

GUT LOVE DIET

An anti-inflammatory gluten-free dairy-free refined-sugar-free plant based protocol for microbiome optimization-because to optimize your gut health is to optimize your whole body wellness and longevity!

BREAKFAST

Vacation Smoothie – \$10.50

orange, pineapple, banana, kiwi

Açaí Smoothie – \$12.50

organic açai, banana blueberry, strawberry, chia seeds, almond milk

Lux Smoothie – \$15.50

coconut water, blueberry, banana, maca, spirulina, chia seed, hemp protein

LUNCH

Californian Crêpe – \$18.50 | GF 21.50

On thick crêpe: roasted eggplant, zucchini, yellow squash, sautéed spinach, diced tomatoes, sun dried tomatoes, scallions, corn, bean sprouts, homemade Dijon vinaigrette – **with Turmeric Almond Latte +\$8**

French Green Lentil Salad – \$12.50

French green lentils, shredded carrots, mesclun salad, homemade Dijon vinaigrette

Vegetarian Salad – \$13

avocado, tomato, bean sprouts, scallions, artichoke, mesclun salad, homemade Dijon vinaigrette – **with a Doctor's Note juice +\$13**

Detox salad – \$14

kale, tomato, string beans, shredded carrots, scallion, bell pepper, orange, mesclun salad, wheatgrass, homemade apple cider vinaigrette

LOW FODMAP DIET

A common dietary protocol to improve bloating, gas, and abnormal bowel movements.

BREAKFAST

Peak Hour Smoothie – \$10.50

almond milk, orange, banana

Vacation Smoothie – \$10.50

orange, pineapple, banana, kiwi

LUNCH

Blinis Salad – \$15

5 Blinis (mini buckwheat pancake: sliced tomato, goat cheese, basil, olive oil) on bed of mesclun salad, homemade Dijon vinaigrette

Tomato Mozzarella Salad – \$13

sliced tomatoes, fresh mozzarella, basil vinaigrette, balsamic vinegar, mesclun salad, homemade Dijon vinaigrette

Grilled Chicken Salad – \$15

sliced chicken breast, sliced tomato, bean sprouts, roasted eggplant, zucchini, yellow squash, mesclun salad, homemade Dijon vinaigrette

Smoked Salmon Salad – \$16

smoked salmon, sliced tomatoes, bean sprouts, daikon, chive sauce, lemon juice, mesclun salad, homemade Dijon vinaigrette

Salad Niçoise – \$16.50

canned tuna marinated in balsamic vinegar, olive oil, lemon juice, sliced tomato, string beans, organic hard-boiled egg, cured olives, boiled potato, bell pepper, anchovies, mesclun salad, homemade Dijon vinaigrette

Fromage de Chèvre Salade Aux Noix Crêpe – \$15 | GF \$18

goat cheese, walnuts, mesclun salad, homemade Dijon vinaigrette

Jambon et Fromage Crêpe – \$12 | GF \$15

ham and Swiss cheese

Parma Crêpe – \$19.50 | GF \$22.50

mozzarella, sliced tomatoes, olive oil, prosciutto di Parma, mesclun salad, homemade Dijon Vinaigrette

Sicilienne Crêpe – \$20.50 | GF \$23.50

Oversized thick crepe, mozzarella, tomato sauce, ricotta, roasted tomatoes, spinach, basil leaf, diced prosciutto di Parma sautéed in balsamic vinegar

Jumbo Crêpe – \$20.50 | GF \$23.50

Oversized thick crepe, mozzarella, roasted tomato, spinach, grilled chicken, roasted eggplant, zucchini, yellow squash

Saumon fume Sauce Ciboulette Crêpe – \$14.50 | GF \$17.50

smoked salmon, chive sauce, lemon, daikon

GUT HEALTH TIPS



Kiwis are great for constipation instead of laxatives



Ginger improves gut motility and bloating



Chia seeds are a prebiotic food to maintain a healthy microbiome



Hemp seeds are an amazing source of plant based protein



Garlic has anti-bacterial and anti-fungal properties



Turmeric has naturally anti-inflammatory properties in the gut



Lentils are a terrific source of resistant starch and plant based protein

KETO DIET

The ketogenic diet is a low-carb protocol for metabolic optimization, fatty liver disease, and weight loss.

