

Lunch Menu 11am-3pm

Small Plates

HOME MADE POTATO CHIPS 10.00

With grilled onion dip

HUMMUS PLATTER 14.00

With roasted peppers, Kalamata olives and cucumbers, pita (extra pita ..add \$2)

COCONUT SHRIMP 16.00

With a horseradish orange dipping sauce

CHICKEN BITES 12.00

with choice of bbq, teriyaki, buffalo sauce honey mustard or blue cheese

FRIED CALAMARI 16.00

With marinara sauce

PAN SEARED LUMP CRAB CAKE 18.00

Topped with corn, bacon and Dijon aioli

CRISPY CHICKEN WINGS 14.00

8 with choice of bbq, teriyaki, buffalo sauce And carrots, celery and blue cheese

CHICKEN CHEESE QUESADILLA 16.00

With salsa, guacamole and sour cream

Fresh Salads

Blue cheese, ranch, 1000 is, Balsamic vinaigrette, Honey mustard, Italian Add Chicken 6.00

Add Shrimp 8.00 add Salmon 12.00

Add a scoop of Chicken salad or Tuna salad 6.00

MEL'S WAY SALAD 12.00

Mixed Greens, tomato, cucumber, red onion, Sliced boiled egg. Choice of dressing

CAESAR SALAD 12.00

Romaine Hearts, fresh herb croutons, topped with Asiago Parmesan

STEAK SALAD 21.00

Mixed greens, cukes, tomatoes, olives, gorgonzola Sliced N.Y strip steak, balsamic vinaigrette

CRISPY CHICKEN B.L.T SALAD 16.00

Mixed greens with panko crusted chicken breast Bacon, tomatoes and sprinkled cheddar w/ranch

SEASONAL SALAD 14.00

Spinach, oranges, cranberries, walnuts, goat cheese In a sweet orange dressing

CHOPPED SALAD 14.00

Romaine, cukes, onions, tomatoes, dried cranberries Feta cheese white balsamic vinaigrette

THE WEDGE SALAD 12.00

Iceberg lettuce, chunky blue cheese dressing, bacon tomatoes

THE CHEF SALAD 18.00

Ham, turkey, swiss, provolone, egg, tomato, cucumbers, and cheddar cheese over romaine

GREEK SALAD 14.00

Cucumbers, tomatoes, kalamata olives, red onions, Feta over romaine lettuce

Breakfast

4 EGG OMELETTE 12.00 VEGGIE OMELETTE 16.00

Add cheese 1.00 add bacon 2.00 served with toast and fruit

BAGEL AND SMOKED SAMON PLATTER 16.00

Served with capers, onion and tomato

choice of plain or everything bagel

BREAKFAST SANDWICH or ALL AMERICAN BREAKFAST 12.00

bacon or ham, egg and cheese on French bread with home fries or fruit

Soup

SOUP OF THE DAY
Cup 5 bowl 9

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LUNCH SPECIAL \$9

No Discounts

½ SANDWICH & ONE SIDE

Choice of Turkey, ham, Chicken salad, Egg salad or white tuna salad Served with lettuce, tomato & choice of bread Rye, Wheat, or white bread

CHOOSE ONE SIDE: House salad, Caesar salad, soup of the day, steak fries, coleslaw, potato salad, fresh fruit or homemade chips

½ GRILLED CHEESE, BACON, TOMATO & CHOICE OF ONE SIDE

House salad, Caesar salad, soup of the day, steak fries, coleslaw, potato salad, fresh fruit or homemade chips

B.L.T SANDWICH & CHOICE OF ONE SIDE:

House salad, Caesar salad, soup of the day, steak fries, coleslaw, potato salad, fresh fruit or homemade chips

SOUP & SALAD choice of soup of the day & house salad

or Caesar salad ADD GRILLED CHICKEN 6.00 ADD GRILLED SHRIMP 8.00

½ HOUSE SALAD W/GRILLED CHICKEN

½ CAESAR SALAD W/GRILLED CHICKEN

Sandwiches & More

All sandwiches served with choice of steak fries, coleslaw, potato salad, fresh fruit or homemade potato chips substitute for soup, salad, Caesar, Veg of day \$2 Garlic spinach or Sweet potatoes \$3

DELI SANDWICH: CHOICE OF TURKEY, BLACK FOREST HAM

EGG SALAD, DILL CHICKEN SALAD OR WHITE TUNA SALAD 12.00

With lettuce and tomato, choice of rye, multigrain or white bread

DELI PLATTER 14.00

Scoop of white Tuna salad, Chicken salad, and Egg salad

Over greens, with tomatoes, cucumbers and toasted pita

TUNA MELT 14.00

On Rye bread with Swiss & tomato

FOOT LONG HOT 12.00

All Beef with relish and chopped onions

GRILLED CHEESE W/TOMATO AND BACON 12.00

On Thick Challah bread with American cheese

STEAK BURGER : 14.00

with Lettuce, tomato, onion, pickle on brioche bun

ADD CHEESE 1.50 ADD BACON 2.50

CHICKEN PHILLY 14.00 OR PRIME RIB STEAK PHILLY 16.00

With peppers, onions, Swiss and provolone

DOUBLE IRON CLUB : 14.00

Turkey, Ham, Bacon, American, Swiss, lettuce & tomato

On White bread

CHICKEN CLUB SANDWICH 14.00

Grilled chicken on pita with bacon, lettuce, tomato, pesto mayo

CRISPY CHICKEN B.L.T WRAP 16.00

On flour tortilla, crispy chicken, bacon

Lettuce, tomato, cheddar, drizzled ranch

CHICKEN CAESAR WRAP 16.00

On flour tortilla

MEL'S CUBAN 18.00

Roasted pork, ham, Swiss, dijonnaise, pickles on French bread

\$16 Lunch Favorites

Add soup or side salad \$3

BROILED HADDOCK w/ veggies

EGGPLANT LASAGNA with penne marinara

SPAGHETTI MEATBALLS

CARNE ASADA with rice/bean mix and sweet plantains

PENNE ALA VODKA add chicken \$6.00

MUSSELS MARINARA OR SCAMPI OVER SPAGHETTI

CONSUMER ADVISORY : consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical condition

MENU ITEMS AND PRICES MAY CHANGE WITHOUT NOTICE