



Melanie's has been serving delicious home-cooked food made to order since 1991. We use fresh, high quality ingredients, and strive to use local ingredients whenever possible.

We are very sensitive to vegetarian and vegan concerns and take the utmost care to cook meat items separately. Please let your server know of allergy or dietary concerns and we will do our best to accommodate you.

Hours

Monday - Saturday 8am - 2pm
Sunday Brunch 8:30am - 2pm

BREAKFAST PLATES

*Potato Maddness

Homefries sauteèd with onions, green peppers and mushrooms, topped with two local farm eggs your way and your choice of cheese.

Served with homemade toast with grape jelly or apple butter - 9

Tempeh Scramble

Tempeh, onions, green peppers, tomatoes, homefries, and mushrooms sautéed then scrambled with two local farm eggs and fresh herbs. Excellent vegan choice without the eggs. Served with homemade toast with grape jelly or apple butter - 10

Paul's Tempeh Special

Tempeh, sundried tomatoes, mushrooms, spinach, onions and garlic sautéed then scrambled with two local farm eggs and fresh herbs. Served with homemade toast with grape jelly or apple butter - 10

*Extreme Appalachian Breakfast

Two local farm eggs your way with your choice of tempeh strips, soysage, uncured bacon, or canadian bacon, homefries or grits, biscuit and gravy, stewed apples and a multigrain pancake - 10

*Watauga Sunrise Breakfast

Two local farm eggs your way with your choice of tempeh strips, soysage, uncured bacon, or canadian bacon and homefries or grits. Served with homemade toast with grape jelly or apple butter - 8

*Melanie's Big Breakfast

Two local farm eggs your way with homefries or grits, stewed apples and homemade toast with grape jelly or apple butter, or biscuit & gravy - 8

*Student Special

Two local farm eggs your way with homefries or grits and homemade toast with grape jelly or apple butter - 6

EGG ENTREES

Eggs are farm fresh, pasture raised and are sourced locally from Aunt Bessie's Farm in Deep Gap.

*Eggs Benedict

Two poached local farm eggs and canadian bacon served on homemade toast, finished with scratch-made hollandaise.

Fruit garnish and homefries - 13

Substitute tempeh or bacon for canadian bacon

*Eggs DaVinci

Two poached local farm eggs, roasted red peppers, artichoke hearts on a bed of fresh spinach. Served on homemade toast, finished with scratchmade hollandaise.

Fruit garnish and homefries. - 13

*Eggs Florentine

Two poached local farm eggs and fresh tomato slices served on a bed of fresh spinach. Served on homemade toast, finished with scratch-made hollandaise.

Fruit garnish and homefries. - 13

OTHER OPTIONS

Quiche du Jour

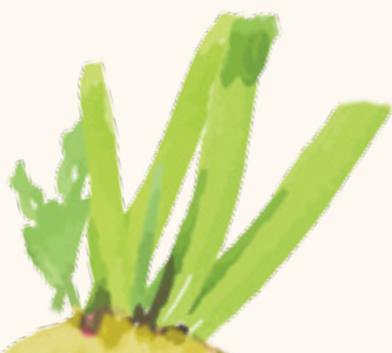
Daily quiche creation served with fruit, homefries or grits and homemade toast with grape jelly or apple butter - 8

Fresh Fruit & Granola

Seasonal fresh fruit with yogurt, homemade granola and honey. Bowl served with toast and grape jelly or apple butter.

Bowl - 8 Cup - 4 Cup of "just fruit" - 3

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OMELETS

Three local farm egg omelet served with homefries or grits and homemade toast with jelly or apple butter.

Fresh Herb

Blend of fresh and dried herbs, tomato with your choice of cheese - 8

Greek

Fresh spinach, tomatoes, onions, garlic, black olives, feta cheese - 9

Mexican

Tomatoes, onions, green peppers, cheddar cheese, seasoned with fresh cilantro, cumin - 9

Spinach Garlic

Fresh spinach and garlic finished with swiss cheese - 9

Hearty Potato Soysage

Seasoned potatoes, onions, and soysage with your choice of cheese - 9

Western

Canadian bacon, onions, green peppers, tomatoes, cheddar cheese - 9

Broccoli Mushroom

Fresh broccoli, onions, mushrooms, cheddar cheese - 9

Build Your Own

Your choice of cheese and three veggies - 9
Add bacon, canadian bacon, tempeh or soysage - 1

Egg White

Any of the above choices . +1

FROM THE GRIDDLE

Multigrain Pancakes

Buttermilk pancakes made with white and whole wheat flour, oat bran, buckwheat flour and flax meal. Served with syrup and butter.
Double Stack (2) - 6 Triple Stack (3) - 8

