



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 tofu 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 Shadeau's Whole Wheat Hoagie

Vegetarian Cheesesteak \$10

House-made seasoned seitan, grilled peppers and onions, and provolone, baked on Shadeau's Whole Wheat Hoagie

The Rachel \$10

Smoked turkey breast, ruby kraut, Swiss, tangy sauce, 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

The Maureen \$10

Lime cilantro tuna salad, Swiss, Roma tomato, and mixed greens, baked on Shadeau'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

Our Signature Fresh Wraps

Avocado Bliss \$11

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

Pad Thaiwich \$11

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

House-made Sides

Mixed Greens & Dressing

Ginger Hoisin Vinaigrette (V)

Balsamic Vinaigrette (V, GF)

Lime Cilantro Vinaigrette (V, GF)

Miso Tahini Caesar Dressing (V, GF)

Curry Yogurt Dressing

Zesty Superfood Slaw

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 Classic Salads

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

Garden Bash \$11

Chopped romaine, topped with shredded carrots, red cabbage, cucumbers, red bell peppers, marinated chickpeas, and pepitas, with your choice of dressing

Mac & Cheese

Classic Mac & Cheese \$6

Multigrain elbow macaroni ladled with our house- made white cheddar bechamel sauce

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

Chili over Classic Mac \$8

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

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 \$1

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!

For the Kids!

(For Children 12 and Under)

PB & J \$6

All natural peanut butter with raspberry preserves on Shadeau's multigrain bread, served with Plocky's Black Bean Tortilla Chips and fruit

Grilled Cheese \$6

White cheddar melted on Shadeau's multigrain bread, served with Plocky's Black Bean Tortilla Chips and fresh fruit

Small Chili & Cheese Spaghetti \$6

Spaghetti, chili, and white cheddar

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.

Iced Teas and Lemonades - add a house-made simple syrup \$1

Freshly-brewed Iced Tea

Yerba Mate \$3

Earl Grey \$3

House-made Lemonade \$4 (no refills)

Bottled and Canned Cane Sugar Sodas

Mexican Coke \$1.75

Blue Sky Canned Sodas \$1.75 Ask for our current selections!

Sparkling Water

San Pellegrino Sparkling Water (500ml) \$3

All-Age Kombuchas

Ask for our current selections! \$5

Coffee

Fresh roasted coffee beans from La Terza

Regular and Decaf - Iced or Hot \$2.00