli				*wheat bread	
Smoked Turkey Chipotle		*in chipotle dressing		poppy seeds in dressing		*wheat bread	
Sweet Caroline		*in aioli				*wheat bread	
Turkey Festival						Wheat bread and stuffing	
deli sandwiches							
Cranberry Walnut Chickpea				walnuts & sesame seeds	chickpeas	*wheat bread	
Marinated Grilled Chicken Breast		*in mayo				*wheat bread	
Roast Beef		*in mayo				*wheat bread	
Roasted Red Pepper				in pesto		*wheat bread	

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deli sandwiches							
Roast Turkey		*in mayo				*wheat bread	
Smoked Turkey		*in mayo				*wheat bread	
Traditional Albacore Tuna Salad		in mayo	tuna			*wheat bread	
dairy & fish sandwiches							
Caprese	mozzarella			in pesto		*wheat bread	
Gardener	*mozzarella					*wheat bread	
Green Goddess	*mozzarella	*in dressing				*wheat bread	
Roma					chickpeas	*wheat bread	
Salmon Fiesta		in mayo	salmon			*wheat bread	
Sonoma Wrap	*feta cheese				chickpeas	*wheat bread	
Tabouleh Wrap	*goat cheese					*wheat bread	
Wild Planet Tuna		in mayo	tuna			*wheat bread	
signature salads							
Buffalo Chicken		*in ranch					
Chicken Caesar		*in dressing				*croutons	
Cobb		*hard boiled eggs				*crispy onions	
Grilled Pesto Chicken		*in dressing		in pesto			
Roasted Salmon Nicoise		*hard boiled eggs	salmon				
Signature Cashew Crunch			*tuna	*cashews		*crispy onions	*edamame & *in vinaigrette

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vegetarian salads							
Harvest Salad	feta			Pistachios			
Roasted Cauliflower Feta	*feta cheese			*pistachios			
Rockport	*goat cheese			*pistachios			
Super Foods Detox				*almonds	*sunflower seeds		
Traditional Greek	*feta cheese						
Avocado Spinach							
Veggie Cashew Crunch				*cashews		*crispy onions	*edamame & *in vinaigrette
classic salads							
Autumn Pasta						wheat pasta	
Autumn Quinoa							
Caesar	*parmesan cheese	*in dressing				*croutons	
Mediterranean Avocado					*chickpeas		
signature sushi							
Boston Pops		in spicy mayo	salmon & tuna				
Butternut Squash Salmon		in spicy mayo	salmon			tempura batter	
California			white fish				
Crabstick			white fish				
Maple Mustard Salmon			salmon				
Nigiri			salmon; tuna; yellowtail				

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signature sushi							
Rainbow			white fish				
Roasted Salmon			salmon			tempura	in unagi
Salmon Avocado			salmon				
Sashimi			salmon; tuna; yellowtail				
Seaport		in sauce	salmon & tuna			in sauce	in sauce
Spicy Rainbow		in spicy mayo	white fish & tuna			*tempura	
Spicy Tuna		in spicy mayo	tuna			*in teriyaki sauce	*in teriyaki sauce
Teriyaki Salmon		in spicy mayo	salmon			in teriyaki sauce	in teriyaki sauce
The District			white fish & salmon			*tempura & in kabayaki sauce	in kabayaki sauce
Tuna Avocado			tuna				
Tuna Dragon		in spicy mayo	tuna			*tempura	
Spicy Salmon		in spicy mayo	salmon			*tempura	
vegetarian sushi							
Green "Monstah"						*in teriyaki	*in teriyaki
Roasted Eggplant				*pumpkin seeds		in soy sauce	*in soy sauce
Spicy Veggie		in spicy mayo					
Strawberry Mango						in teriyaki	in teriyaki
Sweet Potato						*tempura	
Sweet Potato Cucumber						*tempura & *in teriyaki	*in teriyaki
Wicked "Smaht"		in spicy mayo				in sauce	in sauce

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	dairy	eggs	fish	nuts & seeds	peanuts & legumes	wheat	soy
signature hot entrees							
Moroccan Chicken		in tandoori			*chickpeas	couscous	
Lemon Chicken Picatta						orzo & sautéed with flour	
Chicken Marsala						*in marsala sauce	
Horseradish Crusted Beef						in demiglace	in demiglace
Grilled Beef Tenderloin						*in marsala sauce	
vegetarian & fish hot entrees							
Eggplant Parmesan	mozzarella; ricotta; parmesan	in breading				panko	
Butternut Squash Mac & Cheese	cheddar; mozzarella; parmesan					panko & pasta	
Impossible Baked Ziti	mozzarella & parmesan					ziti	in Impossible beef
Quinoa & Rice Stuffed Peppers	*cheddar cheese				*black beans		
Roasted Salmon	*in dill sauce		salmon			in teriyaki	in teriyaki
Honey & Garlic Glazed Salmon			salmon	*pecans			
Roasted Cauliflower with Green Harissa						farro	
Sweet & Sour Salmon				sesame seeds		in teriyaki & glaze	

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appetizers							
The Burger Slider					*pea protein in Daiya Cheese	pretzel bun	
Braised Beef Slider		*in aioli				pretzel bun	
Nashville Hot Chicken Slider		*in cabbage slaw				pretzel bun	
Impossible Burger Slider					*pea protein in Daiya Cheese	pretzel bun	in Impossible beef
Hummus Platter					chickpeas	flour tortilla chips	
Crostini	ricotta; mozzarella; goat cheese				cannellini beans	wheat bread	
Fine Cheese & Crackers	cheese variety					wheat crackers	
Artisan Cheese Platter	cheese variety			*walnuts		wheat crackers	
Mediterranean Flatbread	*feta cheese					wheat dough	
Riviera Flatbread	*camembert					wheat dough	
Smoked Salmon Flatbread	cream cheese		salmon			wheat dough	
Thai Flatbread	*mozzarella			peanuts in sauce *topped with peanuts		wheat dough	
Crudite & Ranch Dip		in ranch					
Crudites & Cheese	cheese variety						
Spring Rolls							in dipping sauce & *tofu
Roasted Chicken & Sweet Potato Skewers		*in dressing					
Asparagus Chicken Twists		*in tandoori sauce					
Panko Crusted Chicken Tenders						panko	
Chicken Empanadas		*in aioli					
Ahi Noodle Spring Rolls			tuna	sesame seeds		in teriyaki	in teriyaki

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Balance Bowls							
Proteins							
Grilled Piri Piri Chicken Breast							
Black Pepper Kona Crusted Steak							
Zucchini and Chickpea Falafels					chickpeas		
Bases							
Honey, garlic and black pepper roasted sweet potato							
Cauliflower Edamame Rice					edamame		
White Rice							
Five Blend Rice							
Vegetables							
Lemon Garlic Broccolini							
Roasted beets with honey balsamic							
Roasted Corn and Chilis with Shredded Vegan Cheddar				coconut			
Turmeric & Cumin Roasted Cauliflower, Tossed With Garlic Aioli And Golden Raisins							
Sauces							
Harissa Lime Vinaigrette							
Tandoori Sauce		in Tandoori					
Roasted Garlic Romesco				almonds in Romesco			

