

MELS OF SAN FRANCISCO PRESENTS

APPETIZERS

Chef Rico's Coleslaw Blossom	5.95
Breaded Calamari Rings —served with a lemon wedge and cocktail sauce.....	8.95
Chicken Tenderloins served with BBQ sauce	8.95
Breaded Zucchini Sticks —served with ranch dressing.....	6.95
Buffalo Wings ... RED HOT	10.95
Mozzarella Sticks	8.95
MELS VARIETY PLATTER —Chicken Tenders, Zucchini, Onion Rings, Mozzarella Sticks.....	12.95

DINNERS

Blue Plate Special
Changes daily, ask your server.
Please tell us about your favorites.

Chicken Pot Pie —try one. Baked in our own kitchen and served with salad & a roll.....	11.95
Grilled Salmon or Ahi —Served with Pineapple Mango Salsa, rice pilaf & fresh vegetables, roll & butter.....	12.95
Surf & Turf —presents deep fried and top sirloin.....	12.95
Tri Tip Steak —a tender flavorful tri tip cooked to order.....	11.95
♦ Short ribs —served with lumpy mashed potatoes, fresh vegetables, roll and butter (Mel's Specialty)	14.95
Mels Spring Chicken —fried crispy on the outside, tender and juicy on the inside, with coleslaw, fries, roll & honey.....	11.75
♦ All American Meat Loaf —served with lumpy mashed potatoes, homemade gravy, fresh vegetables, roll & butter.....	11.25
Rotisserie Chicken —half chicken, tender and juicy. Served with lumpy mashed potatoes, fresh vegetables, roll & butter.....	11.95
Homemade Turkey Dinner —served the old-fashioned way with stuffing, homemade gravy, lumpy mashed potatoes, fresh vegetables, roll & butter.....	11.95
Fish & Chips —served with coleslaw, tartar sauce, roll & butter.....	11.25
Chicken Breast Dinner —broiled, then marinated in our own secret recipe, served with fresh vegetables, lumpy mashed potatoes, roll & butter.....	11.95
New York Steak (10 oz) —broiled, with green salad, mashed potatoes, fresh vegetables & roll.....	17.75

Low-Calorie Diet Plate

- ♥ **Broiled Chicken Breast** —served with sliced tomato & cottage cheese or coleslaw..... 10.25

SALADS

♦ 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.....	11.95
Caesar Salad — fresh, crisp romaine lettuce tossed with Caesar dressing, topped with grated Parmesan cheese & crunchy seasoned croutons.....	7.95
♦ with charbroiled chicken breast , add 3.50.....	
♦ Chef's Salad — mixed green salad topped with ham, turkey, cheese & egg slices.....	10.25
Tuna or Chicken Salad —on lettuce with tomato, cucumber & sliced egg..... sm. 8.25..... lg. 9.25	
Chopped Grilled Vegetable Salad —grilled asparagus, zucchini, spring onion & sweet corn tossed with avocado, tomato & greens in vinaigrette sm. 8.75 lg. 10.75 with charbroiled Chicken Breast , add 3.50.....	
♥ Grilled Salmon Salad or Ahi — topped with Mango Salsa on a Bed of Organic Baby Greens with Choice of Dressing.....	12.95
♥ California Fruit Salad — fresh fruit in season & choice of cottage cheese or yogurt.....	9.50
♦ Taco Chicken Salad —charbroiled breast of chicken on shredded lettuce, grated Cheddar, refried beans, guacamole & sour cream, all in a crisp taco shell.....	11.95
Cobb Salad — sliced turkey on a bed of lettuce w/tomatoes, avocado, blue cheese, chopped egg, carrots, black olives & Italian dressing.....	11.95
♥ Spring Salad — mixed organic baby greens, avocado, tomatoes, cucumbers, carrots & sprouts topped with your favorite dressing.....	8.95
♦ Chinese Chicken Salad —chicken lightly sautéed in sesame oil, mandarin oranges, rice noodles, lettuce, green onions & cilantro, served with our hoisin dressing.....	11.25
Broiled Chicken Breast Salad — capers, pine nuts, raisins, hard-boiled egg, tomatoes & red potatoes, tossed with vinaigrette.....	12.75
House Salad — tossed greens, tomatoes, carrots, cucumbers & choice of dressing..... with avocado , add 1.75..... sm. 4.95..... 7.50	
♥ Apple Salad —Romaine lettuce, apples, caramelized walnuts, bacon, crumbled blue cheese tossed with honey vinaigrette.....	8.95

