

Chicken and Seafood

ARTICHOKE CHICKEN \$20.99
Chicken Breast sautéed in a White Wine Basil Sauce with Artichoke Hearts, Kalamata Olives, diced Tomatoes, Onions, Roasted Red Peppers, Mushrooms, Olive Oil & Feta Cheese.

CHIANTI CHICKEN \$20.99
Sautéed with Italian Sausage, fresh Basil, Roasted Garlic, Onions, Tomatoes and Roasted Red Pepper with Chianti Wine, covered in melted Fresh Mozzarella & Parmesan Cheeses.

HALF LB. STEAMED SPICED SHRIMP DINNER \$19.99
Half pound of Steamed Spiced Shrimp served with our Homemade Cocktail Sauce & Cole Slaw.

CHARBROILED SALMON FILET \$22.99
Fresh charbroiled Salmon Filet topped with Garlic Basil Herb Butter.
GRILLED WITH CAJUN SPICES \$23.50

GREEK MAHI MAHI \$23.50
Pan Seared in Olive Oil with Roasted Red Pepper, Roma Tomatoes, Kalamata Olives, Onions, Mushrooms, Artichoke Hearts, Basil, Oregano and finished with White Wine, Feta and Parmesan Cheeses.
CHAR-GRILLED WITH SUN-DRIED TOMATO BASIL BUTTER OR CAJUN SPICES \$23.50

FRIED OYSTER \$24.99
Plump Oysters fried in gluten free seasoned soy, potato, and corn breading until crispy & served with Cole Slaw.

CHICKEN & SHRIMP BRASICA \$19.99
Chicken & Shrimp sautéed in Chicken Stock with White Wine, Cajun Spices, Assorted Vegetables, & Spinach. Served over Rice.

GRILLED BARBEQUE CHICKEN BREAST. \$16.99
Charbroiled Chicken Breast glazed with our homemade Barbeque Sauce.

Includes choice of Baked Potato, Roasted Garlic Mashed Potatoes, Rice, Vegetable of the Day or Gluten free fries.
Add a Mill Street House Salad to any entree for \$6.25
or a skewer of Grilled Cajun Shrimp for \$6.50
Gluten Free Fried Oyster \$11.99

* These items are cooked to order. Consuming fresh, raw or undercooked meats, poultry, shellfish or eggs may increase your risk of food borne illness.

** These items contain nuts (walnuts, peanuts, almonds, pecans) please ask if you are allergic.



1 Mill Street
Staunton, Virginia
(540) 886-0656



Gluten Free Menu

These are either items that are gluten free or can be made gluten free on our menu. Make sure you inform your server that you would like your meal gluten free. Certain items on our regular menu & our daily features might contain wheat, as described on the menu, but are made to order and can be prepared leaving out the products that contain gluten

Appetizers

FRESH MOZZARELLA & TOMATO \$12.99
Fresh Basil & Tomato layered between slices of Mozzarella and drizzled with Pesto, Olive Oil & Balsamic Vinegar. Served with crispy Corn Tortilla Chips.
ADD GLUTEN FREE BREAD \$13.99

CRAB DIP \$15.99
Try our delicious blend of Back-fin Crab Meat; Boursin Cheese & Fresh Scallions served piping hot with crispy Corn Tortilla Chips.

FRIED OYSTERS \$11.99
Breaded in our own gluten free breading, lightly fried and served with cocktail sauce

STEAMED SPICED SHRIMP TENDER
Steamed Shrimp spiced with Old Bay seasoning & served with Cocktail Sauce.
1/4 POUND STEAMED SPICED SHRIMP \$7.99
1/2 POUND STEAMED SPICED SHRIMP \$13.50

POTATO SKINS. \$10.99
Five crunchy potato skins filled with Bacon, Monterey Jack & Cheddar Cheeses.

GUACAMOLE, SALSA, AND CHIPS \$7.99
Crisp Corn Tortilla Chips with Guacamole & a side of salsa.

BAKED GOAT CHEESE WITH CORN CHIPS \$12.99
ADD GLUTEN FREE BREAD \$13.99

CHICKEN FINGERS \$14.99
Fried in gluten free seasoned soy, potato, and corn breading until crispy and served with a spicy Honey Mustard Sauce and Gluten free fries

1 Mill Street
Staunton, Virginia
(540) 886-0656



Gluten
Free
Menu

1 Mill Street
Staunton, Virginia
(540) 886-0656

Salads

MILL STREET SALAD \$7.25
Our own House Salad with fresh Mixed Greens, assorted Vegetables, apple slices, Tomatoes, Sprouts & toasted Nuts.

CHICKEN AVOCADO BACON SALAD \$15.99
Tossed crisp garden greens with a grilled Chicken Breast, Bacon, Avocado, Egg, Onion, Tomato, Cucumber, Apples, and Red Bell Pepper. Topped with a blend of Monterey Jack & Cheddar Cheeses.

CAESAR SALAD \$11.99
Fresh, crisp Romaine tossed with our Homemade Caesar Dressing, sprinkled with Tomatoes, Fresh grated Parmesan cheese.

