

## 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 açaí, 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

### 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

## 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 fumé Sauce Ciboulette Crêpe – \$14.50 | GF \$17.50

smoked salmon, chive sauce, lemon, daikon

## KETO DIET

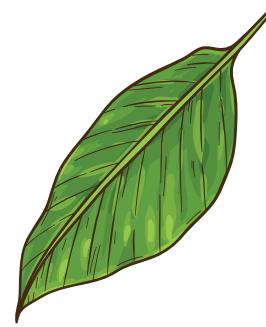
The ketogenic diet is a low-carb protocol for metabolic optimization, fatty liver disease, and weight loss.

### 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 WELL-BEING IS FOCUS ON GUT HEALTH AND HEALING FOODS! MÉLI-MÉLO BRINGS THIS PHILOSOPHY TO LIFE IN THEIR MENU WITH AMAZING CHOICES FOR PEOPLE LOOKING TO OPTIMIZE GUT AND MICROBIOME HEALTH THROUGH HEALING DIETARY PROTOCOLS.