Our Policy

BURGERS

Mel's choice ground chuck has no additives or preservatives and is delivered fresh daily. When you take a bite of our 1/3-lb.—WATCH OUT FOR THE JUICE!
Mels American fries potatoes salad or coleslaw ... 1.75
Twisty Fries, Sweet Potato Fries or Onion Rings ... 2.25



FOR THE HEARTY APPETITE,
TRY OUR 1/2-lb. Burger
Grilled Onions — Our Specialty

The Famous Melburger — classic American favorite made as only we know how. Juicy 1/3-lb. ground chuck served on a sesame seed bun, crisp lettuce, tomato, Bermuda onion, mayonnaise & pickle chips..... 1/2-lb., add 1.25.....	6.95
Cheeseburger — melted American, Jack, Cheddar or Swiss on your old favorite..... 1/2-lb., add 1.25.....	7.95
♥ Veggie Burger — served on a whole wheat bun with sprouts.....	8.25
♥ Portobello Burger — grilled portobello mushroom on a whole wheat bun with pesto mayo.....	8.75
♦ Sunset Burger — 1/2-lb. topped with melted cheddar cheese & crisp bacon, avocado, lettuce, sliced tomato & red onion on grilled sourdough.....	10.50
Avocado Burger — all that's in a Melburger with sliced avocado, onion, Jack cheese & crisp bacon.....	9.75
Big Mel Combination Plate — half pounder "proven favorite" served with fries & tossed green salad.....	11.75
♦ The Big & Juicy! — 12oz's of freshly ground beef, stuffed with cheddar cheese & bacon, and topped off with grilled onions served on a sesame seed bun.....	12.00
Patty Mel — a juicy 1/3-lb. hamburger patty with melted Swiss, grilled onions on grilled rye. "An old favorite".....	8.45
Chiliburger — open-face wheat special recipe chili, grated Cheddar cheese & diced onion.....	10.25
Mels Supreme Hamburger — topped with bacon, ham & American cheese.....	10.25
Fish Burger — delicious, deep-fried to a golden brown, served with tartar sauce.....	9.25
♦ Mushroom Burger — chef's choice. This gourmet burger served with sautéed mushrooms & Jack cheese.....	8.75

GOURMET TURKEY BURGER

—juicy 1/3-lb. ground turkey patty served on a whole wheat bun..... 8.50

Mel's Sliders (The BEST in Town)

Choice Ground Chuck or Turkey topped with caramelized onions, on a Brioche roll with Mel's special sauce.....	3.25 each
Short Rib Slider —braised short rib served on a brioche bun relish and Horsendish Aioli.....	4.25 each
Goat Cheese and Turkey Slider —ground turkey topped with goat cheese, Arugula and caramelized onions served on a brioche bun with Mel's Sauce.....	3.75 each

Kick it up A Notch! —add Blue Cheese for only 30¢

MELS HOT OPEN FACED SANDWICHES

fresh sliced, served with homemade gravy, Mels own lumpy mashed potatoes & veggies.....	
Mels Famous Hot Turkey Sandwich	10.25
Mels Hot Roast Beef Sandwich	10.25

♦ SOUP —served with saltine crackers.....	cup	bowl
Grandma's Chicken Soup —with noodles. "The best in town".....	3.95	5.45
Soup of the Day	3.95	5.45
♦ Clam Chowder — Friday only.....	4.50	5.75

DEBBIE'S HOMEMADE TEXAS CHILI	cup	bowl
served with onions and grated cheese. "Mels family recipe".....	5.25	6.95
Chili Fries — American fries topped with chili. "You gotta try them!".....		7.50

Mels Original Style T-shirts: ~~15.00~~ Now 12.00 a deal

15% gratuity will be added to parties of eight or more. Sorry, no personal checks.

