



LUNCH

SOUP, SALADS & MORE

Grandma's Chicken Noodle Soup - "best in town" cup 6 bowl 9 – **Clam Chowder Fri & Sat**

Wild Boar White Bean Chili- cup 8 bowl 12

Calamari Fritti – With Calabrese sauce & house made Aioli 13

Artichoke – steamed & grilled, served with tarragon aioli 10

Sliders – 2- dry-aged all-natural beef on brioche 10

Organic Butter lettuce – spiced walnuts, fuji apples, point Reyes blue cheese dressing 10

Caesar – or Bruits (chili flakes added) 10

Ahi Poke Salad –spicy ahi tuna, avocado, mango, cucumber, scallions, sesame seeds, crumbled seaweed on frisee lettuce with miso Damari ginger vinaigrette. 18

Smoked Chicken with mixed greens – roasted California almonds, fuji apples, point Reyes blue cheese with lemon vinaigrette 16 –

Roasted Beet Salad – with fried goat cheese and balsamic 12

Fussili Pasta with Spinach Pesto –shaved egg & parmesan 11

Rainbow Quinoa & Kale Salad – cucumbers, red onion, roasted corn, red beans, dried cranberries & Lemon vinaigrette 12

Add grilled prawns 9 smoked chicken 6 or grilled Salmon 9 to any salad

SANDWICHES

Mel Burger – dry aged natural beef served on a toasted roll with burger sauce, house pickles and fries 16.00 add cheese 2.00

Albacore Tuna Sandwich - boiled egg, kalamata olives, pickled onions tossed with house made aioli on a Croissant 16

Southern Fried Chicken Sandwich - Skinless Chicken thigh, lightly battered & fried, served with spicy slaw on a Telera roll 16

Mel's Cubano – smoked ham, braised Cuban pork shoulder, Gruyere, & house made pickles, on a Telera Roll with spicy mustard 18

Grilled Cheese – Gruyere, Cheddar & Jack on Sourdough served with Tomato bisque 12

The Impossible Vegetarian Burger - with sprouts and house made pickles 16

Smoothies – 9

Warrior – Banana, plant-based protein, flax oil, glutamine, cinnamon, almond milk

Acai blend – acai, blueberries, strawberries, banana, apple juice, almond milk

Mel's Milk shakes 8 - Thickest in town – you always get a little extra in the can! Ask servers for daily flavors

Sides

French Fries 4

Spicy Slaw 4

Cup of Fruit 5



KID'S MENU

Fresh Orange or Organic Apple juice 4
Milk 3
Sodas 3
Milkshakes 5

Smoothies - 6

Acai blend – acai, blueberries, strawberries, banana, apple juice, almond milk

SBA - Strawberry, banana, Almond Milk

BREAKFAST

French Toast - with Vermont maple syrup and sliced banana and strawberries 7

Old-Fashioned Buttermilk Pancake
Apple sausage or bacon, Vermont maple syrup 8

Cup of Fruit - served with organic granola or Greek yogurt 6

Two Eggs – any style with hash browns 6

Jr Avocado Toast
avocado on multigrain toast with poached egg 8

Cheese omelet - with hash browns and fruit 8

LUNCH & DINNER

Mini burgers –2 sliders 10 add fries 2

Mini Fried Chicken Sandwich's 10 add fries 2

Grilled Cheese with fries 8

Grandma's Chicken Noodle Soup - "best in town" cup 6
Clam Chowder Fri & Sat

Fresh Garden Salad – 6

Pasta – with spinach pesto and smoked chicken 8

Pasta – with marinara 6

Fried Chicken – with French Fries 9

Smoked Chicken salad – with mixed greens, Fuji apple, balsamic vinaigrette 9

Mac & Cheese – 6

SIDE ORDERS

smoked bacon 4

chicken apple sausage 4

Toast 3

Hash browns 3

DESSERT

Scoop of ice cream 5

Hot fudge Sundae 7

Root Beer float 6



BREAKFAST

House Coffee or Tea 3.5
Espresso 3
Cappuccino 4
Fresh Orange or Apple juice 6
Fresh vegetable juice 8
Mimosa 10

Smoothies - 9

Warrior – Banana, plant-based protein, flax oil, glutamine, cinnamon, almond milk

Acai blend – acai, blueberries, strawberries, banana, apple juice, almond milk

From the Griddle

Mels Thick- Sour Dough French Toast
with Vermont maple syrup 12

Old-Fashioned Buttermilk Pancakes
with Vermont maple syrup & butter 10

Fried Chicken & Waffle-with cheddar, bacon, green onions, Vermont Maple syrup and butter 16

Organic Eggs & Such

6 OZ Sirloin Steak & 3 Eggs with hash browns and toast 16

Three Eggs – any style with hash browns 11
add smoked bacon or chicken apple sausage 15

Avocado Toast
avocado on multigrain toast topped with three organic poached eggs 15

Jr Avocado Toast – one egg, avocado on multigrain toast 8

Huevos Rancheros – two eggs, corn tortillas, jack cheese topped with green tomatillo sauce 12

Portobello & Brussel sprout Hash
Served with two eggs any style 14

Eggs Benedict (Saturday & Sundays only)
two poached eggs & ham on toasted brioche topped with hollandaise – hash browns 17

