



FRESH-BAKED SANDWICHES

OUR SANDWICHES ARE FRESHLY MADE TO ORDER, SERVED WITH PLOCKY'S BLACK BEAN TORTILLA CHIPS.

- ADD A HOUSE-MADE SIDE DISH \$1

- SUBSTITUTE TEMPEH OR SEITAN \$1

(WE POLITELY REQUEST TO LIMIT YOUR SUBSTITUTIONS TO PROTEIN, CONDIMENTS, BREAD, OR CHEESE OPTIONS.)

ARTICHOKE MELT \$10

OUR ONLY OPEN FACED "MELT" WITH ARTICHOKE-SPINACH SPREAD, SLICED ROMA TOMATOES, AND WHITE CHEDDAR, BAKED ON FLATBREAD

YEEHAW BBQ \$10

SLICED ROASTED CHICKEN, ROMA TOMATOES, FRESH PICO DE GALLO, DRIZZLED WITH LOTS OF HOUSE-MADE BBQ SAUCE, AND PROVOLONE, BAKED ON SHADEAU'S WHOLE WHEAT HOAGIE

VEGETARIAN CHEESESTEAK \$10

HOUSE-MADE SEASONED SEITAN, GRILLED PEPPERS AND ONIONS, AND PROVOLONE, BAKED ON SHADEAU'S WHOLE WHEAT HOAGIE

THE RACHEL \$10

SMOKED TURKEY BREAST, RUBY KRAUT, SWISS, TANGY SAUCE, BAKED ON SIXTEEN BRICK'S OTR RYE

THE HOFFNER \$11

SLOW BRAISED BRISKET, BRAISED WILD MUSHROOMS, SHALLOTS, SWISS, HORSERADISH CREAM, AND FRESH BABY SPINACH, BAKED ON SIXTEEN BRICK'S OTR RYE

EAST VILLAGE \$11

SMOKED TURKEY BREAST, PEPITA BASIL PESTO, ROASTED RED PEPPERS, GOAT CHEESE, AND FRESH ARUGULA, BAKED ON SIXTEEN BRICK'S SOURDOUGH

VERDE CHICKEN \$11

SLICED ROASTED CHICKEN BREAST, ARTICHOKE, ZUCCHINI, SUN-DRIED TOMATO, PEPITA BASIL PESTO, PROVOLONE, WITH A BALSAMIC DRIZZLE, BAKED ON FLATBREAD, WITH FRESH ARUGULA AFTER BAKE

TEMPEH PESTO CLUB \$11

PEPITA PESTO, SMOKY TEMPEH STRIPS, ROMA TOMATO, MAYONNAISE, AND MIXED GREENS AFTER BAKE

THE MAUREEN \$10

LIME CILANTRO TUNA SALAD, SWISS, ROMA TOMATO, AND MIXED GREENS, BAKED ON SHADEAU'S MULTIGRAIN BREAD

THE JOAN OF ARC \$11

SLOW BRAISED BRISKET, ROASTED RED PEPPERS, ROASTED GARLIC, GORGONZOLA, CARAMELIZED ONIONS, AND PROVOLONE, BAKED ON FLATBREAD

HOUSE-MADE SIDES

WE PREPARE ALL OUR SIDE DISHES AND DRESSINGS IN-HOUSE.

MIXED GREENS & DRESSING

GINGER HOISIN VINAIGRETTE (V)
BALSAMIC VINAIGRETTE (V, GF)
LIME CILANTRO VINAIGRETTE (V, GF)
SUN-DRIED TOMATO VINAIGRETTE (V, GF)
MISO TAHINI CAESAR DRESSING (V, GF)
CURRY YOGURT DRESSING

ZESTY SUPERFOOD SLAW

BUFFALO MAC, CLASSIC MAC, OR VEGAN MAC
HUMMUS & PLOCKY'S BLACK BEAN TORTILLA CHIPS
SOUP OF THE DAY
VEGAN CHILI
ORDER A SIDE TRIO (THREE SIDE DISHES) \$11

Melt

OUR SIGNATURE DELI SANDWICHES

WE SERVE ALL OUR DELI SANDWICHES ON SHADEAU'S MULTIGRAIN BREAD

WITH PLOCKY'S BLACK BEAN TORTILLA CHIPS.

