



Fresh-Baked Sandwiches

Our sandwiches are freshly made to order with love, and 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 Sixteen Brick's Whole Wheat Hoagie

Vegetarian Cheesesteak \$10

House-made seasoned seitan, grilled peppers and onions, and provolone, baked on Sixteen Brick'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 flatbread.

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 Sixteen Brick's multigrain bread

The Joan of Arc \$11

Slow braised brisket, roasted red peppers, roasted garlic, blue cheese, caramelized onions, and provolone, baked on flatbread

House-made Sides

We prepare all our dressings and sides 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 trio of sides (pick any three options) \$11



Our Signature Fresh Wraps

We serve all our fresh wraps with Plocky's black bean tortilla chips.

- add a house-made side dish \$1

- gluten-free bread available upon request \$1

Avocado Bliss Wrap \$11

Savory baked tofu, half of a fresh avocado, roasted garlic, Roma tomato, shallots, white cheddar, and mixed greens

Pad Thai Wrap \$11

Your choice of either tofu or chicken, spicy peanut sauce, scallions, cilantro, shredded carrots, mung bean sprouts, cucumber, and baby spinach

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 our vegan cheeze for no additional charge. Our vegan smoky cheddar and vegan cheddar are 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, topped an olive medley, shredded Parmesan, croutons, and a lemon wedge, with your choice of either sliced roasted chicken breast or savory baked tofu

Greek \$11

Chopped romaine, marinated olives, marinated artichokes, cucumbers, Roma tomato, feta, and herbs, with sun-dried tomato vinaigrette

Blue Rock Pear \$10

Mixed greens, toasted walnuts, blue cheese 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, with your choice of dressing

Our Entree Salads

Northside Nicoise \$14

Mixed greens, roasted beets, marinated artichokes, olive medley, Roma tomato, hard-boiled egg, lime cilantro tuna salad, with your choice of dressing

Island Cobb \$14

Romaine, bacon, roasted chicken, hearts of palm, hard-boiled egg, white cheddar, blue cheese crumbles, and avocado, topped with pepitas, with lime cilantro dressing



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 \$2

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 noodles topped with our signature black bean chili and shredded white cheddar. Add diced onions!

Chili over Classic Mac \$8

A ladle of our signature black bean chili over our mac & cheese

FOR THE KIDS!

(FOR CHILDREN 12 AND UNDER)

PB & J \$6

All natural peanut butter with raspberry preserves on Sixteen Brick's multigrain bread, served with Plocky's black bean tortilla chips and fruit

Grilled Cheese \$6

White cheddar melted on Sixteen Brick'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 blue cheese

Vegan Mac & "Cheeze" \$8

Multigrain elbow macaroni ladled with our house-made vegan cheddar, (mimics sharp 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

Sweets \$5

Chocolate Mousse

House-made chocolate-flavored heavy cream & yolk custard, carefully blended with whipped cream!

Vegan Chocolate Pudding

Insanely thick & creamy! We melt chocolate & whip it into a silken tofu pudding with hints of vanilla



Beverages

Iced Teas and Lemonades

Freshly-brewed Iced Tea

Tea of the Month \$3

Earl Grey \$3

- add herbal simple syrup \$1

House-made Lemonade \$4 (no refills)

House-made Mango Lemonade \$4 (no refills)

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 Wellmann and our team have designed four seasonal signature drinks, especially made for Melt!

Cinnamon Orange Margarita

Tequila, fresh orange juice, house-made cinnamon syrup

The Bartlett

Bourbon, house-made pear syrup, chai tea, Angostura bitters

Raleigh St. Clair

Gin, cranberry, house-made rosemary syrup, Peychaud's bitters

Witch's Garden

Vodka, grapefruit juice, house-made ginger-sage syrup, soda

21 And Up Kombuchas

Fab Ferments Go-Go Ginger Kombucha \$5

Fab Ferments Pineapple Rage Kombucha \$5

Bottles and Cans

Madtree's Happy Amber, Lift, PSA, Psychopathy

Rhinegeist's Cidergeist Semi-Dry, Cougar, Truth

Jackie O's Razz Wheat, Chomalungma

Stiegl Radler, Crabbie's Ginger Beer, Budlight

Draft

Ask your server for our seasonal selections!

Wines by the Glass and Bottle

Sparkling

Compte de Laube Brut, France NV \$7/\$25

White

Colli Euganie Pinot Grigio, Italy, 2016 \$8/\$30

William Cole "Albamar" Chardonnay, Chile, 2014 \$8/\$30

Red

Compass Pinot Noir, California, 2013 \$8/\$30

Hansen Cellars Cabernet Sauvignon, California, 2014 \$8/\$30

Rosé

Pannonica Rosé, Austria, 2016 \$8/\$30