

## NON-ALCOHOLIC DRINKS

### JUICE

FRESH SQUEEZED ORANGE JUICE

regular 6.95 kids size 4.50

ORGANIC APPLE JUICE

regular 6.95 kids size 4.50

### SMOOTHIES

WARRIOR

banana, plant base protein, flax oil, glutamine, cinnamon, almond milk 9

ACAI BLEND

acai, blueberries, strawberries, bananas, organic apple juice, almond milk 9

### COFFEE

Regular or Decaf 3.75

Latte 4.75

Espresso 3.75

Cappuccino or Americano 4.75

### BEVERAGES

Coke-Diet Coke - Sprite- Dr. Pepper - Root Beer - Orange Fanta 3.75

Iced Tea 3.75 Hot Tea 3.50

Fresh Lemonade 4.75 Arnold Palmer Lemonade Iced Tea Combo 4.75

Evian Sm 4.00/Lg 6.00 San Pelligrino Sm. 5.00 / Lg. 7.00

### THICK OLD-FASHIONED MILKSHAKES

Chocolate - Strawberry - Vanilla 7.95 - add Malt .40

Banana - Oreo - Butterscotch or Espresso 8.25

### THE PENGUIN

our classic milkshake blended with marshmallow & chocolate syrup 9

*"Our Tribute To The Penguin Diner"*

## BEER & WINE

### DRAFT

805 Firestone Walker Blonde Ale 7

Lagunitas Ipa 7

Anchor Steam 7

Stella Artois 7

### WINE BY THE GLASS

Chloe Rose 9

Imagery Pinot Noir 10

Imagery Chardonnay 10

Merf Cabernet Sauvignon 12

Ruffino Prosecco 10

Mimosa 12

### HOUSE COCKTAILS

SUTTER BREAK - vodka, aperol, lemon, orgeat, strawberry, prosecco 12

JACK TAR - bacardi rum, lemon, yellow chartreuse, passion fruit, angostura bitters 12