- ADD A HOUSE-MADE SIDE DISH \$1

GLUTEN-FREE BREAD AVAILABLE UPON REQUEST

AVOCADO BLISS \$11

SAVORY BAKED TOFU, HALF OF A FRESH AVOCADO, ROASTED GARLIC, ROMA TOMATO, SHALLOTS, WHITE CHEDDAR, AND MIXED GREENS

PAD THAIWICH \$11

YOUR CHOICE OF EITHER TOFU OR CHICKEN, SPICY PEANUT SAUCE, SCALLIONS, CILANTRO, SHREDDED CARROTS, MUNG BEAN SPROUTS, CUCUMBER, AND BABY SPINACH

HUMMUS BLAST \$10

ROASTED GARLIC HUMMUS, FETA, CUCUMBER, TOMATO, AND BABY SPINACH, WITH SUN-DRIED TOMATO VINAIGRETTE

MENU NOTES

MANY OF OUR MENU ITEMS CAN BE MADE VEGAN OR GLUTEN FREE. JUST ASK, AND WE WILL DO OUR BEST TO ACCOMMODATE!

CHEESE SUBSTITUTION

YOU CAN SUBSTITUTE REGULAR CHEESE WITH VEGAN SMOKY CHEDDAR FOR NO ADDITIONAL CHARGE. OUR VEGAN CHEDDAR IS HOUSE-MADE.

ADD PROTEIN

- ADD EXTRA CHICKEN, TURKEY, OR TOFU TO ANY ITEM \$2

- ADD TEMPEH, SEITAN OR BRISKET \$3

OUR CLASSIC SALADS

APPLE BEET SALAD \$10

MIXED GREENS, BEETS, AND APPLE SLICES TOSSED IN LIME JUICE, OLIVE OIL, SALT, PEPPER, FRESH DILL, AND TOASTED WALNUTS, AND GOAT CHEESE, WITH BALSAMIC VINAIGRETTE

KALE CAESAR \$12

CHOPPED KALE AND ROMAINE, TOSSED IN A ZESTY MISO TAHINI DRESSING, SERVED WITH CROSTINI, LEMON WEDGE, OLIVE MEDLEY, PARMESAN, AND YOUR CHOICE OF EITHER SLICED ROASTED CHICKEN BREAST OR SAVORY BAKED TOFU

GREEK \$11

CHOPPED ROMAINE, MARINATED OLIVE AND ARTICHOKE SALAD, CUCUMBERS, ROMA TOMATO, FETA, HERBS, WITH SUN-DRIED TOMATO VINAIGRETTE

GORGONZOLA PEAR \$10

MIXED GREENS, TOASTED WALNUTS, GORGONZOLA CRUMBLES, FRESH PEAR SLICES, WITH BALSAMIC VINAIGRETTE

INVERTED SPRING ROLL \$11

BABY SPINACH TOPPED WITH SCALLIONS, CILANTRO, SHREDDED CARROTS, MUNG BEAN SPROUTS, RED BELL PEPPERS, CUCUMBERS, AND TOASTED ALMONDS, WITH GINGER HOISIN VINAIGRETTE

GARDEN BASH \$11

CHOPPED ROMAINE, TOPPED WITH SHREDDED CARROTS, RED CABBAGE, CUCUMBERS, RED BELL PEPPERS, MARINATED CHICKPEAS, AND PEPITAS, SERVED WITH YOUR CHOICE OF DRESSING

OUR ENTREE SALADS

NICOISE SALAD \$14

MIXED GREENS, ROASTED BEETS, MARINATED ZUCCHINI, OLIVE MEDLEY, ROMA TOMATO, HARD-BOILED EGG, LIME CILANTRO TUNA SALAD, WITH YOUR CHOICE OF DRESSING

ISLAND COBB \$14

CHOPPED ROMAINE, CHOPPED BACON, ROASTED CHICKEN, MARINATED HEARTS OF PALM, HARD-BOILED EGG, WHITE CHEDDAR, AVOCADO, WITH LIME CILANTRO DRESSING

