



### Blue Plate Special

changes daily! ask your server. Please tell us about your favorites.

Chicken Pat Pie — try one. Baked in our own kitchen and served with salad & a roll.	\$10.95
Mels Spring Chicken — fried crispy on the outside tender and juicy on the inside,	
with coleslaw, fries, roll & honey	\$10.75
♦ All American Meat Loaf — served with lumpy mashed potatoes.	
homemade gravy, vegetables, roll & butter	\$10.25
Rotisserie Chicken — half chicken, tender and juicy served with	
lumpy mashed potatoes, fresh vegetables, roll & butter	\$10.95
Homemade Turkey Dinner — served the old-fashioned way with stuffing,	
homemade gravy, lumpy mashed potatoes, vegetables, roll & butter	\$10.95
♦ Chuck Wagon Steak — 10 oz. Ground Chuck Steak cooked to perfection	
Topped with Mushrooms, gravy, served with mashed potatoes & sauteed vegetables	\$9.25
Fish & Chips — served with coleslaw, tartar sauce, roll & butter	\$10.25
Chicken Breast Dinner — broiled, marinated in our own secret recipe	
served with fresh vegetables, lumpy mashed potatoes, roll & butter	\$10.95
New York Steak (10 oz.) — broiled, served with green salad, mashed potatoes,	
vegetables, roll & butter	\$16.75
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SALADS	
Mels Mels	
Santa Fe Salad broiled marinated chicken breast served on a bed of crisp lettuce,	
with tomato, cucumber, avocado, egg, jack cheese, our own salsa & choice of dressing	\$10.95
Caesar Salad — fresh, crisp romaine lettuce tossed with Caesar dressing,	
topped with grated parmesan cheese & crunchy seasoned croutonssm-\$5.75.	lg-\$7.25
with charbroiled Chicken Breast, add \$3.25	
Chef's Salad — mixed green salad topped with ham, turkey, cheese & egg slices	\$9.75
Tuna or Chicken Salad — on lettuce with tomato, cucumber	
& sliced eggsm-\$6.25.	lg-\$8.25
♦ Chopped Grilled Vegetables Salad — grilled asparagus, zucchini, spring onion	
& sweet corn tossed with avocado, tomato & greens in vinaigrettesm-\$7.75.	la-\$9.75
with charbroiled Chicken Breast, add \$2.75	
Broiled Chicken Breast Salad — capers, pine nuts, raisins, hard boiled egg,	
tomatoes & red potatoes, tossed with vinaigrette	¢11 76
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Cobb Salad — sliced turkey on a bed of lettuce with tomatoes, avocado,	
blue cheese, chopped egg, carrots, black olives & italian dressing	
California Fruit Salad — fresh fruit in season & choice of cottage cheese or yogurt	\$8.95
Taco Chicken Salad — charbroiled breast of chicken on shredded lettuce,	
grated Cheddar, refried beans, guacamole & sour cream all in a crisp taco shell	\$11.25
♥ Spring Salad — mixed organic baby greens, avocado, tomatoes, cucumbers,	
carrots & sprouts topped with your favorite dressing	\$7.95
Mels Famous Spinach Salad — fresh spinach, crisp bacon, mushrooms &	
crumbled blue cheese, tossed with our homemade sesame ginger dressing	\$7.95
House Salad — tossed greens, tomatoes, carrots, cucumbers &	
choice of dressingwith avocado, add \$1.60sm-\$4.25	lg-\$6.75
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## **Our Policy**

## **BURGERS**

All our burgers are served with choice of Cup of soup, Mels American fries, Twisty fries, Coleslaw, Cup of fruit, Green salad or Caesar salad, and Pickle chips. -- Try our Onion Rings - \$1.50

Mels choice ground chuck has no additives or preservatives and its delivered fresh daily. When you take a bite of our 1/3 lb. - WATCH OUT FOR THE JUICE!