Pancakes du Jour

Ask your server about today's special.
Served with syrup and butter.
Double Stack (2) - 7 Triple Stack (3) - 9

Belgian Waffle

Traditional Belgian waffle cooked on the stove top until crispy. Served with syrup and butter.
Half Waffle - 5 Whole Waffle - 7

Fruit Waffle

Our Belgian Waffle topped with seasonal fruit, yogurt, honey and a dash of cinnamon.
Half Waffle - 7 Whole Waffle - 10

Banana Nut Waffle

Our Belgian Waffle topped with fresh bananas and walnuts.
Half Waffle - 7 Whole Waffle - 10

French Toast

Our homemade bread transformed into fabulous French toast. Served with syrup and butter - 7

Stuffed French Toast

Our French toast layered with raspberry cream cheese spread, topped with fresh bananas and strawberries, raspberry coulis, and whipped cream - 10

BISCUITS

Bread and biscuits are made from scratch and provided by Stick Boy Bread Co.

345 Hardin Street in Boone.

Trucker Breakfast

Homemade biscuit split and covered with our mushroom gravy. Topped with two local farm eggs your way, cheddar cheese and crumbled bacon. Served with homefries or grits -9

Biscuits & Gravy

Homemade biscuits with house mushroom gravy - 4 Double - 6

Egg & Cheese Biscuit

Egg and your choice of cheese on a homemade biscuit - 2.99

Add soysage, bacon, or canadian bacon - 0.99

BEVERAGES

All Beverages 2.50 unless otherwise specified

Locally Roasted Organic Coffee

Provided by Bald Guy Brew, Regular or Decaf, free refills

Organic Hot Tea

Organic Unfiltered Apple Juice

Orange Juice

Southern Sweet Tea

free refills

Raspberry Peach Iced Herbal Tea

free refills

Milk or Chocolate Milk

Pot of Honey Lemon Ginger Tea - 4

Fresh Squeezed Grapefruit Juice

small or large 3/5

Organic Fresh Squeezed Carrot Juice - 3.50

Also delicious mixed with apple or orange juice

SIDE ORDERS

Bacon (2 strips) - 2 (Three strips) - 3

Tempeh Strips(4)- 3

Soysage (2 patties) - 2

Canadian Bacon - 2

Stewed Apples, Homefries or Grits - 2

One Egg Cooked Your Way - 2

Maple Syrup (1.5 ounce)- 2

One Pancake - 3 Pancake du Jour - 4

Hollandaise - 2

Homemade Toast -

Half- 1 Whole - 2

Biscuit with Apple Butter or Jelly - 2

KIDS BREAKFAST MENU

Served with a 12 oz milk, apple juice or orange juice - 6

*One Egg with Homefries & Toast

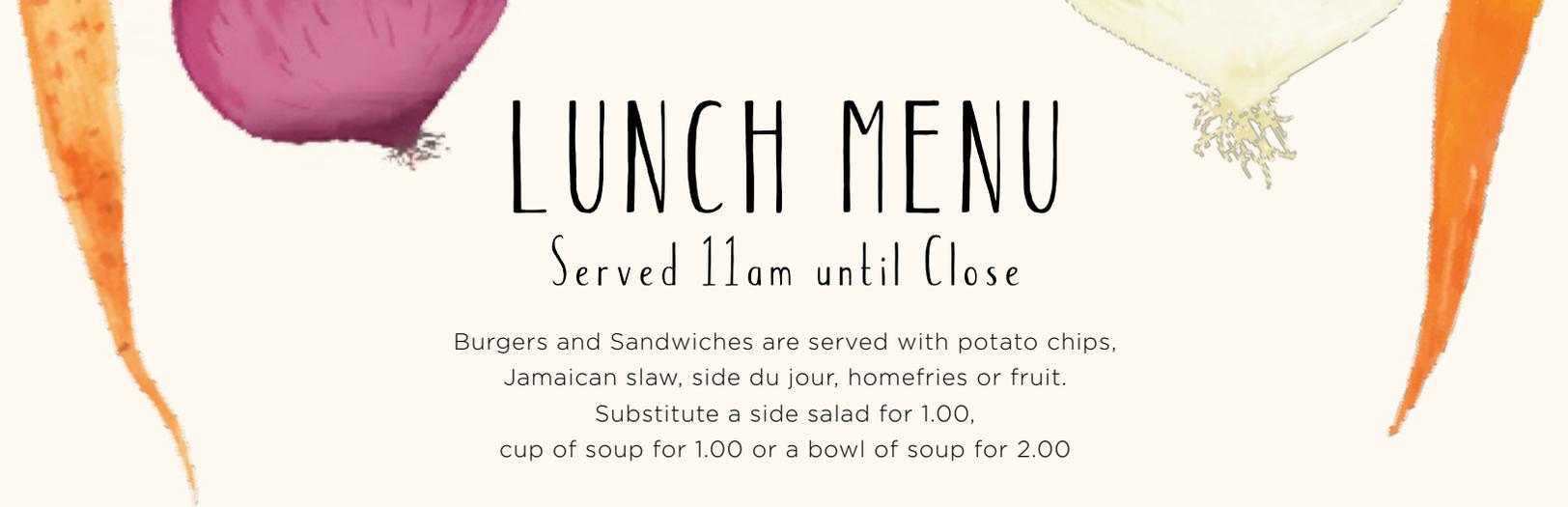
Granola with Yogurt & Fresh Fruit

Pancake with side of Fresh Fruit

French Toast with side of Fresh Fruit

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LUNCH MENU

Served 11am until Close

Burgers and Sandwiches are served with potato chips,
Jamaican slaw, side du jour, homefries or fruit.

Substitute a side salad for 1.00,
cup of soup for 1.00 or a bowl of soup for 2.00

SANDWICHES

Choose your protein

(can come with chicken, turkey, or tempeh)

Southwestern

roasted red peppers, fresh cilantro, red onion,
cheddar cheese and southwestern aioli on Stick Boy
hoagie - 9

Mediterranean