To serve in a 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

All our sandwiches are served with choice of cup of soup, Herman's potato salad, coleslaw
Mels American fries & pickle chips—Try our Twisty Fries, Sweet Potato Fries or Onion Rings ... 1.25



Fried Egg Sandwich —on white toast with lettuce, mayo & whole black olives.....	6.75
Grilled Cheese Combination — Jack, Swiss & Cheddar on sourdough.....	7.95
B.L.T. — "old favorite" on sourdough..... with avocado , add 1.75.....	8.25
Smoked Ham & Cheese —grilled, served on rye.....	8.25
Turkey Melt —freshly sliced breast of turkey with melted swiss on grilled rye.....	8.75
♦ The French Dip — "real winner," lean slices of roast beef on a french baguette. Served au jus with American fries. Try it New Orleans style with mayo, horseradish & tabasco.....	10.25
Mels 3-Deck Club —bread of turkey, bacon, lettuce & tomato piled on toasted sourdough.....	10.25
Tuna Melt —grilled tuna salad with Cheddar cheese on rye—"try favorite".....	8.25
♦ Ahi Tuna Steak Sandwich —seared rare topped with Asian Saus, Wasabi Mayo on a whole wheat bun, served with fresh fruit.....	12.95
Tuna Salad Sandwich —served with lettuce, tomato & black olives on sourdough.....	7.95
The NY 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 Poopon, of course). Served with American fries.....	12.95
Chicken Salad Sandwich —on toasted sourdough with lettuce & tomato with bacon , add 2.25.....	9.45
New Yorker —hot pepperoni pastrami with coleslaw on corn rye w/1000 Island.....	9.45
♦ Fresh Turkey Breast —piled high on toasted sourdough.....	9.25
♦ Meat Loaf Sandwich —on toasted sourdough, you add the ketchup.....	8.45
Reuben Sandwich —thinly sliced corned beef with sauerkraut, 1000 Island & melted Monterey Jack on grilled rye.....	9.25
♥ The Haven's Famous Vegetarian Sandwich —avocado, sprouts & tomatoes served on 9-grain bread with a fresh fruit cup.....	8.25

CHARBROILED BREAST OF CHICKEN SANDWICH

boneless, skinless, tender breast of chicken marinated with spices, lettuce, tomato, mayo, red onion & sliced avocado on toasted sourdough or hamburger bun.....	10.25
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HOT DOGS

San Francisco Hot Dog —scooped out sourdough roll, cheese, onion, relish & pickle.....	6.95
Rebel Rouser —topped with chili, onion & Cheddar cheese.....	9.95
with American fries , add 1.75.....	

WINE LIST

	White	Reds
Chateau Ste. Michelle.....		Chateau Ste. Michelle Merlot..... 7.50
Chardonnay..... 6.50		Clos du Bois Cabernet Sauvignon..... 7.50
House Wine —Robert Mondavi Cabernet Sauvignon or Sauvignon Blanc.....		
Full Carafe..... 15.00	1/2 Carafe..... 9.00	gloss..... 9.00

BEER

Long Neck Bud or Bud Light	4.00	Long Neck Corona 4.50
Anchor Steam	4.50	Heineken 4.50

