

EAST MILL BAKESHOP & CATERING

REVISITED
BY RICH BELMONT



East Mill Bakeshop & Catering's reputation for delicious fresh baked cinnamon rolls, muffins, scones, pies, cookies, breads and other fresh baked goods just keeps growing. So does their reputation for tasty

sandwiches. So much so the business quickly outgrew its kitchen facilities in the Captain Merry.

So as of December, 2014 East Mill Bakeshop & Catering is also a café and is located in the historic Milk House at the corner of South Grandview Avenue and Bryant Street in Dubuque, IA.



Nick and Emily Puls started East Mill in May, 2012. They began as a retail bakery and catering business with two employees. Now they are also a commercial bakery and a breakfast and lunch café with a staff of fifteen!

Nick grew up in Dubuque and discovered he had a passion for cooking when he was very young. He began his career as a busboy, dishwasher and short order cook at the Village Inn in Dubuque. He later graduated from Kendall College Culinary Arts School in Chicago. After doing an internship at Jacky's Bistro in Evanston, IL he returned to the tri-states to cook at Fried Green Tomatoes, Galena, IL. There he met Emily who was to become his wife and partner. Shortly thereafter Nick and Emily moved to the Napa Valley to broaden their skills. Nick signed on as a chef at several prestigious restaurants including Napa Valley Grille, Model Bakery and the famous JoLé in Calistoga, CA.



Meanwhile, Emily served tables and tended bar while attending the Culinary Institute of America at Greystone, Saint Helena, CA. After graduating from

the Baking and Pastry Chef Program she became a pastry chef assistant at Redd in Yountville, CA. There she worked alongside acclaimed Northern California Pastry Chef, Nicole Plue and Executive Chef Richard Reddington. She completed her California experience alongside Rising Stars Award Winning Chefs Matt and Sonija Spector at JoLé as their pastry chef assistant.

Once Nick and Emily realized they were fully accredited professional chefs it was time for them to return home and show the people of Dubuque all they had learned. They created East Mill Bakeshop & Catering in order to bring to Dubuque the "direct from farm to table" concept the Napa Valley is so famous for.



Nick and Emily both grew up just a couple of blocks away from the Milk House. It's a familiar landmark to the local residents. Before the year 1900 the building housed the T.J. Donahue Grocery Store. In the 1940,s and 1950,s it was Sullivan's Store and Confectionary, and in the 1960,s it was known as the Grandview Milk House. It was a popular spot for people and neighborhood kids to buy milk, ice cream, candy and soda. In recent years it was just another vacant building.



So Emily and Nick are pleased to revive it and restore it to its former glory. They have made extensive renovations and have installed all new cooking and baking equipment. They

hope they have created a family oriented corner bakery and

café. It's open seven days a week so you can get a sandwich or pick up some breakfast pastries every day. And speaking of pastries thanks to Emily I have discovered I have a new favorite pastry. It's called a Scone and is really a small British quick bread originally from Scotland. Emily utilizes a heavy cream recipe with butter cut into the dough. Her scones are shaped into triangles and are stuffed with a variety of fillings. Some of the flavors you might find are Apricot Pecan, Cherry Almond, Lemon Poppy Seed, Cranberry and Orange or Strawberry and Cream Cheese. My favorite is Chocolate Chunk made with Ghirardelli chocolate!

The pies and cookies are all fabulous. I just love the chocolate chips cookies overloaded with chocolate chips! And recently I had some oatmeal raisin cookies that were tastier than any I have ever had!



The East Mill Bakeshop & Catering Café features several splendid sandwiches. The House Specialty is the Classic Breakfast Sandwich. A brown egg from Wisconsin is placed on a fresh baked English muffin and is topped with your choice of bacon or sausage patty and Shullsburg white cheddar cheese. I myself prefer the Pepper Mill Sandwich which is the same thing but also has roasted chilies and in-house made hot sauce.



Another stand-out is the BBT. This sandwich has a fried egg, bacon, tomato, Shullsburg white cheddar cheese and house made basil pesto. You can order this one as the Veggie. The bacon is replaced with caramelized onions and sautéed mushrooms. Honey Ham and Fresh Pineapple is also a tasty and refreshing breakfast sandwich.



On a recent visit Margie had a Spinach, Feta Cheese and Mushroom Quiche she enjoyed tremendously. It was light and airy with a perfect flaky crust.

The lunch menu will be available in a couple of weeks. Look for items such as the Classic Cobb Salad with honey ham, chicken breast, blue cheese, hard boiled eggs, tomatoes and avocado or the Chicken Caesar Salad with chicken breast, romaine, anchovies, hardboiled egg, parmesan cheese, garlic croutons and homemade Caesar dressing.



The sandwiches are unusual as you might expect. The Mob Job has Italian beef, salami, caramelized onions, pickled

peppers and white cheddar cheese on French bread. The East Mill Club is peppered turkey breast, white cheddar, garlic aioli, spring mix, tomato, bacon and smashed avocado on sourdough bread.



There is a large selection of sodas but may I suggest you try a coffee, espresso, latte or cappuccino? They are house specialties. The beans are supplied by Verena Street Coffee Company established in December, 2010. One hundred percent Arabica coffee beans are craft roasted in small batches right here in Dubuque. You won't find a smoother or better tasting coffee anywhere else. Order a couple of Emily's fresh baked Biscotti to dip in your coffee. Biscotti are twice baked biscuits originating in the Italian City of Prato. Baking them twice causes them to be hard, dry and perfect for dipping. They come in different flavors and right now you will find cranberry almond and chocolate hazelnut.



East Mill Bakeshop & Catering will continue to offer their already famous sandwiches at the Summer Dubuque Farmer's Market and the Territory's Farmer's Market in Galena. I find it astonishing they usually sell over 500 Classic Breakfast sandwiches and 600 English muffins at each of these markets.

Box lunches can be special ordered and have recently been supplied to companies including Dubuque Community Foundation, Cartegraph and Dubuque ENT.



They are also suppliers of breads, pastries and muffins to many local businesses including: Dubuque Hy-Vee stores, First & Main, Corner Brew, Dubuque Food Co-Op, Taste Country Market, Vinny Vanucchi's, Monk's Café, Mystique Casino and Inspire Café.

Nick and Emily invite you to call or email them to place special orders and discuss your event catering requirements. Better yet visit East Mill Bakeshop & Catering in the old Milk House and treat yourself to some good eats!

EAST MILL BAKESHOP & CATERING

620 South Grandview Ave., Dubuque, IA 52002

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Facebook: [East Mill Bakeshop & Catering](https://www.facebook.com/EastMillBakeshop)

Email: Chefs@EastMillBakeshop.com

Hours: Mon-Fri: 7 AM-5 PM • Sat-Sun: 7 AM-3 PM

Café Hours: 7 AM-3 PM

Baking Orders & Catering: Contact via telephone or email anytime

Dining Style: Come as you are

Liquor Service: None

Pay Options: Cash, Local Checks, MasterCard, Visa, Discover

Accessibility: Ramp to Front Door, Restroom

Kids Policy: Menu-No, High Chair-Yes, Booster-Yes

Reservations: No • **Catering:** Yes • **Take Out:** Yes

Delivery: Yes (\$25 Min. Order-\$5 Delivery Fee)

Parking: Private Lot