



Delivery & Curbside Pick Up Prepared Meals, Baked Goods & Groceries | Mon-Sat – DC, Chevy Chase, Silver Spring, Bethesda
 Order online through our website by [clicking here](#) | Email: sales@wmillar.com | Phone: 202-367-2216

Prepared Food Menu: Must be ordered by 12pm for same day!

Hot Meals (reheat to serve)

Korean Stir Fry Bowl

Your choice of chicken, tenderloin or tofu sautéed with broccoli, red pepper & scallions served over jasmine rice

Bulgogi Beef 2 servings 28.00 | 4 servings 42.00

Chicken: 2 servings 26.00 | 4 servings 39.00

Tofu: 2 servings 24.00 | 4 servings 37.00

Enchiladas

Corn tortillas filled with your choice of chicken or stir fried vegetables served over cilantro rice covered in queso fresco

Chicken: 2 servings 26.00 | 4 servings 41.00

Veggie: 2 servings 24.00 | 4 servings 38.00

Crab Cakes

Signature crab cakes served with house made remoulade and red pepper orzo. (Two 3 oz. crab cakes per person)

2 servings 30.00 | 4 servings 55.00

Beef Bourguignon

Sautéed tenderloin simmered in red wine, with pearl onions & mushrooms served over parslid egg noodles

2 servings 28.00 | 4 servings 42.00

BBQ Salmon

Grilled salmon filets with house made BBQ sauce, served over shoe peg corn & black bean salad

2 servings 32.00 | 4 servings 52.00

Balsamic Chicken

Seared chicken breasts glazed with balsamic reduction served over a roasted potato medley

2 servings 19.00 | 4 servings 38.00

Shrimp Scampi

Sautéed shrimp served with traditional lemon butter sauce served over parslid egg noodles

2 servings 34.00 | 4 servings 58.00

Homemade Crispy Chicken Tenders

Served with honey mustard & BBQ sauce

10 pieces 16.99

Side Salads (Green)

Caesar Salad -Served with homemade Caesar dressing

Small (serves 2-4) 12.00 | large (serves 4-6) 16.00

Garden Salad -Served with your choice of dressing

Small (serves 2-4) 12.00 | large (serves 4-6) 16.00

Room Temperature Meals

Moroccan Chicken

Grilled chicken breast seasoned with Moroccan spices, served over a bed of pearl pasta with raisins, parsley & pine nuts

2 servings 32.00 | 4 servings 52.00

Nicoise Salad

Served with avocado, Danish blue cheese, tomatoes, egg & hickory smoked bacon

Salmon: 2 servings 32.00 | 4 servings 55.00

Chicken: 2 servings 28.00 | 4 servings 48.00

Classic Caesar Salad

Served with sundried tomatoes, Monterey jack cheese, parmesan cheese & roasted red pepper served with house made Caesar dressing

Salmon 2 servings 32.00 | 4 servings 55.00

Chicken 2 servings 28.00 | 4 servings 48.00

Greek Salad

Served with Kalamata olives, ripened roma tomatoes, red onion, feta cheese & house made lemon vinaigrette

Salmon 2 servings 32.00 | 4 servings 55.00

Chicken 2 servings 28.00 | 4 servings 48.00

Baja Mexicali Salad

Served with julienne peppers, black olives, harvest tomatoes, scallions, aged cheddar and house made Cumin Vinaigrette

Chicken 2 servings 28.00 | 4 servings 48.00

Flank Steak 2 servings 30.00 | 4 servings 55.00

Side Salads (Starch)

Red Bliss Potato Salad

Seasoned red bliss potatoes with creamy dill dressing

2 servings 7.95 | 4 servings 13.95

Pasta Soleil

Ziti pasta with sundried tomato, shoe peg corn & grilled asparagus

2 servings 7.95 | 4 servings 13.95

Bruschetta Pasta Salad

Pasta shells served with ripened tomatoes, arugula, parmesan cheese & extra virgin olive oil.