SIDE ORDERS

♦ Mels American Fries	3.50	Grilled Potatoes —house specialty.....	4.25
Twisty Fries	4.25	Hash Browns	4.25
Sweet Potato Fries	4.95	Lumpy Mashed Potatoes —with gravy.....	4.25
Onion Rings	4.25	Herman's Potato Salad	3.50
Mels Onion Rings & Fries Combo	4.95	Coleslaw —our own recipe.....	3.90
1/2 Sweet 1/2 American Fries	4.25	Wet Fries —with gravy.....	3.95
♦ Cheese Fries	4.50	Sauteed Fresh Vegetables	4.95

FOUNTAIN

— FEATURING **McGoo's** Ice Cream
MELS SPECIAL BLEND

The thickest shakes in town
(you always get a little extra in the can)
FOUNTAIN DELIGHTS

Low Fat Yogurt Shake — delecticious! Vanilla, chocolate or strawberry 4.95

▼ **Milk Shakes** — thick old-fashioned chocolate, strawberry or vanilla 4.95
— fresh banana, pineapple, butterscotch or coffee 5.25

— black & white 5.75

Espresso Milk Shake 5.95

Smoothies — ask your server for selection 5.75

Melts — thick, creamy and rich add 50¢ to milk shakes

Mels Deluxe Sundaes — chocolate, pineapple or strawberry
with nuts & whipped cream 6.75

— black & white 6.75

— hot fudge, caramel or marshmallow 6.75

Mel's Belgian Waffle Sundae — with vanilla ice cream and strawberries, whip cream,
and peanuts on top, served family style 8.95

Banana Split — "It's been a long time" 7.75

Root Beer or Coca Cola Floats 4.95

◆ **Mels Special Orange Freeze** 4.95

Ice Cream or Sherbet — one scoop 3.75 two scoops 5.25

Coca-Cola Cherry, Chocolate, Vanilla, Lemon 2.75

DESSERTS — we suggest ala mode, of course

Double crusted pies fresh baked daily in Mels kitchen—delicious

Hot Apple Pie with Cinnamon Sauce ala mode or with melted cheese, add 1.25 4.75

◆ **Homemade Berry Pies** 4.75

Marge's Cherry Pie 4.75

Homemade Chocolate Fudge Cake 4.75

ASK SERVER FOR TODAY'S SPECIAL PIES

Mels Double Cream Cheesecake — with strawberry topping 4.75

Pumpkin Pie — with whipped cream 4.75

Fresh Strawberry Shortcake — in season 5.25

BEVERAGES

EEspresso 3.25 **Milk** sm. 2.25 / lg. 2.50

Cafe Latte 3.75 **Chocolate Milk** 2.50

Cappuccino 3.75 **Coca-Cola, Diet Coke,**

Cafe Mocha 3.75 **Root Beer or Sprite** 2.50

Iced Cappuccino 3.75 **Calistoga** 3.00

Espresso Milk Shake 5.75 **Fresh Lemonade** 3.25

Coffee — Mels blend 2.25 **Iced Tea** 3.00

Brewed Decaf 2.25 **Fresh Lemonade/Iced Tea Combo**

Tea 2.25 22 oz. — a real treat 3.50

Hot Chocolate — w/whipped cream 2.75 **Iced Coffee** — w/whipped cream 2.50

Have your birthday party with us. Please ask manager for details.

BREAKFAST

GOOD MORNING

May we serve you coffee now?

JUICES AND FRUITS

Fresh Squeezed Orange or Grapefruit Juice small large
3.25 4.25

Pineapple, Tomato or Apple Juice 2.50 3.25

Fruit Bowl — fresh fruit in season 4.50 6.25

Sliced Bananas 3.75 with cottage cheese 5.75

Half Grapefruit or Melon — in season 4.75

CEREAL AND HOMEMADE MUFFINS

Homemade Muffins — baked fresh daily 3.75

Assorted Cold Cereals — served with 1/2 & 1/2 5.25

▼ **Steel Cut Oatmeal or Cream of Wheat** — served with 1/2 & 1/2 and raisins 5.95 with banana 6.95

