

OLD MILL

GROCERY & DELI

EST. 1919



@oldmillgrocery
(203) 701-9969

Sign Up for OMG&D
Sand Dollars and save!

BREAKFAST

7AM - 11AM

TOAST & SANDWICHES

Breakfast Sandwich bacon, egg and cheese	6
Double Double bacon x2, egg x2, cheese x2	10
The Wrecker avocado, turkey, egg, swiss	10
Breakfast Burrito scrambled egg, avocado, bacon, hashbrowns, mozzarella, salsa, beans	11
Avocado Grilled Cheese <i>choose your topping:</i> soft egg +3	11
Avocado Toast feta and crushed red pepper +3 smoked salmon +8 tomato & bacon +4	9

SMOOTHIES

Wake Up & Party dates, almond butter, almond milk, cinnamon, banana, espresso	12
Berry Chia strawberry, blueberry, goji berry, banana, almond milk, flax, chia	11
The Greenhouse spinach, kale, cauliflower, almond butter, dates, almond milk	10

COFFEE

COFFEE

Drip Coffee	2.50 / 3
Iced Coffee	3 / 3.50
Cortado	3.75
Latte	4 / 4.50
Cappuccino	4 / 4.50
Americano	3 / 3.50
Doppio	2.50

LATTÉ

Chai Latte	4.50 / 5
Matcha Latte (contains dairy)	4.75 / 5.25
Mocha latte	4.50 / 5
Turkish latte With vanilla, cardamom & cinnamon	4.75 / 5.25
Nutella™ Latte	4.75 / 5.25
Turmeric Latte Turmeric and ginger with steamed milk	4.75 / 5.25

LESS CAFFEINE THAN COFFEE

Lemonade	2.25 / 2.75
Hot Ginger Tea	2.50 / 3
Red, white & blueberries	3.50 / 4
Hot tea	2 / 2.50
Iced tea	2.50 / 3

LUNCH & DINNER

11AM - 9PM

SANDWICHES & WRAPS

- Off the Boat** 15
grilled chicken, pesto, roasted peppers, fresh mozzarella on brioche bun
- The Gardener** 14
Grilled veggies, avocado, hummus, fresh herbs on multigrain
- BLT** 10
Bacon, lettuce, tomato, green goddess dressing on multigrain
- Smashburger** 8
cheese, pickles, thousand island dressing on a potato bun (additional patty and cheese +3)
- Compo Ave.** 15
grilled chicken, bacon, mozzarella, bbq sauce on brioche bun
- Greek Salad Wrap** 14
tomato, onion, cucumber, peppers, feta, olives, lettuce, citrus vinaigrette on whole wheat wrap
- Turkey Sandwich** 15
turkey, TGB sauce, bacon, tomato, swiss on multigrain
- Spicy Fried Chicken Sandwich** 14
hot honey, green goddess dressing, pickles on brioche bun

PASTA

AFTER
4PM

- Vegan Fusilli** 15
with house-made oat bolognese
- Baked Ziti** 13
tomato, basil, parmesan, ricotta
- Orecchiette** 16
with sausage, broccoli, garlic, chili oil and parmesan
- Gnocchi** 18
arugula, brie, basil pesto
- Caccio e Pepe** 18
bucatini noodles
- Pasta with Butter or Red Sauce** 10

GREENS

- The Goat Salad** 15
spinach, pumpkin seeds, cranberries, goat cheese, bacon, fig balsamic dressing
- The Bar Caesar** 15
romaine, shaved brussels sprouts, parmesan, rosemary parmesan granola, anchovy lemon dressing
- Greek Salad** 14
tomato, onion, cucumber, peppers, feta, olives, lettuce, citrus vinaigrette

SIDES

- Cauliflower Wings** 10
with buffalo sauce
- Asian Slaw** 4
- French Fries** 5
with parmesan +\$2
with truffle + \$3
- Chicken Fingers** 6
- Garlic Chili Knots with Furikake** 6
AVAILABLE AFTER 4PM
6 per order
- Garlic Knots with Parmesan** 4.50
AVAILABLE AFTER 4PM
6 per order

PIZZA

- Classic Cheese** 14
mozzarella, tomato sauce, parmesan
- The S&P** 15
spicy Italian sausage, grilled peppers and onion, tomato, mozzarella
- Pepperoni & Hot Honey** 18
pepperoni, cheese, hot honey, tomato sauce
- Salad Pizza** 16
hummus, fresh arugula, cherry tomatoes, Za'atar tahini
- Pomodoro** 15
Buffalo mozzarella, tomato sauce, fresh basil
- Avocado Pizza** 16
avocado, olive oil, sea salt, lemon zest
- Verde** 21
basil pesto, ricotta, mozzarella, charred zucchini, lemon zest

12-INCH PIES • SERVES 1-2 PEOPLE

Gluten-free rotini and whole wheat penne available upon request. +2

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.