

Sands Regency

Mals
THE ORIGINAL
American Diner since 1947

ALL AMERICAN
Family Favorites



Home of *American
Graffiti*

ALL DAY BREAKFAST Favorites!

SERVED WITH HASH BROWNS OR OUR FAMOUS MELIS POTATOES. MADE WITH PREMIUM BAKED RED POTATOES, DICED AND GRILLED WITH WHITE AND GREEN ONIONS AND MELIS SPECIAL SEASONING SAUCE. PLEASE TELL YOUR SERVER IF YOU PREFER NO ONIONS. SUBSTITUTE EGG BEATERS AT NO CHARGE. TURKEY SAUSAGE NOW AVAILABLE.



BREAKFAST

BREAKFAST BURRITO

Tortilla filled with two eggs, scrambled with cheese, country sausage, Melis potatoes and a touch of country gravy. Served with a side of sour cream and salsa 11.49

BACON, EGG & AVOCADO BURRITO

A large, grilled flour tortilla stuffed with smoked bacon, scrambled eggs, tomato, avocado and cheese. Served with a side of salsa 11.99

Add sausage and diced ham, 1.75

MELIS SAN FRANCISCO SCRAMBLE

Three fresh eggs, ground beef, Melis seasoning salt, fresh mushrooms and spinach scrambled with green onions and topped with Parmesan cheese. Served with toast 11.49

CORNEBEEF HASH & EGGS

HOUSEMADE with bell peppers and onions, served with fresh fruit and toast 11.99



SUNRISE SANDWICH

Breakfast sandwich with two scrambled eggs and your choice of bacon, ham or country sausage and American cheese, served on grilled, thick sourdough bread 5.99

GRILLED PORK CHOPS

& EGGS 11.99

HUEVOS RANCHEROS

Two eggs with corn tortillas, shredded Jack and cheddar cheese, topped with avocado, mushrooms, onion and sour cream.

Served with refried beans 11.49

CHORIZO & EGGS

Three farm-fresh scrambled eggs with authentic chorizo. Served with refried beans topped with cheese, sour cream, fanned avocado, a sprinkle of green onions, salsa and corn tortillas 11.89

BREAKFAST QUESADILLA

Scrambled eggs with authentic chorizo, green onion, and ripe tomato with cheese stuffed into a large flour tortilla and served with sliced jalapeños on the side 10.99

Back by Popular Demand!

AIDELL'S GRILLED SMOKED SONOMA SAUSAGE

Made with chicken, apples, and sun-dried tomatoes with two eggs. Served with toast 11.49

& BOMB

Almost a pound of thick-sliced ham, served on our large platter with two eggs and all the usual suspects 11.99

WOLFMAN JACK

2 pancakes, 2 eggs, 2 strips of bacon, 1 country sausage and ham with hash browns or Melis potatoes 12.49



6 OZ. NEW YORK STEAK & TWO EGGS 11.99

CHICKEN-FRIED STEAK & TWO EGGS 12.49

RIB-EYE STEAK & TWO EGGS 10 oz. Regular Cut 16.99



- ONE EGG 1.99 | OATMEAL 3.99 | MELIS POTATOES 3.75 | HASH BROWNS 3.75
- TOASTED BAGEL 1.75 | BLUEBERRY & GRAN MUFFIN 1.75
- BUTTERMILK BISCUIT & GRAVY 5.75 | ENGLISH MUFFIN & TOAST WITH JELLY 2.99
- SIDE & HAM, SAUSAGE, BACON & COUNTRY SAUSAGE 6.75



ALL DAY BREAKFAST Favorites!

FROM THE GRIDDLE

HOTCAKES

Full stack (1) 5.99 Short stack (2) 7.99

STRAWBERRY HOTCAKES

Full stack, with whipped cream 7.99

TWO PLUS TWO

Two hotcakes and two bacon or two sausage

links and two eggs, any style 10.99

A waffle or french toast may be substituted for hotcakes.

FRENCH TOAST

Batter-dipped and griddled 5.99

BELGIAN WAFFLE 4.99

STRAWBERRY FRENCH TOAST

French toast topped with strawberries 5.99

STRAWBERRY BELGIAN WAFFLE

Milk whipped cream 10.99

NEW CHICKEN & WAFFLES

Our Belgian waffle served with your choice of 3 chicken wings 12.99, 4 chicken tenders 13.99 or ½ deep-fried chicken 14.99. Served with maple syrup and a dusting of powdered sugar.

BREAKFAST All Day!

