

crêpes de blé noir bio buckwheat crêpes

JAMBON ET FROMAGE ham and swiss cheese	8.00
JAMBON, FROMAGE ET OEUF BIO ham, swiss cheese and organic egg	8.50
FROMAGE DE CHEVRE ET SALADE AUX NOIX , VINAIGRETTE (VEGETARIAN) goat cheese, mesclun salad, dressing and walnuts	11.50
BRIE ET HERBS brie and herbs	7.50
AVOCAT, CREVETTES, CITRON, VINAIGRETTE avocado, shrimp, lemon, dressing	11.50
SAUMON FUME, SAUCE CIBOULETTE, DAIKON smoked salmon, chive sauce, lemon, daikon	10.50
POULET GRILLE, RATATOUILLE NICOISE, SALADE, VINAIGRETTE, DRESSING sliced grilled breast of chicken, ratatouille (vegetable stew of onion, zucchini, eggplant, yellow squash, bell pepper, garlic, tomatoes), mesclun, dressing	11.50
CALIFORNIAN (VEGETARIAN) spinach, roasted eggplant, zucchini, yellow squash, sun dried tomatoes, fresh tomatoes, scallions, corn, bean sprouts, dressing	14.00
4 SEASON (VEGETARIAN) mozzarella cheese, artichoke, heart of palm, avocado, fresh asparagus, fresh tomatoes, scallions, corn, spinach, sun dried tomatoes, bean sprout, dressing	14.00
SOPRESSATA mozzarella cheese, capers, cured olives, mesclun salad, dressing, dry cured meat	14.50
PARMA mozzarella cheese, fresh tomato, extra virgin olive oil, mesclun salad, dressing, prosciutto di parma	14.50
SPRING swiss and mozzarella cheese, artichokes, fresh asparagus, ham, mesclun salad, dressing	14.50
SARDAGNA (VEGETARIAN) fontina cheese, spinach, sun dried tomato, artichoke, fresh asparagus, extra virgin olive oil, pine nuts, mesclun salad, dressing	14.00
SALMON SPRING ROLL smoked salmon, swiss cheese, organic scrambled egg, scallions, bean sprouts, extra virgin olive oil, mesclun salad, dressing (rolled, cut in 4 pieces and served on a bed of mesclun salad)	15.50
PISSALADIERE (VEGETARIAN) roasted onions, goat cheese, black olives, capers, fresh basil, roasted tomatoes	14.00
RACLETTE raclette cheese, capers, cornichons, mesclun salad, dressing, prosciutto di parma	15.50
SHRIMP SALAD CRÊPE mesclun salad, shrimp, shredded carrots, bean sprouts, avocado, asparagus, tomatoes, scallions, fresh cilantro, ginger dressing	15.00



please enquire about all
our gluten & dairy free
savory and sweet crepes!

crêpes de blé noir bio suite buckwheat crêpes

SHRIMP SEAWEED oversized crêpe - shrimp, organic scrambled egg, scallions, shredded carrots, mesclun salad, dressing, seaweed, bean sprouts, wasabi dressing	15.00
JUMBO oversized crêpe - mozzarella cheese, tomatoes, spinach, roasted eggplant, yellow squash, zucchini, chicken	15.50
SICILIENNE oversized crêpe - mozzarella cheese, home-made tomato sauce, roasted tomatoes, ricotta cheese, spinach, basil, diced parma ham	15.50
VALENTINE goat cheese, avocado, asparagus, shredded carrots, smoked salmon, lemon juice, mesclun salad, dressing	15.50
CRAB SPRING ROLL crab meat, swiss cheese, organic scrambled egg, scallion, bean sprouts, extra virgin olive oil, mesclun salad, dressing (rolled, cut in 4 pieces and served on a bed of mesclun salad)	15.50
DUCK SPRING ROLL smoked duck, dry cured duck, swiss cheese hoisin sauce, scallions, shredded carrots, bean sprouts, mesclun salad, dressing (rolled, cut in 4 pieces and served on a bed of mesclun salad)	15.50

sandwiches Choice of bread: baguette, rye, pumpernickel, ciabiatta, semolina, 7 grains or whole wheat

