

BREAKFAST-

"the most important meal of the day!"

served from 6:30-10:00am

Breakfast Sandwiches—Made to Order

Meat Options: Ham, Bacon or Sausage

Cheese Options: Cheddar, Swiss, Pepperjack

Croissant Sandwich House baked flaky croissant stuffed with fluffy scrambled eggs, your choice of meat & cheese 5.99

Bagel Oasis Breakfast Sandwich Your choice of bagel, toasted and served with house scrambled eggs & your choice of meat & cheese. 4.99

Texas Toasty Sandwich Your choice of thick white or wheat bread, toasted with your choice of meat & cheese and topped with house scrambled eggs. 4.99

Breakfast Wraps 3.99

Denver Ham, cheddar, green onions & bell pepper

Bacon Double cut bacon, cheddar & salsa

Spinach & Feta Fresh Spinach, feta cheese & red peppers

Caprese Fresh Tomato, mozzarella & fresh basil

Mushroom Sautéed mushrooms, mozzarella & red peppers

Mac-Daddy Lumberjack Wrap

12" tortilla heated and filled with scrambled eggs, bacon or sausage & Mel's Hash Browns **6.99**

Hot Selections - Dished up with a Smile 3.99

Choose up to 3 of the following:

Freshly Scrambled Eggs

Skillet Potatoes Red Potatoes seared with onions & peppers

Mel's Signature Hash Browns Shredded russet potatoes with a blend of cheddar, mozzarella & sour cream

Add-Ons

Double Cut Bacon Best BACON in town..... .89/slice

Sausage Patty seasoned & heated..... .89/each

Toast with butter (gluten free or rustic add .39)..... .89/each

English Muffin with butter..... 1.09/each

Salsa .40 Sour Cream .40 Ranch Dipper .40

From the Kettle - Hearty Oatmeal 2.99 / 3.49 / 3.99

Grab N Go - Breakfast Buddies 3.79 or 2/\$7

English Muffin, egg patty, cheddar cheese and your choice of bacon, ham or sausage

Full Meal Deal 6.99

Scrambled Eggs with your choice of Bacon (2) or Sausage Patties (2) and your choice of Skillet Potatoes or Signature Hash Browns

Bagels by Bagel Oasis 1.39

Plain * Wheat * Sesame * Everything * Onion * Garlic * Poppyseed * Pumpernickel * Cinnamon Raisin * Salt * Bialy 1.69

Add Cream Cheese Regular Cream Cheese 1.49 / Pesto 1.69 / Feta Garlic 1.69 / Bacon Scallion 1.89 / Lox Spread 1.99 / Schmear .99

Add on Toppings Butter or Honey .50 / Strawberry Jam .75 / Peanut Butter 1.25 / Peanut Butter & Jam 1.75 / Slice Tomato or Cheese .59 / Avocado or Hummus .59 / Bacon .89

Bagel Sandwich 5.99

Deli-style w/choice of bagel, meat, spread & veggies 5.99

Loaded Veggie Bagel 4.99

Your choice cream cheese, topped with all the veggies 4.99

\$6 COMBO MEAL

Pick up 'N Go at the Grab 'N Go
Choose a Mini Sandwich and a Small
Salad or Soup for
only \$6!

Grab-N-Go

Gourmet Sandwiches & Salads
Sushi * Hummus Snack Cups
Yogurt Parfaits * Hard Boiled Eggs
Assorted Cheese * Yogurt Cups
Additional Offerings....
Fresh Fruit, Chips, Nuts,
Cookies, Candy, Etc.

www.melspickup.com



Email us anytime: sales@melspickup.com

206-623-6771

In downtown Seattle

since 1988

Please note: Prices and menu items are subject to change
without notice.



Fresh, Fast, Delicious.

**Tired of waiting in line?
Try ordering online!**

**ONLINE ORDERING
www.melspickup.com**

Located on the corner
of 3rd & Madison

6:30-4:00 M-F

***BREAKFAST, LUNCH
& MORE***

July 2017

**Ph # 206-623-6771
Fax # 206-224-7409**

Toasted if you Wish!

SANDWICHES

We Roast our Own Turkey & Roast Beef Daily

Unless otherwise noted, all sandwiches come with Housemade Dijonnaise, Green Leaf Lettuce & Sliced Tomato.

Create your Own - \$7.29:

#1- Choose your bread:

Multigrain, Sourdough, Honey Wheat, Caraway Rye
*Rustic or Gluten Free add .79 / Croissant add .99

#2- Choose your spread:

Mayo, Yellow Mustard, Dijon, Hummus, Horseradish, Balsamic Vinaigrette, Pesto Mayo, Honey Mustard

#3- Choose your meat:

Roast Turkey Breast
Premium Roast Beef

Smoked Turkey
Black Forest Ham
Genoa Salami

#4- Choose your cheese - add.89

Cheddar, Havarti, Provolone, Swiss, Pepper Jack, Cream Cheese

#5- Choose your toppings:

Free Veggies

Pepperoncini, Red Onion, Cucumber, Sprouts, Sliced Pickles

Extras

1 Strip Double-cut Bacon add .89 / Avocado add .89

Favorites

Tuna Salad Light Meat Tuna tossed with Sweet Relish & Mayo 7.29

Egg Salad Classic & simple, made fresh Daily 7.29

BLT Double-cut Bacon, Lettuce, Tomato, and Mayo 7.49

Almond Chicken Salad White Chicken tossed with Celery, Onion, Honey-Lemon Mayo and toasted Almonds 7.29