2 servings 7.95 | 4 servings 13.95

Earth's Best Salad

Quinoa served with slivered carrots, almonds, raisins & vegetables tossed in extra virgin olive oil & fresh squeezed lemon juice:

2 servings 7.95 | 4 servings 13.95

Heat-at-Home Meals

**Frozen, just pop in oven & enjoy! Can be ordered up until 3pm same-day*

Bubbly Baked Ziti

Red ziti baked with bubbly mozzarella & Parmesan (V) \$35.00

White ziti

With rotisserie chicken & provolone \$39.99

Bubbly Mac N Cheese (V) \$29.99

Ziti/Salad Kit Combo (V) \$45.00

Spaghetti & Meatballs \$35.00

Red Beans & Rice with Andouille Sausage \$29.99

Millar's Homemade Meatloaf \$36.00

Grilled Salmon with Hickory BBQ Sauce

Served over rice & black bean salsa \$52.00

Parmesan Crusted Chicken

With Garden Ratatouille and **Marinara** \$37.00

Balsamic Glazed Chicken Breast

Served with Roasted Root Veggies \$38.00

Chicken Pot Pie \$37.00

Beef Pot Pie \$37.00

Chicken & Broccoli with Farfalle

Tossed in classic Alfredo Sauce and Parmesan Cheese \$38.00

Chicken Enchiladas with Cilantro Rice

Corn tortillas filled with chicken served over cilantro rice covered in queso \$41.00

Veggie Enchiladas with Cilantro Lime Rice

Corn tortillas filled with stir fry vegetables served over cilantro rice covered in queso \$41.00

Homemade Baked Goods

Banana Bread 12.99/loaf

Zucchini Bread 12.99/loaf

Homemade Pop Tarts 19.99/half doz.

Croissants 10.99/half doz.

Ham & Gruyere Popovers 12.99/half doz.

Assorted Cookies 5.99/dozen

Sourdough Starter - \$6.99

Make-Your-Own Kits

Homemade Pizza Kit – Includes two balls of dough, mozzarella cheese, pizza sauce & pepperoni (yields two medium pizzas) - \$19.99

Cookie Dough (Chocolate Chip or Gingersnap) – \$5.00/lb

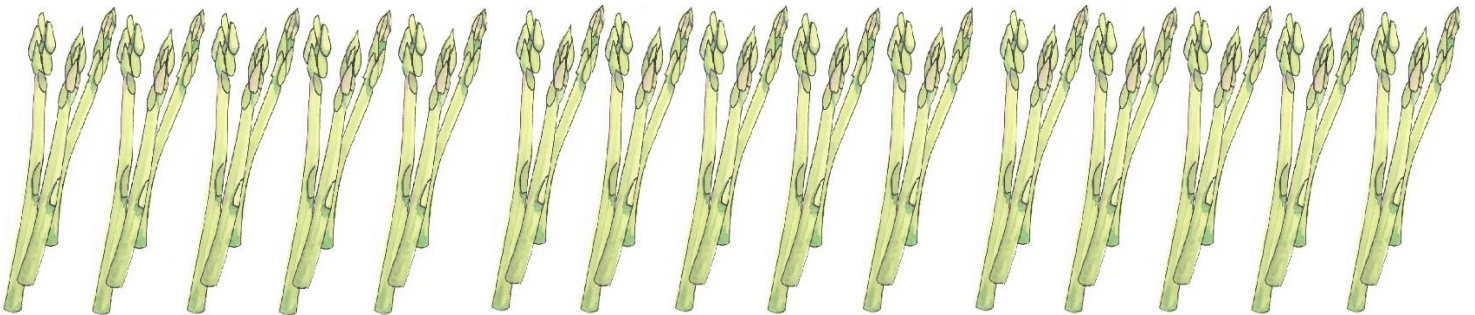
House Salad Kit – Assorted greens, veggies & dressing - \$14.99 (serves 4)

Guacamole Kit – with tortilla chips - \$15.95

Nacho Kit – Includes chips, guacamole, tex mex salsa, green onion & pico de gallo - \$19.95 (serves 4)

W. Millar Gives Back

Please consider adding on a \$7 donation to go directly towards providing a meal for our neighborhood first responders!



