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What's the Move? Weekly Spots to Gate Keep

Hook Fish Co. in Mill Valley offers a unique dining experience that beautifully combines a chill/casual atmosphere with a commitment to sustainability. Located just off Shoreline Highway, the restaurant is part of the Proof Lab complex, which is known for its surf culture and outdoor activities. The space features both an indoor bar and a gated outdoor beer garden, surrounded by driftwood accents that provide a coastal vibe. This setting is perfect for enjoying a meal after a day of hiking or beach activities, making it a convenient stop for locals and visitors alike.

The menu at Hook Fish Co. showcases a variety of seafood dishes, with standout items including fish tacos and the beer batter fish and chips. Diners can choose from an array of fresh fish options, such as halibut or salmon, with an option of in-house made jalapeno carrot hot sauce. The fish and chips in my personal opinion is the star dish of the place as the perfectly crispy beer batter enhances the fresh taste of the fish. The best combination is to add a bit of the homemade tartar sauce, vinegar, and jalapeno carrot hot sauce all at once to have a flavor unique to this restaurant. Additionally, the restaurant emphasizes locally sourced ingredients, supporting sustainable fishing practices and ensuring high-quality seafood is served to customers.

Beyond its delicious offerings, Hook Fish Co. is also equipped to host events, featuring a small outdoor stage ideal for film screenings or casual gatherings. The lively atmosphere, combined with the fresh and flavorful food, makes it a must-visit destination for anyone looking to enjoy a casual meal in Mill Valley. Whether you're stopping by after exploring Muir Woods or just seeking a fun dining experience with friends and family, Hook Fish Co. promises to deliver satisfaction with every visit.

You are a good writer-great description-I want to go there after reading your review which is the best compliment a reader can give a food critic!!!!

100/100

Images: by Ian Ngo