Gobbler Turkey, Cranberry Sauce, Cream Cheese & Mayo 7.79

Farmer John Mel's Home Made Egg Salad & Crispy Double Cut Bacon 8.49

Mel's Combo Ham, Turkey, Roast Beef with your choice of Cheese 8.99

Club Croissant Smoked Turkey, Black Forest Ham and Swiss Cheese 8.99

Veggie Favorites

Virgil the Veggie All the Veggies you can pile on, plus your choice of Sliced Cheese or Cream Cheese 7.39

PB&J with banana 6.19

3 Cheese Sandwich with Cheddar, Swiss & Havarti—Great Toasted! 6.99

SIGNATURE SALADS

All Hand-tossed in our House made Dressing

Mandarin Chicken Salad Crisp Romaine with Soy Marinated Chicken, Mandarin Oranges, Carrots, Almonds, Won Ton Strips, and Shoyu Vinaigrette...8.99

Mel's Taco Salad Crisp Romaine with Seasoned Ground Beef, Crunchy Nacho Chips, Tomato, Black Olives, Cheddar Cheese, and Creamy Southwest Dressing...8.99

Chop Chop Salad Crisp Romaine with Fresh Grilled Chicken Breast Salami, Penne Pasta, Garbanzo Beans, Tomatoes, Sweet Red Peppers, Sliced Black Olives, Parmesan Cheese, and Balsamic Vinaigrette...9.49

Country Salad Seasonal Greens with Grilled Chicken, Apples & Pears, Walnuts, Goat Cheese and Honey Lemon Raspberry Vinaigrette...7.99

Mel's "Market" Salad Seasonal Greens with Fresh Strawberries, Crumbled Bleu Cheese, Julienne Carrots, Mandarin Oranges, Toasted Almonds, and Poppy Seed Balsamic Vinaigrette...7.99

Cobb Salad Seasonal greens with House Grilled Chicken, Mel's Bacon Bits, Crumbled Bleu Cheese, Chopped Hardboiled Egg, Fresh Avocado, Sliced Black Olives, Diced Tomatoes, and Housemade Bleu Cheese Dressing...9.49

Classic Spinach Salad Baby Spinach Leaves with Sliced Mushrooms, Chopped Hardboiled Egg, Diced Red onion, Shredded Parmesan Cheese, Mel's Bacon Bits, and Fresh Rosemary Honey Mustard Dressing...7.99

Mel's Greek Salad Seasonal greens with Garbanzo Beans, Sliced Cucumber, Diced Tomatoes, Crumbled Feta Cheese, Kalamata Olives, and Balsamic Vinaigrette...8.49

Strawberry Spinach Salad Baby Spinach Leaves with Fresh Strawberries, Crumbled Goat Cheese, Honey Spiced Pecans, and Balsamic Vinaigrette...8.49

Mel's Caesar Crisp Romaine with Shredded Parmesan Cheese, Croutons, Fresh Squeezed Lemon Juice, and Caesar Dressing...6.99

KALE & QUINOA SUPERBOWLS

All Hand-tossed in our House made Dressing

Make it Awesome: Add Grilled Chicken \$1.99

Number One Shredded Green Kale & White Quinoa with Craisins, Feta Cheese, Walnuts, and Raspberry Vinaigrette...8.99

Number Two Shredded Green Kale & White Quinoa with Strawberries, Goat Cheese, Honey Spiced Pecans, and Balsamic Vinaigrette...8.99

Number Three Shredded Green Kale & White Quinoa with Fresh Apples & Pears, Bleu Cheese, Almonds, and Balsamic Vinaigrette...8.99

Number Four Shredded Green Kale & White Quinoa with Mandarin Oranges, Sweet Red Peppers, Almonds, Crunchy Won Ton Strips, and Shoyu Vinaigrette...8.99

Add a small house made soup to any sandwich or salad for \$2.50 / chili \$3

CREATE YOUR OWN

SALAD:

#1- Choose your lettuce:

Romaine, Spring Mix, Spinach...7.49

#2- Choose up to 5 of the following:

Fruits & Veggies

Apples & Pears, Avocado, Black Beans, Black Olives, Broccoli, Carrots, Craisins, Cucumbers, Garbanzo Beans, Jalapeno Peppers, Kalamata Olives, Mandarin Oranges, Mushrooms, Red Onion, Red Peppers, Strawberries, Tomatoes

Cheese, Nuts, & Others

Almonds, Bleu Cheese, Cheddar, Croutons, Feta, Goat Cheese, Hard-boiled Eggs, Parmesan, Sunflower Seeds, Walnuts, Won Ton Strips

#3-Choose add-ons:

Grilled Chicken or Soy Marinated Chicken \$1.99 ea.
Almond Chicken Salad, Tuna Salad, Salami or Bacon \$1.49 ea.
Sub Kale or Add Quinoa \$.89

#4-Choose your dressing:

Balsamic Vinaigrette, Blue Cheese, Buttermilk Ranch, Classic Caesar, Creamy Southwest, Fat-Free Pomegranate Blueberry Vinaigrette, Fat-Free Italian, Rosemary Honey Mustard, Raspberry Vinaigrette, Shoyu Vinaigrette

Soups & Chili All House Made, all the time! 3 Selections of Soup everyday, including Chili

Soup 8 oz 3.49 / 12 oz 4.49 / 16 oz 5.49

Chili 8 oz 3.99 / 12 oz 4.99 / 16 oz 5.99