Melt

BLACK BEAN CHILI

OUR BLACK BEAN CHILI IS VEGAN BY DEFAULT.
TOP IT WITH SHREDDED WHITE CHEDDAR FOR \$1
IF YOU WOULD LIKE TO TOP IT OFF BUT KEEP IT VEGAN,
ASK TO ADD OUR DELICIOUS VEGAN SMOKY CHEDDAR \$1

BLACK BEAN CHILI

8 OZ. SERVING \$4
16 OZ. SERVING \$7

NACHOS \$9

PLOCKY'S BLACK BEAN TORTILLA CHIPS, PROVOLONE, COVERED
WITH OUR SIGNATURE BLACK BEAN CHILI, SHREDDED WHITE
CHEDDAR, AND FRESHLY-MADE PICO DE GALLO
- WITH SOUR CREAM \$10
- WITH AVOCADO \$11

3-WAY WITH SPAGHETTI \$8

SPAGHETTI TOPPED WITH OUR SIGNATURE BLACK BEAN CHILI,
ONIONS, AND SHREDDED WHITE CHEDDAR

CHILI OVER CLASSIC MAC \$8

A LADLE OF OUR SIGNATURE BLACK BEAN CHILI OVER OUR OWN
MAC & CHEESE

FOR THE KIDS!

(FOR CHILDREN 12 AND UNDER)

PB & J \$6

ALL NATURAL PEANUT BUTTER WITH RASPBERRY PRESERVES ON
SHADEAU'S MULTIGRAIN BREAD, SERVED WITH PLOCKY'S BLACK
BEAN TORTILLA CHIPS AND FRUIT

GRILLED CHEESE \$6

WHITE CHEDDAR MELTED ON SHADEAU'S MULTIGRAIN BREAD,
SERVED WITH FRESH FRUIT

SMALL CHILI & CHEESE SPAGHETTI \$6

SPAGHETTI, CHILI, AND WHITE CHEDDAR

MAC & CHEESE

CLASSIC MAC & CHEESE \$6

MULTIGRAIN ELBOW MACARONI LADLED WITH OUR HOUSE- MADE
WHITE CHEDDAR BECHAMEL SAUCE

BUFFALO MAC & CHEESE \$7

OUR MAC & CHEESE WITH FRANK'S HOT SAUCE AND GORGONZOLA

VEGAN MAC & "CHEEZE" \$8

MULTIGRAIN ELBOW MACARONI LADLED WITH OUR (NACHO-ESQUE)
VEGAN SMOKY CHEDDAR, SERVED OVER FRESH SPINACH AND
TOPPED WITH PICO DE GALLO

SEASONAL HOUSE-MADE SOUPS

PLEASE ASK YOUR SERVER FOR OUR SEASONAL SOUP
OPTIONS.

8 OZ. SERVING \$4
16 OZ. SERVING \$7

MENU NOTES

MANY OF OUR MENU ITEMS CAN BE MADE VEGAN OR GLUTEN FREE. JUST ASK, AND WE
WILL DO OUR BEST TO ACCOMMODATE!

CHEESE SUBSTITUTION

YOU CAN SUBSTITUTE REGULAR CHEESE WITH VEGAN SMOKY CHEDDAR FOR NO
ADDITIONAL CHARGE. OUR VEGAN CHEDDAR IS HOUSE-MADE.

ADD PROTEIN

- ADD EXTRA CHICKEN, TURKEY, OR TOFU TO ANY ITEM \$2
- ADD TEMPEH, SEITAN OR BRISKET \$3

Melt

BEVERAGES

ICED TEAS AND LEMONADE

FRESHLY-BREWED ICED TEA

YERBA MATE \$3

EARL GREY \$3

- ADD HERBAL SIMPLE SYRUP \$1

HOUSE-MADE LEMONADE \$4 (NO REFILLS)

HOUSE-MADE MANGO LEMONADE \$4 (NO REFILLS)

