

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

- CHICKEN CHEESE QUESADILLA 16.00
With salsa, guacamole and sour cream
- TERYAKI CHICKEN POTSTICKERS 14.00
4 over SPICY Asian coleslaw

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, Choice of dressing
- CAESAR SALAD 14.00
Romaine Hearts, fresh herb croutons, topped with Asiago Parmesan
- 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, tomato, cucumbers, and cheddar cheese over romaine

\$18 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

Soup

SOUP OF THE DAY
Cup 5 bowl 9

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LUNCH SPECIAL \$9

No Discounts
Not available for parties

- ½ SANDWICH & ONE SIDE
Choice of Turkey, ham, Chicken salad, or white tuna salad Served with lettuce and 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 SANDWICH
CHOOSE ONE SIDE: Soup of the day, House salad, Caesar salad, soup of the day, steak fries, coleslaw, potato salad, fresh fruit or homemade chips
- SOUP OF THE DAY & CHOICE OF SIDE SALAD
house salad or Caesar salad
ADD GRILLED CHICKEN 6.00 ADD GRILLED SHRIMP 8.00
- ½ HOUSE SALAD W/GRILLED CHICKEN
With mixed greens, iceberg, tomato, cucumber and red onion
- 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
- B.L.T SANDWICH 12.00
With lettuce, tomato, bacon and mayo on white bread
- 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 13.00
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
- CHICKEN CLUB SANDWICH 15.00
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, dijonaissse, pickles on French bread
- BBQ PORK SANDWICH 14.00
Pulled pork on a Brioche bun topped with bbq sauce and coleslaw
- FRIED HADDOCK SANDWICH 14.00
With lettuce and tomato , tartar sauce on a Brioche bun

Ala Carte Sides

- VEGETABLE OF THE DAY, GARLIC BROCCOLI, COLESLAW \$6
- CAESAR SALAD, HOUSE SALAD, POTATO CHIPS, FRIES \$6
- SWEET POTATO WEDGES OR SAUTEED GARLIC SPINACH \$8
- SIDE OF PASTA MARINARA OR GARLIC OIL \$10

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