### FOR THE HEARTY APPETITE, TRY OUR 1/2-lb. BURGERS

Grilled Onions - Our Specialty The Famous Melburger — classic American favorite made as only we know how. juicy 1/3 lb. ground chuck served on sesame seed bun, crisp lettuce, tomato, Bermuda onion, mayonnaise & pickle chips.... Cheeseburger - melted American, Jack, Cheddar or Swiss on your old favorite .... ...1/2 lb. add 75¢... Sunset Burger — 1/2 lb. topped with melted cheddar cheese & crisp bacon.

avocado, lettuce, sliced tomato & red onion on grilled sourdough.... \$10.74 Veggie Burger - served on a whole wheat bun with sprouts.... ...\$7.75 Avocado Burger - all that's in a Melburger with sliced avocado, onion Jack cheese & crisp bacon... .\$8.95 Mushroom Burger - chef's choice. This gourmet burger served with sauteed mushrooms & Jack cheese .... .\$8.75 Big Mel Combination Plate — half pounder "proven favorite" served with fries & tossed green salad .... \$10.75 Patty Melt — a juicy 1/3 lb. hamburger patty with two slices of melted swiss, grilled onion on grilled rye. "An old favorite"... Chiliburger - open-face with our special recipe chili, grated cheddar cheese & sliced onion...... \$10.50

Fish Burger — delicious, deep-fried to a golden brown, served with tartar sauce.... Gourmet Turkey Burger — juicy 1/3 lb. ground turkey patty served on a whole wheat bun... NEW!!!



### **MELS HOT OPEN FACED SANDWICHES**

Chili Fries - American fries topped with chili & cheese.

fresh sliced, served with homemade gravy, Mels own lumpy mashed potatoes & veggies Mels Famous Hot Turkey Sandwich .\$9.25 Mels Hot Roast Beef Sandwich... .\$9.25 SOUP

٠	Clam Chowder — Friday only  DEBBIE'S HOMEMADE TE served with onions and grated cheese.	XAS CHILI	cup	bowl \$6.25
	Soup of the Day Clam Chowder — Friday only			\$5.00
	Grandma's Chicken Soup — with noodles			
	served with Saltine crackers		cup	bowl

Mels Original T-Shirts: \$15.00 Mels Gift Certificate's Available

15% gratuity will be added to parties of eight or more.

Sorry, no personal checks.

\$6.75







..\$8.25

...\$8.75

\$7.75













To serve in courteous and cheerful manner . . . Quality food properly prepared under immaculate conditions ••• To maintain at all times fair prices and a high standard of excellence in food and service. Mels only fries in Trans Fat Free Oil.

## **SANDWICHES**

Cup of soup, Mels American fries, Twisty fries, Coleslaw, Cup of fruit, Green salad or Caesar salad, & Pickle chips. Try our Onion Rings - \$1.50

Fried Egg Sandwich — On white toast with lettuce, mayo & whole black onves	\$5.9
Grilled Cheese Combination — Jack, Swiss & Cheddar on sourdough	\$6.7
♥ The Haven's Famous Vegetarian Sandwich — Avocado, sprouts & tomatoes	
served on 9-grain bread	\$7.5
B.L.T — "old favorite" on sourdoughwith avocado, add \$1.60	\$7.2
Smoked Ham & Cheese — grilled served on rye	\$7.2
Tuna Melt — grilled tuna with cheddar cheese on rye - "my favorite"	\$7.7
♦ The French Dip — "real winner". lean slices of roast beef on a french baquette.	φ/./
served au jus. Try it New Orleans style with mayo,	
horseradish & tahasco.	\$9.2
Mels 3-Deck Club — fresh breast of turkey, bacon, lettuce & tomato	
And the second s	
piled high on toasted sourdough	\$9.2

### THE GREAT STEAK SANDWICH — choice strip broiled to your liking on a toasted garlic cheese french baguette, topped with Bermuda onion, pickles & lettuce, you add the mustard (Grey Poupon, of course). ......



