



LUNCH MENU

Monday to Wednesday: 11am until Close

Thursday to Saturday: 11am until 5pm

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

MEL'S SANDWICHES

Aioli Choices: Garlic and Fresh Herb, Chipotle Southwestern,
Roasted Red Pepper, Spicy Mustard

Choose your protein

(can come with Chicken 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 roasted red pepper aioli
on Stick Boy hoagie - 9

Bacon Chipotle

Bacon, red onion, spinach, southwest aioli,
provolone on Stick Boy hoagie - 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 roasted red pepper aioli
on Stick Boy hoagie - 9

Tempeh Veggie Melt

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

BLT + Avocado

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

KIDS LUNCH MENU

For children 12 and under only.

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

*Eggs and burgers are cooked to order. Consuming raw or undercooked meats or eggs may increase your risk of food borne illness. Please alert your server of any food allergies prior to placing your order.

LUNCH MENU

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.

Cooked medium unless otherwise specified.

*The Melanie's Burger

Blackened seasoning with homemade pimento cheese. Topped with lettuce and tomato with your choice of aioli - 11

Homemade Veggie

Scratch-made using potatoes, carrots, onions, squash, zucchini, flax seeds and bread crumbs. Topped with lettuce and tomato with your choice of aioli and cheese - 9

*Bacon Avocado

Real bacon and creamy avocado. Topped with lettuce and tomato with your choice of aioli and cheese - 11

*Black & Bleu

Our take on a black & bleu with blackened seasoning, sauteed mushrooms, bleu cheese. Topped with lettuce and tomato with your choice of aioli - 11

*Jamaican

Comes with house-made Jamaican slaw, tangy jerk sauce, and a fried egg. Topped with lettuce and tomato with your choice of aioli and cheese - 11

*House

Topped with lettuce and tomato with your choice of aioli and cheese - 10

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SOUP & SALAD

Melanie's House Salad

Mixed greens with onions, cherry tomatoes, bleu cheese, walnuts, and marinated zucchini. served with homemade toast - 8
with Chicken or Tempeh - 10

Side Salad

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

Southern Chicken Salad

Made from scratch, this recipe changes seasonally and is always made with all natural chicken breast. Ask your server for current flavor - 9

Soup

Made from scratch daily. Ask your server for details
Cup - 3 Bowl - 6

LUNCH DRINKS

Local Craft Beer

We rotate taps from our favorite local, craft breweries on a regular basis. Also ask about our can options. Our selection is fresh, seasonal, and local.
Pint - 4

Wine

Our wines are selected to pair perfectly with our diverse menu. Wine list is available from your server. Glass - 6/8

Melanie's Mimosa

With fresh squeezed grapefruit, served all day - 7

Mimosa

Served all day - 6