BREAKFAST

Green Juices

celery, parsley, ginger, lemon – \$10.50

spinach, lemon kale, celery, basil – \$11

LUNCH

Mixed Green Salad – \$8.50

mesclun salad, homemade Dijon vinaigrette

Vegetarian Salad – \$13

avocado, tomato, bean sprouts, scallions, artichoke, mesclun salad, homemade Dijon vinaigrette

Portobello Salad – \$14.50

avocado, asparagus, tomato, portobello mushroom, basil and goat cheese on tartine, mesclun salad, homemade Dijon vinaigrette

Tomato Mozzarella Salad – \$13

sliced tomatoes, fresh mozzarella, basil, vinaigrette, balsamic vinegar, mesclun salad, homemade Dijon vinaigrette

Grilled Chicken Salad – \$15

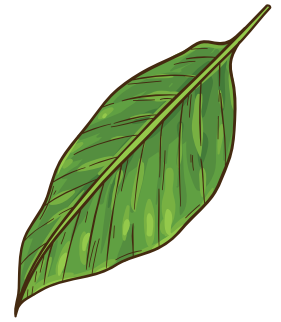
sliced chicken breast, sliced tomato, bean sprouts, roasted eggplant, zucchini, yellow squash, mesclun salad, homemade Dijon vinaigrette

Meli Melo Salad – \$15

Roquefort cheese, walnuts, prosciutto di Parma, mesclun salad, homemade Dijon vinaigrette

Smoked Salmon Salad – \$16

smoked salmon, sliced tomatoes, bean sprouts, daikon, chive sauce, lemon juice, mesclun salad, homemade Dijon vinaigrette



OTHER GUT HEALING DIETS

GLUTEN FREE DIET

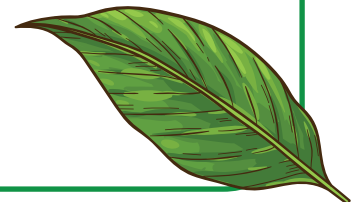
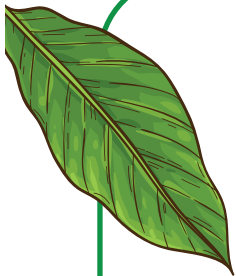
Gluten is very difficult to digest and can be associated with celiac disease, non-celiac gluten sensitivity and food allergies. People who follow gluten-free diets have very few choices when dining out but Méli-Mélo offers gluten-free crepes made from buckwheat + rice milk!

DAIRY FREE DIET

Dairy is a top gut health disruptor that can cause many unpleasant symptoms. Luckily Méli-Mélo has many dairy-free options like sorbet instead of ice cream!

REFINED SUGAR FREE DIET

Sugar is pro-inflammatory and impedes metabolic optimization. Méli-Mélo uses honey and in their recipes as a healthier replacement.



HIPPOCRATES SAID “ALL DISEASE BEGINS IN THE GUT” AND “LET FOOD BE THY MEDICINE”. HE WAS RIGHT—THE MOST IMPORTANT THING WE CAN DO FOR OURSELVES AND OUR HOLISTIC WELLBEING IS FOCUS ON GUT HEALTH AND HEALING FOODS! MELI-MELO BRINGS THIS PHILOSOPHY TO LIFE IN THEIR MENU WITH AMAZING CHOICES FOR PEOPLE LOOKING TO OPTIMIZE GUT AND MICROBIOME HEALTH THROUGH HEALING DIETARY PROTOCOLS.