### CHARBROILED BREAST OF CHICKEN SANDWICH

boneless, skinless, tender breast of chicken marinated with spices. lettuce, tomato, mayo, red onion & sliced avocado on toasted sourdough. .\$9.75

San Francisco Hot Dog — scooped out sourdough roll, cheese, onion relish & pickle...\$6.25 Chili Dog - topped with chili, onion & cheddar cheese... \$8.95

Side Orders	Variety Platter\$9.
Mels American Fries\$3.25	Grilled Potatoes- house specialty\$3.
Twisty Fries or Onion Rings\$3.75	Hash Browns\$3.
Colossal Blossom\$4.95	Herman's Potato Salad\$3.2
Mels Onion Rings & Fries\$4.25	Lumpy Mashed Potatoes w/gravy\$3.
Wet Fries - with gravy\$3.75	Coleslaw - our own recipe\$3
Cheese Fries\$4.25	Sauteed Vegetables\$4.
Wine List	

		Wine List
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E		Chateau Ste. Michelle Chardonnay\$5.75
		RFFR

## Clos du Bois Cabernet Sauvignon....\$6.75

BEER	Chateau Ste. Michelle Merlot\$6.75
Long Neck Bud/Bud Light\$3.00	Long Neck Corona\$4.00
Samuel Adams \$4.00	Heineken\$4.00











Great Steak Sandwich











# FOUNTAIN --- FEATURING & CGOO SIGE CREAM

the thickest shake in town (you always get a little extra in the can)

### **FOUNTAIN DELIGHTS**

Low Fat Yogurt Shake — déééélicious! vanilla, chocolate or strawberry	\$4.50
■ Milk Shake — thick old-fashioned chocolate, strawberry or vanilla	\$4.50
— fresh banana, pineapple, butterscotch or coffee	
— Black & White	
— Espresso Milk Shake	\$5.25
Smoothies — ask your server for selection	\$5.25
Malt — thick creamy and richadd	30¢ to milk shake
Mels Deluxe Sundaes — chocolate, pineapple or strawberry	
- with nuts & whipped cream	\$6.35
— Black & White	
— hot fudge, caramel or marshmallow	
Banana Split — "It's been a long time"	\$6.95
Root Beer or CocaCola Floats.	\$4.50
Mels Special Orange Freeze	\$4.50
♦ Ice Cream or Sherbet one scoop \$3.50 two	scoops\$4.85

Coa Cola Cherry, Chocolate, Vanilla,	_emon\$2.50
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## **DESSERTS**

we suggest ala mode, of course Double crusted pies fresh baked daily in Mels kitchen

Hot Apple Pie with Cinnamon Sauce	\$4.25
— ala mode or with melted cheese, add 75¢	
Deep Dish Peach Cobblerwith ice cream a must, add 75¢	\$4.25
♦ Homemade Berry Pies	\$4.25
Marge's Cherry Pie	\$4.25
Homemade Chocolate Fudge Cake	\$4.25
Mels Double Cream Cheesecake with strawberry topping	\$4.25
Pumpkin Pie	\$4.25
Fresh Strawberry Shortcake — in season	\$4.75

## **BEVERAGES**

Espresso	\$3.00
Cafe Latte Cappuccino	\$3.50
Cappuccino Cappuccino	\$3.50
Cafe Mocha	\$3.50
Tee Cappuccino	\$3.50
Espresso Milk Shake	\$5.25
Coffee - Mels blend	\$2.10
Brewed Decaf	\$2.10
Tea	\$2.10
Hot Chocolate	
whitehood organ	62.50

Milk	sm. \$1.95	lg.\$2.20
Coca Cola	liet Coke,	-
Root Be	er or Sprite	\$2.2
Evian Spri	ing Water	
	— sm. \$2.95	lg.\$4.73
Pellegrino	Sparkling Water	
	— sm. \$3.75	lg.\$5.2
Fresh Len	onade	\$2.73
Ice Tea		\$2.75
Fresh Len	onade / Ice Tea Con	nbo
22 oz a	real treat	\$2.95
Iced Coffe	e w/whinned cream	\$2.2



