SUGAR CANE SODAS \$3

FOUNTAINHEAD SODAS MADE WITH PURE CANE SUGAR

COLA

GINGER ALE

LEMON LIME

ROOT BEER

FOUNTAINHEAD COLA ZERO (NOT MADE WITH CANE SUGAR)

BOTTLED CANE SUGAR SODAS

MEXICAN COKE \$1.75

SPARKLING WATER

SAN PELLEGRINO SPARKLING WATER (500ML) \$3

ALL-AGE KOMBUCHAS

GT'S TRILOGY KOMBUCHA \$5

GT'S MYSTIC MANGO KOMBUCHA \$5

COFFEE

FRESH ROASTED COFFEE BEANS FROM CLUXTON ALLEY

REGULAR AND DECAF \$2.50

NOTES ABOUT OUR MENU AND ALLERGIES

MELT ECLECTIC CAFÉ MAKES EVERY ATTEMPT TO IDENTIFY INGREDIENTS THAT MAY CAUSE ALLERGIC REACTIONS FOR THOSE WITH FOOD ALLERGIES. EVERY EFFORT IS MADE TO INSTRUCT OUR STAFF ON THE SEVERITY OF FOOD ALLERGIES. THERE IS ALWAYS A RISK OF CONTAMINATION, HOWEVER.

CUSTOMERS CONCERNED WITH FOOD ALLERGIES NEED TO BE AWARE OF THIS RISK. WE DO NOT ASSUME ANY LIABILITY FOR ADVERSE REACTIONS TO FOODS CONSUMED, OR ITEMS ONE MAY COME IN CONTACT WITH WHILE EATING AT OUR ESTABLISHMENT.

ALCOHOLIC BEVERAGES

MOLLY'S SIGNATURE COCKTAILS

MOLLY WELLMANN HAS DESIGNED FOUR SIGNATURE DRINKS, ESPECIALLY MADE FOR MELT!

LIME IN THE COCONUT \$8

WHITE RUM, FRESH LIME, FRESH CILANTRO, COCONUT SYRUP (JUST A LITTLE), AND SPARKLING WATER

SMOKING JACKET \$8

BOURBON, CEDAR-CHERRY SYRUP, TOBACCO BITTERS, AND BLACK ICED TEA

PINEAPPLE MARGARITA \$8

BLANCO TEQUILA, FRESH LIME JUICE, GINGER-INFUSED, PINEAPPLE-HONEY SYRUP

BLUE-BELL \$8

VODKA, FRESH LIME, LAVENDER SYRUP, FRESH BLUEBERRIES, SPARKLING WATER

21-AND-UP KOMBUCHAS

FAB FERMENTS GO GO GINGER KOMBUCHA \$5

FAB FERMENTS PINEAPPLE RAGE KOMBUCHA \$5

BEER ON TAP

WE MAINTAIN A ROTATING SELECTION OF CRAFT BEER FAVORITES! ASK YOUR SERVER OR BARTENDER FOR OUR CURRENT OFFERINGS!

CRAFT BEER (BOTTLED/CANNED) \$5

MADTREE HAPPY AMBER, MADTREE LIFT, MADTREE PSA, MADTREE PSYCHOPATHY, RHINEGEIST CIDERGEIST (SEMI-DRY), RHINEGEIST COUGAR, RHINEGEIST TRUTH, JACKIE O'S RAZZ WHEAT, JACKIE O'S CHOMALUNGMA, STIEGL RADLER, CRABBIE'S GINGER BEER.

WINES BY THE GLASS AND BOTTLE

SPARKLING

COMPTE DE LAUBE BRUT, FRANCE NV \$7/\$25

WHITE

COLLI EUGANIE PINOT GRIGIO, VENETO, ITALY, 2016 \$8/\$30

WILLIAM COLE "ALBAMAR" CHARDONNAY, CASABLANCA, CHILE, 2014 \$8/\$30

RED

COMPASS PINOT NOIR, CALIFORNIA, 2013 \$8/\$30

HANSEN CELLARS CABERNET SAUVIGNON, LODI VALLEY, CALIFORNIA, 2014 \$8/\$30