LE PARISIEN butter, dijon mustard, ham, gherkins, mesclun salad, dressing	6.00
TEXAN sliced grilled breast of chicken, roasted zucchini, yellow squash, eggplant, fresh tomatoes, mesclun salad, dressing	7.00
LE SUD-OUEST butter, prosciutto di parma, mesclun salad, dressing	8.00
PAN BAGNA tuna, dressing, anchovies, fresh tomatoes, cured olives, mesclun salad, dressing	8.00
SICILIEN prosciutto di parma, mozzarella, cured olives, sun dried tomatoes, mesclun salad, dressing	8.00
NORWAY smoked salmon, chives sauce, lemon juice, fresh tomatoes, mesclun salad, dressing	8.00
SEMOLINA toasted semolina bread, prosciutto di parma, melted raclette cheese, cornichons, mesclun salad, dressing	8.00
CIABATTA toasted ciabiatta bread, fresh tomato, roasted bell pepper, brie, crispy bacon, mesclun salad, dressing	8.00
PORTOBELLO grilled portobello mushroom, brie, tomatoes, mesclun salad, dressing	8.00
CROQUE MONSIEUR* grilled swiss cheese on white bread with ham and béchamel - served with mesclun salad, dressing	10.00
CROQUE MONSIEUR VEGETARIAN* grilled swiss cheese on white bread with roasted eggplant, zucchini, yellow squash, béchamel, served with mesclun salad, dressing	10.00
CROQUE MADAME* grilled swiss cheese on white bread with ham, béchamel, organic sunny side egg on top, served with mesclun salad, dressing	10.50

*Served on white bread only / ANY CHANGE, ADDITION OR COMBINATION WILL BE EXTRA

salads

MIXED GREEN SALAD mesclun salad, dressing	6.00
MÉLI-MÉLO SALAD mesclun salad, roquefort, walnuts, prosciutto di parma, dressing	11.00
CHICKEN SALAD sliced grilled breast of chicken, fresh tomatoes, roasted eggplant, zucchini, yellow squash, bean sprouts, mesclun salad, dressing	10.50
SMOKED SALMON SALAD smoked salmon, fresh tomatoes, bean sprouts, daikon, chive sauce, lemon juice, mesclun salad, dressing	11.00
VEGETARIAN SALAD avocado, fresh tomatoes, bean sprouts, scallions, asparagus, artichokes, mesclun salad, dressing	9.00
BLINIS SALAD blinis (organic buckwheat pancake), sliced tomatoes, goat cheese, fresh basil, olive oil, mesclun salad, dressing	10.00
ROQUEFORT SALAD mesclun salad, apple, roquefort, walnuts, dressing	11.00
COUNTRY SALAD mesclun salad, dressing, swiss cheese, corn, diced parma, croutons, organic sunny side-up egg	9.50
FRENCH GREEN LENTIL SALAD french lentils, shredded carrots, parmesan shavings, mesclun salad, dressing	8.50
VEGETARIAN SALAD WITH CAESAR DRESSING artichokes, corn, tomatoes, shredded carrots, asparagus, avocado, croutons, mesclun salad, homemade caesar dressing	9.00
HOMEMADE CRAB CAKES pan fried crab cakes served on mesclun salad and ceviche vinaigrette	12.50
PORTOBELLO SALAD mesclun salad, avocado, asparagus, portobello mushrooms, tomatoes, basil pesto vinaigrette, goat cheese on toast	10.50
SALAD NICOISE french string beans, organic hard boiled egg, red and green bell peppers, fresh tomatoes, boiled potato, black olives, anchovies, mesclun salad, dressing, tuna fish marinated in balsamic vinegar, extra virgin olive oil and lemon	10.50
DUCK SALAD smoked and dry cured breast of duck, portobello mushroom, avocado, asparagus, tomatoes, mesclun salad, dijon and raspberry dressing	13.50
CHICKEN COBB SALAD diced tomatoes, crispy bacon, blue cheese, avocado, grilled chicken, baby corn, mesclun salad, dressing	10.00
CRANBERRY TUNA SALAD fresh diced apples, dried cranberries, scallions, red onion, apple juice, tuna, mayonnaise, mesclun salad, dressing	10.00
TOMATO MOZZARELLA SALAD fresh mozzarella, fresh tomatoes, fresh basil, mesclun salad, balsamic vinegar, extra virgin olive oil	9.00

Crab meat, smoked salmon, shrimp, parma ham, chicken or tuna can be added to any salad for \$2.50 per item

Our dressing is a homemade vinaigrette (dijon mustard, corn oil, red wine vinegar, salt and pepper) that can be purchased by the pint for \$6.00.



soups

We have a wide selection of daily seasonal all natural soups and several vegetarian options, located online at www.melimeologreenwich.com