## **BREAKFAST**

## GOOD MORNING May we serve you coffee now?

JUICES AND FRUITS	small	large
Fresh Squeezed Orange or Grapefruit Juice	\$2.75	
Tomato or Apple Juice	\$2.25	\$2.75
Fruit Bowl — fresh fruit in season		\$5.50
HOT & COLD CEREAL		

Assorted	Cold	Cerea	ls —	served	d with	1/2 &	1/2			
<b>Oatmeal</b>	or Cr	eam of	Whe	at —	served	d with	1/2	& 1/	2 and	raisins

...\$5.25 ...\$5.75 MELS CLUB BREAKFAST served with choice of Grilled Potatoes, Hash Brown or Fruit Cup, Toast & Jelly English Muffin or Bagel, add 60¢

Country Fresh Eggs — 3 any style	\$6.25
- with ham, bacon or sausage, add\$2.25	
Diced Ham & Eggs — with green onions	\$7.75
The Lumber Jack — 8oz. Ham Steak, 3 eggs, 2 pancakes & d	choice of one side\$9.25
El Rancho — flour tortilla rolled with three scrambled eggs,	chorizo & cheddar cheese,
topped with tomato salsa, tomatillo salsa & sour cream. Served w	ith choice of one side\$8.95

## 6oz Sirloin Steak & Eggs 3 form fresh eggs, grilled pototoes, toost & jelly......s

## TRY OUR FAMOUS

Homemade Corned Beef Hash & 3 Eggs	\$9.75
♦ Low-Calorie Grilled Turkey Hash & 3 Eggs.	\$9.75
Yuppie Joe's Scramble — ground turkey, fresh spinach, mushrooms & green onions scrambled with 3 large farm fresh eggs	\$9.75
The Elvis Scramble — with chorizo, green chili peppers & Monterey Jack cheese	\$9.75
Short Stack with Ham — with two eggs.	\$7.95
Biscuits & Gravy	\$5.25
PANCAKES, FRENCH TOAST AND WAFFLE	

Old-Fashioned Buttermilk Pancakes	\$6
Las Vegas Silver Dollar Pancakes	\$6.
Mels Thick-Sliced French Toast — house specialty	\$6.
Short Stack or Waffle — with 2 eggs & choice of bacon or sausage	\$7

Old-Fashioned Buttermilk Pancakes	\$6.25
Las Vegas Silver Dollar Pancakes	\$6.25
Mels Thick-Sliced French Toast - house sp	ecialty\$6.95
Short Stack or Waffle - with 2 eggs & choice	of bacon or sausage\$7.95
French Toast - with 2 eggs & choice of bacon	or sausage\$7.95
Golden Brown Waffle	\$6.25
4-EGG OMELETTES	served with choice of one side, & Toast & Jelly English Muffin or Bagel, add 60¢

Plain Omelette	\$6.9
Cheese Omelette — American Cheese	\$7.7
Natural Swiss, Cheddar or Monterey Jack	\$7.7
Denver — ham, green peppers, onions & mushrooms	\$8.8
Ham & Cheese — the original.	\$8.5.
Mushroom Omelette — fresh, lightly sauteed, with green onion	\$7.9.
♥ Vegetarian — broccoli, mushrooms, zucchini, yellow squash, red & green peppers	\$8.9.
Steven's Favorite —ham, avocado, cheddar cheese & a little sour cream	\$8.9
Hangover Five Alarm — Mels famous chili with Cheddar cheese	\$9.9

### SIDE ORDERS

Bagel \$3.25	English Muffin\$2.73	Tomato Sliced\$3.50
- with cream cheese\$3.50	One Egg\$2.50	Short Stack\$4.75
Bacon or Sausage\$4.75	Ham\$4.50	Sour Cream \$2.25
1/3 lb. Hamburger Patty\$4.50	Grilled Potato\$3.85	Corned Beef Patty\$5.50
Yogurt or Cottage Cheese. \$3.00	Toast \$2.75	Hash Browns \$3.85