ADD A GRILLED CHICKEN BREAST. \$13.99

ADD A BLACKENED CHICKEN BREAST \$14.50

ADD A GRILLED 8OZ SALMON FILET \$22.99

ADD CAJUN GRILLED SHRIMP \$16.99

ADD FRIED OYSTER \$16.99

Fried in gluten free seasoned soy, potato, and corn breading

GREEK SALAD \$12.99
Crispy Romaine with Kalamata & Green Olives, Artichoke Hearts, Pepperoncini Peppers, & Feta Cheese crumbles. Served with a Balsamic Vinaigrette Dressing on the side.

ADD A GRILLED CHICKEN BREAST. \$15.99

ADD A BLACKENED CHICKEN BREAST \$16.99

ADD A GRILLED 8OZ SALMON FILET \$22.99

ADD CAJUN GRILLED SHRIMP \$16.99

ADD FRIED OYSTERS \$16.99

ICEBERG SALAD \$7.25
Quarter head of Iceberg lettuce topped with a blend of Monterey Jack & Cheddar Cheeses, Applewood Smoked Bacon, Egg wedges, Bermuda onion, Cucumber and Tomatoes. Served with your choice of dressing.

OUR HOMEMADE DRESSINGS

Oil & Vinegar • Balsamic Vinaigrette French • Thousand Island

Non-fat Orange Poppy Seed • Non-fat Raspberry Vinaigrette

Ranch • Hot Honey Mustard Bacon • Bleu Cheese

Barbequed Ribs

BARBEQUED BEEF RIBS
Slow Roasted tender Beef Ribs Caramelized with our homemade Barbeque Sauce.
FULL RACK.....\$36.99 **HALF RACK**..... \$19.99

BARBEQUED BABY BACK RIBS
Slow Roasted tender Beef Ribs Caramelized with our homemade Barbeque Sauce.
FULL RACK.....\$25.99 **HALF RACK**..... \$18.99

ST. LOUIS RIBS
Tender, meaty Pork Ribs, glazed with our Homemade Barbeque Sauce.
FULL RACK.....\$25.99 **HALF RACK**..... \$18.99

WHITE STAR RIB PLATTER \$25.99
Try a half rack of our famous Barbeque Baby Back Ribs & a half rack of our famous St. Louis Ribs, smothered in our Homemade Barbeque Sauce.

All Barbeque Ribs are served with Cole Slaw and choice of Baked Potato, Roasted Garlic Mashed Potatoes, Rice and Vegetable of the Day or Gluten free fries

Barbequed Ribs (cont.)

MILL STREET BARBEQUE PLATTER \$32.99
Can't decide on Baby Backs or Beef Ribs? Try both! A half rack of Baby Back Ribs combined with a generous helping of our tender Barbequed Beef Ribs.

ST. LOUIS COMBO \$32.99
Half-rack of our meaty St. Louis Ribs and served with a generous helping of our tender Barbequed Beef Ribs

FLINTSTONE'S BARBEQUE PLATTER \$40.99
This table-tipping platter offers a half rack of both the St. Louis Ribs and the Baby Back Ribs, plus a generous helping of our tender Barbequed Beef Ribs.

RIBS & CHICKEN \$23.99
Half-rack of our Barbeque Baby Back Ribs & Barbequed Chicken breast

RIBS & STEAMED SHRIMP \$26.99
Half-rack of our meaty St. Louis Pork Ribs & quarter pound of Steamed Spiced Shrimp served with Tangy Cocktail Sauce. The Mill Street version of Surf & Turf

*Add a Mill Street House Salad to any entree for \$5.25
or a skewer of Grilled Cajun Shrimp for \$6.50
Gluten Free Fried Oyster \$11.99*

Grilled Specialties

NEW YORK STRIP - 10 oz. \$28.99
Hand-cut & trimmed, then grilled to your taste.

GRILLED WITH CAJUN SPICES \$29.99

SAUTÉED IN A PEPPERCORN CREAM SAUCE \$30.99

SAUTÉED IN A PORT WINE, SUN-DRIED TOMATO SAUCE \$30.99

CHARBROILED BONELESS PORK CHOPS \$18.99
Two 5 oz. Center Cut Boneless Pork Chops

GRILLED WITH CAJUN SPICES \$19.99

SAUTÉED IN A PEPPERCORN CREAM SAUCE \$20.99

SAUTÉED IN A PORT WINE, SUN-DRIED TOMATO SAUCE \$20.99

PRIME RIB - 10 oz. MARKET PRICE
Ten ounces of Slow cooked aged beef, tender & juicy

12 oz MARKET PRICE

16 oz MARKET PRICE

GRILLED WITH CAJUN SPICES MARKET PRICE

10 oz MARKET PRICE

12 oz MARKET PRICE

16 oz MARKET PRICE

Includes choice of Baked Potato, Roasted Garlic Mashed Potatoes, Rice, Vegetable of the Day or Gluten free fries.

*Add a Mill Street House Salad to any entree for \$6.25
or a skewer of Grilled Cajun Shrimp for \$6.50
Gluten Free Fried Oyster \$11.99*

Most of our sandwiches on our regular menu can be made with a gluten free roll



Gluten
Free
Menu

1 Mill Street
Staunton, Virginia
(540) 886-0656