French Onion \$6.00 / Soup of the day: range from \$4.50 to 6.00



crêpes de froment wheat crêpes

BEURRE ET SUCRE butter and sugar	3.00
CANNELLE cinnamon	4.00
MIEL ET CITRON honey and lemon	4.50
SIROP D'ÉRABLE maple syrup	4.50
CONFITURE DE LAIT MAISON home-made dulce de leche	6.50
CONFITURE MAISON home-made 3 red fruits jam	6.50
NUTELLA nutella	6.50
GLACE OU SORBET MAISON, UNE BOULE one scoop of home-made ice cream or sorbet of your choice	7.50
GLACE OU SORBET MAISON , DEUX BOULES two scoops of home-made ice cream or sorbet of your choice	10.00
GLACE VANILLE MAISON ET SAUCE AU CHOCOLAT MAISON home-made vanilla ice cream and home-made chocolate sauce	9.00
SAUCE AU CHOCOLAT MAISON ET AMANDES home-made chocolate sauce and almonds	8.00
SAUCE AU CHOCOLAT MAISON ET NOIX DE COCO home-made chocolate sauce and shredded coconut	8.00
FRAISES ET SAUCE AU CHOCOLAT MAISON fresh strawberries and home-made chocolate sauce	9.50
FRAISES, GLACE VANILLE MAISON, SAUCE AU CHOCOLAT MAISON fresh strawberries, home-made vanilla ice-cream, home-made chocolate sauce	11.50
BANANE ET NUTELLA banana and nutella	9.00
FRUITS FRAIS fresh fruits: blueberries, raspberries, strawberries	9.00
FRUITS ROUGE red fruits: raspberries, strawberries, blueberries, white cheese sauce and red fruit coulis	10.00
BANANE ET NUTELLA AVEC UNE BOULE DE BANANA NUTELLA SORBET MAISON banana and nutella with a scoop of home-made banana nutella sorbet	11.00
SWEET TOOTH fresh kiwi, fresh strawberries, mint leaf, one scoop of home-made chocolate sorbet, home-made chocolate sauce	11.00
AFTER EIGHT fresh strawberries, home-made mint chocolate chip ice cream, mint leaf, red fruit coulis	11.00

We have gluten & dairy free savory and sweet crepes!

crêpes flambées

ALSACIENNE home-made three red fruits jam flambéed with kirsch	10.00
CHARENTAISE home-made prune jam flambéed with cognac	10.00
JUBILEE home-made vanilla ice cream & cherries flambéed with kirsch	11.00
NORMANDE home-made green apple sorbet flambéed with calvados	11.00
ST. BARTH home-made vanilla ice cream & raisins flambéed with rum	11.00
SUZETTE orange butter & citrus peels flambéed with grand-marnier	10.00

ANY CHANGE, ADDITION OR COMBINATION WILL BE EXTRA



ice cream + sorbets

CHOCOLATE	APPLE
CINNAMON	APRICOT
DULCE DE LECHE	BANANA/NUTELLA
HAZELNUT	BLACK CURRANT
MINT CHOCOLATE CHIP	COCONUT
RUM RAISIN	MANGO
VANILLA	PASSION FRUIT
SUZETTE	PEAR
	RASPBERRY
	STRAWBERRY

1 SCOOP: \$4.00
2 SCOOPS: \$6.00
3 SCOOPS: \$8.00

Containers available for take-out; pint \$6.00



juice bar

All our juices are made from fresh fruits and fresh vegetables right in front of you. Mix and match your own or choose from our favorites below.

One line represents one juice: \$5.50

APPLE, CARROT, GINGER	GINGER, ORANGE, PINEAPPLE
APPLE, BANANA, PEAR	KIWI, ORANGE, PEAR
APPLE, PEAR, PINEAPPLE	KIWI, PINEAPPLE, ORANGE
BANANA, ORANGE, PINEAPPLE	ORANGE, PEAR, STRAWBERRY
BANANA, GRAPEFRUIT, ORANGE	ORANGE, PINEAPPLE, STRAWBERRY
BANANA, KIWI, ORANGE	PEAR, PINEAPPLE, STRAWBERRY
BASIL, LEMON, TOMATO	STRAWBERRY, BANANA
BLUEBERRY, PINEAPPLE, GRAPEFRUIT	STRAWBERRY, PEAR, APPLE
CARROT, CELERY, LEMON	STRAWBERRY, KIWI, ORANGE
CELERY, TOMATO, LEMON	RASPBERRY, PINEAPPLE, KIWI
CELERY, PARSLEY, TOMATO	RASPBERRY, KIWI, ORANGE



from the bar

COKE, DIET COKE, SPRITE, ROOT BEER	2.00
POLAND SPRINGS, SMALL PELLIGRINO	2.50
PELLIGRINO (LARGE),	6.50
ARANCIATA, LEMONATA	2.50
ORANGINA, PERRIER	3.50
LEMONADE (FRESH SQUEEZED LEMON AND WATER)	3.50
FRESH SQUEEZED ORANGE, CARROT OR APPLE JUICE	4.00
FRESH SQUEEZED PINEAPPLE JUICE	5.50
COFFEE, TEA, ICED TEA, MILK	2.00
ESPRESSO	3.00
CAFE AU LAIT, CAPPUCCINO, HOT CHOCOLATE	4.00
FRAPPUCCINO (ICED CAPPUCCINO), DOUBLE ESPRESSO	4.50

meli-melo

crêperie • catering • patisserie • delivery

coming soon breakfast menu
6:30am - 11:30am

www.melimeologreenwich.com
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