## DESSERTS

HOT APPLE PIE WITH CINNAMON SAUCE 7.25 - a la mode add 2

HOMEMADE CHOCOLATE FUDGE CAKE 8

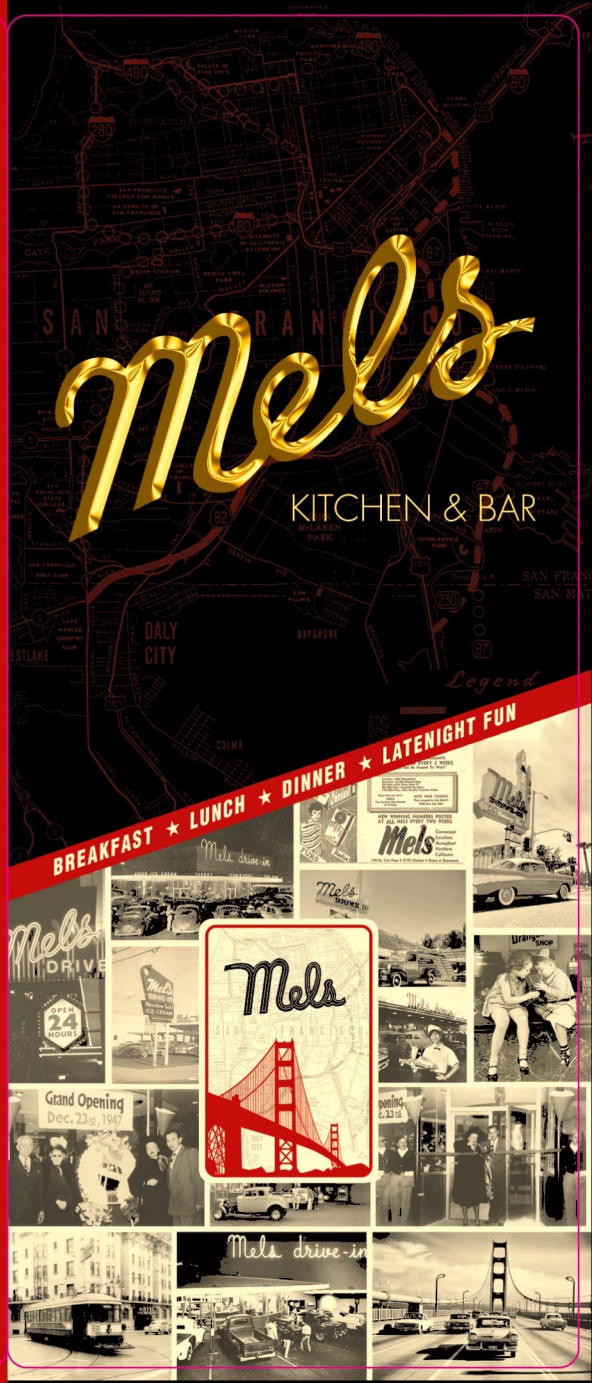
HOT FUDGE SUNDAE 10.50

MELS DOUBLE CREAM CHEESECAKE WITH STRAWBERRY TOPPING 7.95

### WOODFORD SPIKED SHAKE

vanilla ice cream, brown sugar, salted caramel sauce,

woodford reserve kentucky bourbon 12



## ALL DAY BREAKFAST

- COUNTRY FRESH EGGS** – 2 any style with grilled potatoes or hash browns and toast 11.95 add smoked bacon or sausage 3.75
- AVOCADO TOAST** – avocado on multi-grain toast topped with three organic poached eggs 15.50, jr. order 8.50 with one egg.
- 6OZ SIRLOIN STEAK & 3 EGGS** with grilled potatoes or hash browns and toast 16
- HOMEMADE CORNED BEEF HASH & EGGS** with grilled potatoes or hash browns 17.95
- ELVIS SCRAMBLE** – molinari chorizo, roasted poblano peppers, monterey jack cheese, scrambled with 3 farm fresh eggs 16.95.
- HUEVOS RANCHEROS** – two eggs, corn tortillas, jack cheese topped with ranchero salsa, served with black beans and rice, 14.
- CHILAQUILES** – corn chips sautéed with ranchero salsa & roasted poblano peppers, two fried eggs served with black beans and rice topped with sour cream 14.00 add chicken 3.00, beef or chorizo 4.00
- EL RANCHO BREAKFAST BURRITO** – flour tortilla rolled with three scrambled eggs, chorizo & cheddar cheese, topped with salsa & sour cream. served with hash browns or grilled potatoes 16.50
- FRENCH TOAST, PANCAKE OR WAFFLE COMBO** with one egg, choice of bacon or turkey or pork sausage 13.50
- VEGGIE OMELET** – sautéed spinach roasted poblano peppers, mushrooms, scallions, tomatoes. choice of grilled potatoes or hash browns 15
- DENVER OMELET** – ham, swiss, bell peppers, onions & mushrooms with choice of grilled potatoes or hash browns 16.25
- RED EYE BISCUITS & COUNTRY GRAVY WITH SAUSAGE** – our delicious buttermilk biscuits smothered in our in-house gravy 11.50 add 2 eggs 13.50
- OLD FASHIONED BUTTERMILK PANCAKES** with maple syrup & butter 12.25 add berries and banana 1.75
- 2 PC. FRIED CHICKEN 'N' WAFFLE** with cheddar, bacon, green onions and maple syrup 16.95
- ORGANIC GRANOLA & FRESH FRUIT** with low fat greek yogurt or milk 10.75

## BURGERS & SANDWICHES

- THE FAMOUS MEL BURGER** – 1/3lb grass fed ground beef from a local family farm served on a sesame seed brioche bun, with crispy lettuce, tomatoes, onion, mayonnaise, pickles and fries 15 add cheese 1.00
- GOURMET TURKEY BURGER** – juicy 1/3-lb. ground turkey patty. 15.50 add cheese 1.00
- MELS PATTY MELT** – our ground beef patty on jewish rye, w/melted swiss & grilled onions w/1000 island & fries - 16.50 - a real winner!
- CREOLE FRIED CHICKEN SANDWICH** – our in-house buttermilk fried chicken breast served on a soft brioche bun topped with homemade coleslaw, pickled red onions, creole mustard, and pickles 19.50
- CHARBROILED BREAST OF CHICKEN SANDWICH** – boneless, skinless, tender breast of chicken marinated with spices with lettuce, tomato, mayo, red onion & sliced avocado on toasted sourdough or hamburger bun 18
- BLT** – “old favorite” on toasted s.f. sourdough with choice of side 14.25 with avocado add 1.00. make it a club 17.25.
- GRILLED CHEESE COMBINATION** – jack, swiss & cheddar on s.f. sourdough w/tomato bisque 12.50 w/ braised short ribs 18.50
- FRENCH DIP** – thin sliced top round of beef on a s.f. sourdough baguette with au-ju and fries 16.50 with swiss add 1.00.
- ALBACORE TUNA MELT** – “my favorite” grilled albacore tuna salad with cheddar on jewish rye. 15.50
- GRASS-FED BEEF SLIDER** – served on a brioche bun, with mel's special sauce & pickle “absolutely delicious” caramelized onions by request 4.95 each – add bleu cheese for only 35¢
- SHORT RIB SLIDER** – braised short rib served on a brioche bun, pickles and horseradish aioli 6 each

