

Group Menu Project

for

DFM 458:
Management of Quantity Food Purchasing and Production

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As more and more individuals are being diagnosed with conditions that require a gluten-free diet, such as Celiac Disease and Non-Celiac Gluten Sensitivity Disorder, in addition to many other individuals choosing to eat gluten-free out of perceived health benefits, there is a growing market in gluten-free restaurants. The San Francisco Bay Area is a hub for health-conscious consumers, making it an ideal location for an exclusively gluten-free restaurant. Mill Works Restaurant aims to provide that target population with items that are normally off-limits in traditional restaurants by featuring a selective, cyclical menu that changes daily on a weekly rotation.

Eating out at a restaurant can be especially dangerous for the most sensitive of our client population: those who suffer from Celiac disease. For people with Celiac disease, a major issue of dining out is that while many items might be made without gluten-containing ingredients, they become contaminated by sharing surface preparation area or by being fried with items that are not gluten free. In this way, Mill Works will provide a safe environment for the most sensitive of our customers while still remaining a viable restaurant due to the large population of other customers that eat gluten-free as well. Gluten-free food can often be more expensive than gluten-containing food, however most people who are required to be on a gluten-free diet for medical reasons are accustomed to the added expense, so there are no financial limitations to the menu at Mill Works.

The menu at Mill Works changes daily on a weekly rotation to feature cuisines that are not normally gluten-free, such as comfort food, Italian, and Japanese. This allows our target customers to enjoy foods and different types of cuisines that would otherwise not be permitted. Typically, comfort foods are off limits due to the risk of cross-contamination in the frying

process. Italian foods often include pasta, which is usually made with wheat or when it is a gluten-free option in a restaurant, it can share the same water pot as the wheat options. Lastly, Japanese cuisine utilizes soy sauce in many dishes, which is also made with wheat. Mill Works' goal is to exclusively use gluten-free ingredients in order to prevent illness and any possibility of cross-contamination.

Plating and presentation is important for the dishes at Mill Works, as appearance is typically the first sense utilized to evaluate a food. Our restaurant strives to make our dishes look appetizing, even to a consumer outside of our target population. All meals are cleanly and carefully plated, with the edges of the plates wiped off before delivery to remove any excess sauce or debris. The main portion is the highlight of the plate, served either over a bed of starch or vegetables, or in the front of the plate so the consumer's eyes are directly drawn to it. All dishes containing fruit and vegetables are cut to uniform, bite-sized pieces. Every meal will offer a variety of flavors, textures and colors to ensure quality and satisfaction. When possible, items are plated in an odd number to give a sense of balance, and will be lightly garnished to provide a touch of elegance.

The menu items at Mill Works are served in proportion to MyPlate specifications when possible, with half of the plate fruits or vegetables, a quarter whole grains, and a quarter protein. Due to the inherent increased price of gluten-free ingredients, portion sizes are kept to a moderate level to reduce waste. The breakfast, lunch and dinner items on the cycled menus offer a variety of grains, fruits, vegetables, dairy, and protein, with keeping the daily nutritional guidelines in mind. Mill Works also offers vegetarian options on each cycled menu.

Comfort @ MILL WORKS

BREAKFAST

Banana Bread French Toast
maple syrup and caramelized bananas
(2 grain, 1 fruit)

OR

Bacon Fat Biscuits with Country Gravy
(2 grain, 1 protein)

OR

Mediterranean Quiche
spinach, tomatoes, mushrooms and feta cheese
(1 protein, 1/2 vegetable)

Choice of side:

-Seasonal fresh fruit (1 fruit)

-Fruit yogurt parfait with house-made granola
(1 dairy, 1/2 grain, 1/2 protein, 1/2 fruit)

-Cherry Almond Streusel Muffins
(1 grain)

DINNER

Charred Tomato and Red Pepper Puree
topped with chives
(1 1/2 veg)

OR

Caesar Salad
anchovies and house-made croutons
(1 veg)

Buttermilk Fried Chicken
(1 1/2 protein)

OR

Marinated Fried Zucchini
lime-mint dipping sauce
(1 veg, 1/2 grain)

Choice of two sides:

-Creamy Garlic Mashed Potatoes (1 veg)

-Maple Roasted Carrots with Sage Brown Butter, Goat Cheese, and Pine Nuts
(1 veg)

-Sautéed Creamed Swiss Chard (1 veg)

Dessert:

Peach Cobbler (1 fruit)

LUNCH

French Onion Soup
aged Swiss and Gruyère cheeses
(1/2 veg, 1 dairy)

OR

Loaded Spinach Salad
pork belly, goat cheese, cranberries, and candied walnuts with a honey-balsamic vinaigrette
(2 veg, 1/2 dairy, 1/2 protein)

Hand-tossed Personal Pizza
garlic shrimp and heirloom tomato
(1 grain, 1 veg, 1 dairy, 1/2 protein)

OR

Spicy Baked Mac and Cheese
grape tomatoes and basil
(1 grain, 1 veg, 1 dairy)

Dessert:

Carrot Spice Cake (1/2 veg, 1 grain)

Italian @ MILL WORKS

BREAKFAST

Frittata San Tucci
*smoked pancetta, arugula, sweet red pepper
with rustic toast*
(1 protein, 1 veg, 1 grain)

OR

House-made Greek Yogurt & Granola
served with local honey and seasonal fruit
(1 dairy, 1/2 grain, 1 fruit)

DINNER

Seasonal Vegetable Lasagna
*in-house quinoa pasta and ricotta,
garlic crostini*
(1 grain, 1 veg, 1/2 dairy)

OR

Free-Range Chicken Marsala
*wild mushrooms, brown rice risotto,
grilled escarole*
(1 protein, 1 veg, 1/2 grain)

Choice of side:
-arugula and tomato salad (2 veg)

-pasta-free minestrone (2 veg)

Dessert:
Tiramisu
(1/2 grain, 1/2 dairy)

Strawberry Sorbet
(1/2 fruit)

LUNCH

Roasted Pepper & Butternut Ravioli
*Marsala cream, toasted pignoli, fresh herbs,
shaved Pecorino*
(1/2 veg, 1/2 grain, 1/2 dairy)

OR

Panino Sardinia
*grilled sardines, zucchini & eggplant, classic
aioli*
(1/2 protein, 1/2 veg, 1/2 grain)

Choice of side:
-arugula and tomato salad
(2 veg)

-cannellini bean, tuna, and kale salad
(1 veg, 1 protein)

Japanese @ MILL WORKS

BREAKFAST

Japanese Inspired Quiche
baked with green onions, grilled shishito peppers, shiitake mushrooms and smoked bacon
(1 protein, 1 dairy, 1/2 veg)

OR

Spinach Tamagoyaki
savory spinach stuffed omelet, flavored with tamari
(1 veg, 2 protein)

Choice of side:

-fresh seasonal fruit medley
(1 fruit)

-potato, squash, carrot and onion tempura hash browns
(2 veg)

DINNER

Miso Baked Black Cod
oven roasted, served over a bed of soba noodles with a grilled bok choy side
(1 protein, 1 grain, 1 veg)

OR

Tamari Teriyaki Tofu Bowl
crispy teriyaki tofu and seasonal veggies over brown rice
(1 protein, 1 veg, 1 grain)

OR

Soba Noodles with Roasted Eggplant and Peppers
tossed in a spicy ginger chili-garlic sauce
(1 grain, 1 vegetable)

Dessert:

Ume Plum Cake with Bourbon Cream
(1/2 fruit, 1 grain)

Handmade Matcha Green Tea Ice Cream
(1 dairy)

LUNCH

Rice Noodle Ramen
Choice of chicken or pork belly: served with steamed carrots, baby corn, green beans and a hard boiled quail egg
(1 grain, 1 protein, 1 veg)

-served with a pickled tsukemono cabbage salad
(1 veg)

OR

Bento Box Shi ~Bento Box with 4 dishes
-Fried chicken karaage
(1 protein)

-Roasted lacinato kale gomaae, tossed in a tangy sesame-lemon sauce (1 veg)

-Mizuna greens salad w/ cherry tomatoes with a tamari-ginger dressing (1 veg)

-Brown rice (1 grain)

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