▼ **Organic Granola & Yogurt or Milk** — served with fresh fruit 8.95

The Lumber Jack 1/2 lb. Ham Steak

3 Country fresh eggs, 2 pancakes & grilled potatoes 10.25

6oz Sirloin Steak & Eggs

3 Country fresh eggs, grilled potatoes, toast & jelly 7.95

Breakfast Slider — New York style pestami and jalapeno jack cheese scrambled into an
eggs served on a brioche bun. Mmmmm! 3.25 each

MELS CLUB BREAKFAST

1 **Country Fresh Eggs** — 2 any style, with our special grilled potatoes, toast & jelly 6.95

with ham, bacon or sausage, add 2.75

2 **Diced Ham & Eggs** — green onions, grilled potatoes & toast 8.75

3 **Short Stack or Waffle** — with one egg & choice of bacon, ham or sausage 8.75

4 **French Toast** — with one egg & choice of bacon or sausage 8.75

5 **New York Steak (8 oz.) & Eggs** — with grilled potatoes, toast, butter & jelly 14.95

6 **High Protein Breakfast** — Scrambled egg whites, grilled chicken breast topped
with sautéed mushrooms, asparagus spears & tomato slices 11.95

TRY OUR FAMOUS

— served with grilled potatoes or fresh hash browns, toast & jelly

◆ **Homemade Corned Beef Hash & 2 Eggs** 10.75

◆ **Low-Calorie Grilled Turkey Hash & 2 Eggs** 10.75

Yoppie Joe's Scramble — ground turkey, fresh spinach, mushrooms
& green onions scrambled with two large farm fresh eggs 10.75

The Elvis Scramble — chorizo, green chile peppers & Monterey Jack cheese
scrambled with three large farm fresh eggs 10.75

PANCAKES, FRENCH TOAST AND WAFFLE

7 **Old-Fashioned Buttermilk Pancakes** 6.75

8 **Mels Thick-Slice French Toast** — house specialty 7.75

9 **Cinnamon French Toast** 7.75

10 **Golden Brown Belgian Waffle** 6.75 with berries & whipped cream! 95

3-EGG OMELETTES

Omelettes served with our special grilled potatoes & choice of white, wheat,
rye or sourdough toast, butter & jelly; English muffins or bagel, add 95¢

11 **Plain Omelette** 7.95

12 **Cheese Omelette** — choice of American cheese, Natural Swiss, Cheddar or Monterey Jack 8.75

13 **Ham & Cheese** — the original 9.95

14 **Mushroom Omelette** — fresh, lightly sautéed, with green onion 8.75 with cheese 9.75

15 **Vegetarian** — broccoli, mushrooms, zucchini, yellow squash, red & green peppers 9.75

16 **Denver** — ham, green peppers, onions & mushrooms 9.95

17 **Steven's Favorite** — ham, avocado, Cheddar cheese & a little sour cream on top 9.95

18 **Spinach Omelette** — fresh sautéed spinach & sour cream 9.25

19 **Hangover Five-Alarm** — Mels famous chili with Cheddar cheese 10.95

20 **Three Cheese Omelette** — with Cheddar, Jack & Swiss cheese 9.95

SIDE ORDERS

Bagel 3.50 **Ono Egg** 2.75 **Yogurt or Cottage Cheese** 3.25

w/cream cheese 3.75 **Short Stack** 5.25 **Sour Cream** 2.25

Bacon Sausage or Ham 5.50 **Grilled Potatoes** 4.25 **1/3-lb. Hamburger Patty** 5.25

Toast 2.75 **Hash Browns** 4.25 **1/2-lb. Hamburger Patty** 6.50

English Muffin 3.00 **Tomato Slices** 3.50 **Corned Beef Patty** 6.25



American Food At Its Best



★ HOLLYWOOD ★ WEST HOLLYWOOD
★ SAN FRANCISCO ★ SHERMAN OAKS