

Breakfast-

"the most important meal of the day!"

served from 6:30-10:00am

Hot Selections

Breakfast Sandwich 3.49

Ham & Egg * Bacon & Egg * Sausage & Egg

Breakfast Wrap 3.49

Denver * Bacon * Veggie

Scrambled Eggs 3.69

Scrambled Eggs with Meat 4.69

your choice of Bacon (2) or Sausage Patties (2)

Skillet Potatoes 3.69

Baby Red Potatoes with green & red pepper, onion & melted Cheddar

Mel's Signature Hash Browns 3.69

Freshly shredded Russet Potatoes oven roasted w/ a blend of cheddar, mozzarella & sour cream

Full Meal Deal 6.99

Scrambled Eggs with your choice of Bacon (2) or Sausage Patties (2), choice of Potatoes & a "Cup of Joe" any size

Hearty Oatmeal 2.99

Fix your way with milk, raisins, brown sugar

Bagels by Bagel Oasis 1.25

Wheat * Sesame * Cinnamon * Salt * Poppyseed * Onion * Plain * Garlic * Raisin * Blueberry * Pumpkinnickel * Everything*

Add Cream Cheese

Regular Cream Cheese 1.25 / Pesto 1.39 / Feta Garlic 1.39 / Bacon & Scallion 1.39 / Roasted Red Pepper 1.39 / Honey Walnut 1.39 / Lox Spread 1.69

Add on Toppings

Butter Spread or Honey .50 / Preserves or Shmears .75 / Peanut Butter 1.25 / Peanut Butter & Jelly 1.89

Other Selections

Zoi Greek Yogurt * Yogurt Parfaits

Donuts * Fresh Whole Fruit

\$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**

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

Nov 2016

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 - \$6.99:

#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 6.99

Egg Salad Classic & simple, made
fresh Daily 6.99

BLT Double-cut Bacon, Lettuce, Tomato, and Mayo 6.99

Almond Chicken Salad White Chicken tossed with Celery, Onion,
Honey-Lemon Mayo, and Toasted Almonds 6.99

Gobbler Turkey, Cranberry Sauce, Cream Cheese & Mayo 7.49

Farmer John Mel's Home Made Egg Salad & Crispy Double Cut
Bacon 7.99

Mel's Combo Ham, Turkey, Roast Beef with your
Choice of Cheese 8.49

Club Croissant Smoked Turkey, Black Forest Ham, Swiss Cheese
8.49

Veggie Favorites

Virgil the Veggie All the Veggies you can pile on, plus your
choice of Sliced Cheese or Cream Cheese 6.99

PB&J with banana 5.99

3 Cheese Sandwich with Cheddar, Swiss & Havarti—
Great Toasted! 6.79

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...7.99

Mel's Taco Salad Crisp Romaine with Seasoned Ground Beef,
Crunchy Nacho Chips, Tomato, Black Olives, Cheddar Cheese, and
Creamy Southwest Dressing...7.99

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...8.49

Country Salad Seasonal Greens with Grilled Chicken, Apples &
Pears, Walnuts, Goat Cheese and Honey Lemon Raspberry
Vinaigrette...7.49

Mel's "Market" Salad Seasonal Greens with Fresh Strawberries,
Crumbled Bleu Cheese, Julienne Carrots, Mandarin Oranges, Toasted
Almonds, and Poppy Seed Balsamic Vinaigrette...7.49

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...8.49

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...7.69

Mel's Greek Salad Seasonal greens with Garbanzo Beans, Sliced
Cucumber, Diced Tomatoes, Crumbled Feta Cheese, Kalamata
Olives, and Balsamic Vinaigrette...7.49

Strawberry Spinach Salad Baby Spinach Leaves with Fresh
Strawberries, Crumbled Goat Cheese, Honey Spiced Pecans, and
Balsamic Vinaigrette...7.99

Mel's Caesar Crisp Romaine with Shredded Parmesan Cheese,
Croutons, Fresh Squeezed Lemon Juice, and Caesar Dressing...6.49

Kale & Quinoa Superbowls

All Hand-tossed in our House made Dressing

Number One Shredded Green Kale & White Quinoa with
Craisins, Feta Cheese, Walnuts, and Raspberry Vinaigrette...7.99

Number Two Shredded Green Kale & White Quinoa with
Strawberries, Goat Cheese, Honey Spiced Pecans, and Balsamic
Vinaigrette...7.99

Number Three Shredded Green Kale & White Quinoa with Fresh
Apples & Pears, Bleu Cheese, Almonds, and Balsamic
Vinaigrette...7.99

Number Four Shredded Green Kale & White Quinoa with
Mandarin Oranges, Sweet Red Peppers, Almonds, Crunchy Won Ton
Strips, and Shoyu Vinaigrette...7.99

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...6.99

#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 \$1.29 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