Groceries

<u>PRODUCE</u>	<u>PROTEINS</u>	<u>OTHER</u>
Apples 1.58/each	Chicken Breast (frozen) 6.50/lb	Allegro Coffee Beans 14.00/lb
Arugula 4.47/1/2 lb	Salmon (frozen) 12.75/lb	Pomace Oil 24.00/gallon
Asparagus 6.72/bunch	Beef Tenderloin (frozen) 12.50/lb	Orange juice 6.75/1/2 gallon
Avocado 2.16/each	Flank Steak 11.99/lb	Cranberry juice 6.25/1/2 gallon
Bananas 1.00/each	Chicken Thigh 5.25/lb	Heavy cream 6.05/quart
Blueberries 4.25/1/2 pint	Snapper (frozen) 7.75/6 oz	½ & ½ 3.99/quart
Broccoli 1.97/lb	Chorizo Links (frozen) 8.50/1lb	2% milk 5.25/1/2 gallon
Cabbage (Red or Green) 7.24/each	Lump Crab Meat 19.75/lb	Box of Tea (choice of type) 4.99/box
Cantaloupe 4.35/each	Deli Ham 7.99/lb	Salted butter 4.15/lb
Carrots-whole .73/lb	Deli Turkey 9.25/lb	Unsalted butter 4.15/lb
Cauliflower 5.51/head	Deli Roast Beef 11.49/lb	Margarine 1.25/lb
Celery 3.95/bunch	Tofu 4.50/12 oz	Sour Cream 10.64/5 lb tub
Corn on Cob yellow 1.49/each	Bacon 7.99/lb	Eggs 3.99/dozen
Cucumber 1.67/each	Tuna (frozen) 8.50/8oz	Assorted Chobani 2.10/each
Eggplant 5.87/each	Pork Tenderloin (frozen) 19.99/2.5lb	Plain Low Fat Yogurt 6.86/32oz
Garlic .99/head	Pork Sausage Link (frozen) 5.11/lb	Vanilla Low Fat Yogurt 6.86/32 oz
Ginger .75/oz	Pork Sausage Patty (frozen) 4.88/lb	Italian pasta – assorted 4.25/lb
Grapes 3.31/lb	<i>*weight may vary depending on cut</i>	Rice 1.75/lb
Green leaf lettuce 2.25/head		Garbanzo Beans (can) 6.47/6 lb
Green Onion 3.20/bunch		Black Beans (can) 12.02/6 lb
Honey Dew Melon 6.05/each		Marshmallows 3.28/1 lb
Lemons .79/each		Confectioner Sugar 6.75/2 lb bag
Limes .49/each		Brown Sugar 2.00/1 lb box
Mesclun 6.95/lb		Plum Tomato (can) 6.15/6 lb
Mushrooms - Domestic 2.88/lb		Pita Bread 4.07/10 pack
Mushrooms – Portabella 4.95/lb		Flour Tortilla 6” in 3.99/24 pack
Onions - Red 1.30/lb		Flour Tortilla 8” in 2.99/12 pack
Onions - Yellow 1.45/lb		Flour Tortilla 12” in 4.99/12 pack
Orange 1.10/each		Lemon Juice 4.75/qt
Peppers - Green 2.82/lb		Lime Juice 6.18/qt
Peppers - Red 3.74/lb		Yeast 5.00/lb
Peppers - Yellow 3.51/lb		Flour 1.00/lb
Peppers -Jalapeno .60/oz		Wheat Bread sliced 6.95/loaf
Pineapple 4.50/each		White Bread sliced 6.95/loaf
Plum Tomato 2.49/lb		Potato Chips (individual bag) 1.75/each
Potatoes - Idaho .65/each		French’s Mustard 2.99/bottle
Potatoes - Red 2.20/lb		Ketchup 2.99/bottle
Romaine lettuce (3) 4.75/bag		Crackers 2.25/sleeve
Shallot .75/oz		Nuts (Pecans, Almonds, Cashews,
Snipped Green Beans 13.62/lb		Walnuts) 20.00/lb
Spinach 5.66/lb		Granola 7.50/lb
Squash - Green 3.06/lb		English Muffin (frozen) 5.47/12 pack
Squash - Yellow 2.81/lb		Cheese Ravioli (frozen) 4.25/lb
Strawberries 6.04/pint		White Sugar 1.90/lb
Sundried Tomato .50/oz		
Sweet Potatoes 3.80/lb		
Tomatoes 2.99/lb		

CHEESES

Provolone cheese	6.50/lb
Cream cheese	4.15/lb
Pepper jack cheese	6.50/lb
Cheddar cheese	7.25/lb
Muenster cheese	4.95/lb
Swiss cheese	7.25/lb
Goat Cheese	8.95/10.5 oz
Fontina Cheese	8.95/lb
Havarti Cheese	8.01/lb
Gruyere Cheese	10.53/lb
Baby brie	5.00/piece
American Cheese	6.50/lb
Shredded Mozzarella	4.99/half lb
Mozzarella Log	8.99/lb
Shredded Parmesan	5.99/half lb

PAPER PRODUCTS

Individually Wrapped Toilet Paper Rolls	.89/each
Individually Wrapped Paper Towels	1.99/each

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