



Sandwiches and Wraps

Our sandwiches are freshly made to order with love, and served with a side of your choice!
Please note: Our flatbread is gluten-free and house-made vegan mayo is available upon request.
We politely request to limit your substitutions to protein, condiments, bread, or cheese options.

Artichoke Melt \$11

Our only open faced "melt" with artichoke-spinach spread, sliced Roma tomatoes, and white cheddar, baked on flatbread

Yeehaw BBQ \$11

Sliced roasted chicken, Roma tomatoes and fresh pico de gallo, drizzled with lots of house-made BBQ sauce, and provolone cheese, baked on a whole wheat hoagie

Vegetarian Cheesesteak \$11

House-made seasoned seitan, grilled peppers and onions, and provolone, baked on a whole wheat hoagie

The Rachel \$11

Smoked turkey breast, ruby kraut, Swiss, tangy sauce, baked on rye bread

The Hoffner \$12

Slow braised brisket, braised wild mushrooms, shallots, Swiss, horseradish cream, and fresh baby spinach, baked on rye bread

The Joan of Arc \$12

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

Verde Chicken \$12

Sliced roasted chicken breast, artichoke, zucchini, sun-dried tomato, pepita basil pesto, and provolone, with a balsamic drizzle, baked on flatbread, with fresh arugula after bake

The J.L.R. Burger \$12

A house-made black bean OR veggie burger served with cheese, tomato, and lettuce, with our house-made vegan mayo

Pad Thai Wrap \$12

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

1/2 Salad or Cup of Soup + 1/2 Sandwich \$12

Choose two from our salads, sandwiches, chili or soup of the day

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 cheese 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 seitan or brisket \$3

House-made Sides

We prepare all our sides in-house!
Enjoy a side item of your choice with our sandwiches and wraps!

Zesty Superfood Slaw

Buffalo Mac, Classic Mac, or Vegan Mac

Red Pepper Hummus & Tortilla Chips

Soup of the Day or Vegan Black Bean Chili

Quinoa Salad

Mixed Greens with a side of one of our house-made dressings

Baked Cauliflower "Wings"

- Choose BBQ or Buffalo Style, served with Vegan Ranch or Blue Cheese

Roasted Redskins with Curried Ketchup

Order a trio of sides (pick 3) for \$12



Salads

All our dressings are made fresh, in-house!

Ginger Hoisin Vinaigrette (V), Balsamic Vinaigrette (V, GF) Lime Cilantro Vinaigrette (V, GF), Herbed Ranch (V), Miso Tahini Caesar Dressing (V, GF) Curry Yogurt Dressing

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

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

Island Cobb \$14

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

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 house-made vegan cheddar, served over fresh spinach and topped with pico de gallo

Vegan 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

Cup \$4

Bowl \$7

Nachos \$9

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 vegan 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

Seasonal and House-made Soups

Please ask your server for our seasonal soup options in addition to our hearty, vegan black bean chili

Cup \$4

Bowl \$7

For the Kids!

(For children under 12)

PB & J \$6

All natural peanut butter with raspberry preserves on multigrain bread, served with tortilla chips and fruit

Grilled Cheese \$6

White cheddar melted on multigrain bread, served with fresh fruit

Small Chili & Cheese Spaghetti \$6

Spaghetti, chili, and white cheddar

Sweets \$5

All our desserts are made fresh daily by our talented team!

Ask your server for our current dessert offerings!



Beverages

Iced Teas and Lemonades

Freshly-brewed Iced Tea \$3

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