A 5.5% charge is added to help cover government mandates

## ENTRÉES & SALADS

- SANTA FE SALAD** – marinated chicken breast w/melted jack on 1 fresh greens, w/avocado & salsa, choice of dressing 17
- CAESAR SALAD** – romaine hearts tossed with classic caesar dressing, croutons & shaved parmesan 10.95 w/chicken +7, or w/salmon +9.
- QUINOA/KALE SALAD** – tossed with cucumber, red onion, roasted corn, red beans, cherry tomatoes and lemon vinaigrette 11.75 – with charbroiled salmon add 9 - chicken breast add 7
- GRILLED ATLANTIC FRESH SALMON** served with sautéed vegetables & fresh greens 23
- SOUTHERN FRIED CHICKEN** – crispy on the outside; tender & juicy on the inside, served with coleslaw and fries 19.95.
- CLASSIC AMERICAN MEATLOAF** – grass fed beef & seasonings baked with a ketchup glaze - w/ smashed potatoes & gravy. 18.50
- SLOW BRAISED SHORT RIB DINNER** – served with home style creamy mash potatoes, fresh sautéed vegetables, & demi-glaze (mels specialty) 19.95
- CHICKEN BREAST DINNER** – chicken breast seasoned with garlic and fresh herbs, served with mashed potatoes & gravy, veggies 17.50
- SPAGHETTI & MEATBALLS** – served with marinara, spaghetti and garlic bread w/beef meatballs, 17.25, or w/salmon +5.75
- NEW YORK STEAK (10 OZ.)** – broiled, with green salad, mashed potatoes, fresh vegetables 25

## APPETIZERS

- BUFFALO WINGS** – red hot 13.75
- SHORT RIB NACHOS** – homemade tortilla chips topped with braised short ribs, beans, cheddar cheese, jalapeños, sour cream, salsa and guacamole 12.95
- DEBBIE'S CHILI FRIES** – american fries topped with chili. “you gotta try them!” 12.95
- CHICKEN BREAST TENDERLOINS** – breaded gluten free - no antibiotics served with bbq sauce 13.95 add fries 2.50

## SOUP & CHILI

- |   |          |            |
|---|----------|------------|
|   | cup      | bowl       |
| <b>GRANDMA'S CHICKEN NOODLE SOUP</b> “the best in town” with noodles.   | 5.75     | 7.25       |
| <b>TOMATO BASIL SOUP</b>  | 5.75     | 7.25       |
| <b>DEBBIE'S HOMEMADE TEXAS CHILI</b> served with onions and grated cheese “mels family recipe”  | cup 8.00 | bowl 11.50 |
| <b>PLANT-BASED VEGAN CHILI</b> made with pinto beans, soy-based crumbles, mixed bell peppers and onions all simmered in a flavorful blend of tomatoes and spices. | cup 9.00 | bowl 13.25 |
- ALL SOUPS SERVED WITH SALTINE CRACKERS

## KIDS MENU

- PANCAKE OR FRENCH TOAST** 3.50  
add strawberries 1.00 - add bacon or sausage 1.75
- KIDS BURGER & FRIES** 7
- KIDS DOG** 7.25
- KIDS CHICKEN NUGGETS & FRIES** 7
- KIDS GRILLED CHEESE & CREAM OF TOMATO SOUP OR FRIES** 8