Breakfast Burrito
Scrambled eggs, Molinari chorizo, cheddar cheese rolled in a flour tortilla topped with ancho salsa and crème fraiche 17

Breakfast Sandwich
Warm Croissant stuffed with smoked ham, gruyere and a fried egg 15

Steven's Omelet
house specialty with ham, avocado, and gruyere topped with crème fraiche 16

Grilled Prawn Omelet – with mushrooms, spinach and gruyere topped with crème fraiche 17

Cereal and Fruit
Fresh Fruit Salad
served with Greek yogurt 12

Organic Granola
With Greek yogurt or milk 12

SIDE ORDERS
smoked bacon 6
chicken apple sausage 7
toast 3
croissant 4
gluten free toast 4
hash browns 4



DINNER

STARTERS

Artichoke – steamed & grilled, served with tarragon aioli 10

Sweet-n- Spicy Chicken Wings with pickled veggies 13

Calamari Fritti – With Calabrese sauce & house made Aioli 13

Sliders – dry-aged all-natural beef on brioche 10

Grandma's Chicken Noodle Soup - "best in town" cup 6 bowl 9 - **Clam Chowder Fri & Sat**

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SALADS

Add to any salad - grilled prawns 9 - smoked chicken 6 or grilled salmon 9

Organic Butter lettuce – spiced walnuts, fuji apples, point reyes blue cheese & vinaigrette 10

Caesar – or Brutus (chili flakes added) 10

Ahi Poke Salad –spicy ahi tuna, avocado, mango, cucumber, scallions, sesame seeds, crumbled seaweed on frisee lettuce with miso-ginger vinaigrette. 18

Smoked Chicken with mixed greens – roasted California almonds, fuji apples, point reyes blue cheese with balsamic vinaigrette 16

Roasted Beet Salad – with fried goat cheese and balsamic 12

Rainbow Quinoa & Kale Salad – cucumbers, red onion, roasted corn, red beans, dried cranberries & Lemon vinaigrette 12

ENTREES

Atlantic Fresh Salmon – grilled, served Ratatouille- herb butter and potato chips 24

Ahi Tuna – seared rare, herb risotto cake, sautéed wild mushrooms, chive oil crispy parsnips 24

Fussili Pasta with Spinach Pesto –shaved egg & parmesan 11 Add grilled prawns 9 - or smoked chicken 6

Southern Fried Chicken –gratin potatoes, country gravy and collards 18

Bistro Steak Frites – 28 day dry-aged flat iron, with garlic and fresh herbs. Fries & ratatouille. 27

Chicken Parmesan – served with pappardelle, sautéed spinach and kale 22

Mel Burger – dry aged natural beef served on a toasted roll with burger sauce, house pickles and fries 16 add cheese 2

The Impossible Vegetarian Burger - with sprouts and house made pickles 16

Dessert

Hot Apple Pie ala mode 10

Berry Pie 8

Cheesecake with strawberry topping 10

Pumpkin pie 9

Hot Fudge Sundae 8

BEVERAGE MENU

WAKE UP AND LIVE!

House Coffee or Tea 3.5
Espresso 3
Cappuccino 4
Café Latte 4
Espresso Milk Shake 10
Mimosa 10

Fresh Juice Bar

Fresh squeezed Orange or Apple juice 6
Roots – beets, apples, lemon, ginger 8
ABC – apples, beets, carrots 8
Popeye's Breakfast- spinach, apple, kale, parsley 8

Smoothies 9

Warrior – Banana, plant-based protein, flax oil, glutamine, cinnamon, almond milk

Acai blend – acai, blueberries, strawberries, banana, apple juice, almond milk

Mels Milk shakes – 8

Thick old Fashioned- chocolate, strawberry, vanilla, Oreo, black & white.

Other Beverages

Fresh made lemonade 5
Ginger chia lemonade 6
Arnold Palmer 5
Iced tea 4
Sodas 3.25

Craft Draft Beers - 7

805 Firestone Walker – Paso Robles
Blonde Ale
Westfalia Fort Point – San Francisco –
Red Ale
Lagunitas IPA – Santa Rosa – Indian Pale Ale
Anchor Steam Coffee Porter S.F.

Wine by the glass

Chloe Rose 9
Imagery Pinot Noir 10
Imagery Chardonnay 10
Silver Totem 2015 Washington State Cabernet 12
Chloe Prosecco 10
Mimosa 10

Cocktails- 12

Sutter Break – Svedka Vodka, Aperol, Lemon, Orgent, Strawberry, Sparking wine

Midnight in Fog City- Beefeaters Gin, Violette, Falernum, Lime

Jack Tar – Bacardi Rum, Lemon, Yellow Chartreuse, Passion fruit, Angostura Bitters

Ring of Fire – Altos Blanco Tequila, Grapefruit, Lime, House Grenadine, Jalapeno

Greenhouse Effect- El Silencio Mezcal, Elderflower, Carpano Bianco, Lemon, Cucumber

'32 Coup- Dewar's Scotch, Aperol, Pineapple, Lemon, Peychaud's bitters

Weiss & Dobbs- Wild Turkey Bourbon, Apricot, Cointreau, Lemon, Angostura bitters

Herb Cain- Wild Turkey Rye, Cynar, Luxardo maraschino, Reagan's orange bitters