

OLD MILL

GROCERY & DELI

EST. 1919



@oldmillgrocery
(203) 701-9969

Sign Up for OMG&D
Sand Dollars and save!

BREAKFAST

7AM - 4PM

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
Ricotta Stuffed French Toast with strawberries and maple syrup	12
Chocolate Granola Pancakes with strawberries, blueberries and banana	11
Buttermilk Pancakes with Maple Syrup	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

Avocado Grilled Cheese	11
Avocado Toast	9

choose your topping:

smoked salmon +8	soft egg +3
tomato & bacon +4	feta & crushed red pepper +3

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 grilled chicken, pesto, roasted peppers, fresh mozzarella on brioche bun	15
The Gardener Grilled veggies, avocado, hummus, fresh herbs on multigrain	14
BLT Bacon, lettuce, tomato, green goddess dressing on multigrain	10
Smashburger cheese, pickles, thousand island dressing on a potato bun (additional patty and cheese +3)	8
Compo Ave. grilled chicken, bacon, mozzarella, bbq sauce on brioche bun	15
Greek Salad Wrap tomato, onion, cucumber, peppers, feta, olives, lettuce, citrus vinaigrette on whole wheat wrap	12
Turkey Sandwich turkey, TGB sauce, bacon, tomato, swiss on multigrain	15
Hot Honey Chicken Sandwich hot honey, green goddess dressing, pickles on brioche bun	14
Chicken Quesadilla with pico de gallo and guacamole	15

GREENS

The Goat Salad spinach, pumpkin seeds, cranberries, goat cheese, bacon, fig balsamic dressing	13
The BAR Caesar romaine, shaved brussels sprouts, parmesan, rosemary parmesan granola, anchovy lemon dressing	12
Greek Salad tomato, onion, cucumber, peppers, feta, olives, lettuce, citrus vinaigrette	12

SIDES

Cauliflower Wings with buffalo sauce	10
Asian Slaw	4
French Fries with parmesan +\$2 with truffle + \$3	5
Chicken Fingers	6
Garlic Knots with Parmesan 6 per order	6

PIZZA

Classic Cheese mozzarella, tomato sauce, parmesan	14	Pomodoro Buffalo mozzarella, tomato sauce, fresh basil	15
The S&P spicy Italian sausage, grilled peppers and onion, tomato, mozzarella	15	Verde basil pesto, ricotta, mozzarella, charred zucchini, lemon zest	21
Pepperoni & Hot Honey pepperoni, cheese, hot honey, tomato sauce	18	Vegan Pizza onion, pepper, mushroom, basil, EVOO and vegan cheese	18
BAR Caesar Salad Pizza salad pizza topped with our signature BAR Caesar salad: chicken, romaine, shaved brussels sprouts, parmesan, rosemary parmesan granola, anchovy lemon dressing.	16	Salad Pizza hummus, fresh arugula, cherry tomatoes, Za'atar tahini	16

12-INCH PIES • SERVES 1-2 PEOPLE

JOIN OUR MAILING LIST

to stay up to date on upcoming
events and weekend specials.