artichoke hearts, roasted red peppers, fresh basil,
provolone cheese and garlic aioli on Stick Boy
hoagie - 9

Bacon Chipotle

bacon, red onion, spinach, southwest aioli,
provolone on Stick Boy hoagie - 9

Veggie Melt

Cheese, onion, green pepper, garlic,
ginger, mushrooms and tomato on Mel's bread - 9

Caribbean Sammie

sautéed in jerk sauce with green pepper, onion,
pineapple and fresh jalapenos with melted
provolone cheese on Mel's Bread - 10

Philly

onions, green peppers, and mushrooms,
sautéed in house made philly sauce with melted
provolone cheese on Mel's Bread - 8

Tempeh or Turkey Reuben

strips of tempeh or sliced turkey topped with
sauerkraut, Swiss cheese and Melanie's housemade
Russian dressing on Stick Boy Rye bread - 9

Apple-achian

smoked turkey, thinly sliced granny smith
apples, toasted walnuts, provolone, feta and swiss
cheese on Stick Boy hoagie - 9

*Jamaican

fried egg topped with cheddar cheese, sliced
tomato, and piled high with zesty Jamaican slaw on
Stick Boy hoagie - 8

Greek Veggie

artichoke hearts, fresh spinach, olives, roasted
red peppers, sundried tomatoes, feta and
provolone cheeses and garlic herb aioli
on Stick Boy Hoagie - 9

Bacon, Lettuce, Tomato

bacon, leaf lettuce and sliced tomatoes
with roasted garlic and herb aioli on Mel's bread - 8

Aioli Choices: Garlic and Fresh Herb, Chipotle
Southwestern, Cucumber Dill, Spicy Mustard

BURGERS

Our burgers are made from locally raised 100% ground beef provided by North Fork Farms here in Watauga County. Their cattle are pasture raised without added antibiotics or hormones. Pasture feeding is supplemented with some all natural grain.

Melanie's Burger

topped with lettuce, tomato and sprouts with your choice of aioli and cheese - 9

The Butter Burger

Melanie's burger stuffed with your choice of butter: herb garlic or spicy southwestern. Topped with lettuce, tomato, and sprouts with your choice of aioli and cheese - 10

Bacon Butter Burger - 10

Homemade Veggie Burger

We make this veggie burger from scratch using potatoes, carrots, onions, squash, zucchini, flax seeds and bread crumbs. Topped with lettuce, tomato and sprouts with your choice of aioli and cheese - 9

SOUP & SALAD

Soup

made from scratch daily
Cup - 3 Bowl served with homemade toast - 6

Side Salad

green leaf lettuce, spinach, tomatoes, mushrooms and onions - 4

Melanie's House Salad

mixed greens with toasted almonds, sliced strawberries, cucumber, thinly sliced red onion and feta cheese

wServed with homemade toast - 8

With Chicken or Tempeh - 10

Curried Chicken Salad

all natural chicken mixed with grapes, toasted almonds and celery served on a bed of lettuce with homemade toast - 9

KIDS LUNCH MENU

Served on Stick Boy multigrain bread with a side of chips or fruit and a small drink - milk, apple juice, orange juice or sweet tea - 6

Grilled Cheese Sandwich

Grilled Turkey & Cheese

Peanut Butter & Jelly