MEL'S SKILLETS*

SERVED OVER HASH BROWNS, OR OUR FAMOUS MEL'S POTATOES WITH CHOICE OF ROAST, HUFFIN OR BISCUIT AND COUNTRY GRAVY. (EXCEPT THE HANGOVER AND HANGOVER II)



SANTA FE SKILLET

Bacon and Ortega chiles scrambled with eggs and topped with avocado and melted cheese. Served with salsa and sour cream on the side 11.49

CHORIZO SKILLET

Mel's potatoes with authentic chorizo, tomato, green onion and melted cheese. Topped with two, farm-fresh eggs any style, sliced fresh avocado and a dollop of sour cream. Served with corn tortillas or toast 11.29

ALICE'S WESTERN SKILLET

Ham, bell peppers, onions and tomatoes, scrambled with eggs and topped with melted cheese 10.99

COUNTRY SKILLET

A combination of scrambled eggs, diced country sausage, link sausage and bacon, all covered with melted mixed cheese and our country gravy 11.99

THE HANGOVER

We cover your choice of potatoes with two biscuits, two country sausages and country gravy and top it with two eggs, any style 12.49

Add two slices of bacon or diced ham for an additional 1.99

HANGOVER II

Choice of potatoes, two biscuits, two sausage links, two pieces of bacon and ham steak. Smothered in country gravy and topped with three eggs, any style 13.49

BREAKFAST *All Day!*



Mels THREE-EGG OMELETTES*

OMELETTES SERVED WITH HASH BROWNS OR OUR FAMOUS MELS POTATOES WITH CHOICE OF TOAST, MUFFIN OR BISCUIT AND GRAVY. ADD A SIDE OF FRESH FRUIT 1.49

PLEASE
USE YOUR
SERVERS IF THEY
PREFER NO
SMOKED

DENVER OMELETTE

Three-egg omelette stuffed with ham, grilled peppers, onions and cheese mix. Served with hash browns or Mels potatoes and toast 11.49



FAJITA

Sautéed onion, bell pepper, tomato and sizzling chicken breast topped with guacamole 12.49

MEAT & CHEESE

Choose from country ham, sausage or bacon with jack and cheddar cheeses. 12.49 Or have all three meats for an additional 2.49

TEX-MEX

Three-egg omelette stuffed with Mels seasoned taco meat, Queso cheese, diced tomato, chopped green onion, ranchero sauce, melted jack cheese and sour cream 11.49

CHILI-CHEDDAR

Our famous chili with jack and cheddar cheese 10.99

VEGETARIAN

A blend of jack and cheddar cheese, green onions, sliced avocado, sautéed mushrooms, tomato and sour cream 11.49

SANDS OMELETTE

Our big, three-egg omelette stuffed with tomato, bacon, cheese and sliced avocado, topped with a dollop of sour cream 12.49

THREE CHEESE

OMELETTE

With cheddar, jack and Muenster cheese 10.49



EGGS BENEDICT

SERVED WITH HASH BROWNS OR MELS POTATOES AND FRESH FRUIT

EGGS BENEDICT

With your choice of ham, sliced avocado or country sausage on a grilled English muffin, topped with poached eggs and hollandaise sauce 12.49

SAND'S BENEDICT

Grilled English muffin halves topped with three strips of bacon, grilled tomato slices, avocado, poached eggs and topped with hollandaise sauce 12.99

EGGS FLORENTINE

Grilled English muffin halves topped with sliced tomato, fresh spinach, poached eggs and topped with hollandaise sauce 11.99

Deluxe YOUR *Mels*
POTATOES or HASH BROWNS \$2.29

Add sliced cheese, bacon, green onions and sour cream.



BREAKFAST EGGS BY THE #*

ALL BREAKFASTS BEING SERVED WITH CHOICE OF TOAST, MUFFIN OR BISCUIT AND COUNTRY GRAVY. MELS POTATOES OR HASH BROWNS.

1. TWO EGGS, ANY STYLE 8.49
2. TWO EGGS, THREE SAUSAGES OR THREE PIECES OF BACON 10.99
3. DICED HAM AND SCRAMBLED EGGS 10.99
4. THREE EGGS WITH CHOICE OF FOUR PIECES OF BACON OR FOUR SAUSAGE LINKS 12.49
5. TWO EGGS WITH CHOICE OF COUNTRY SAUSAGE, HAMBURGER PATTY OR HAM STEAK 10.99
6. ONE EGG, TWO SAUSAGES OR TWO STRIPS OF BACON 9.99

*CHOOSE YOUR SIDE OF FRESH FRUIT, POTATOES, HASH BROWNS, TOAST, MUFFIN, BISCUIT AND GRAVY. ADD A SIDE OF FRESH FRUIT 1.49.

APPETIZERS

Meal Deal Classic SAMPLER

Chicken strips, onion rings, mozzarella sticks, zucchini sticks and chicken wings on a bed of Melfries with ranch dressing and marinara sauce 12.99

Meal Deal ZESTY CHICKEN WINGS

Melfs original or try them with Buffalo sauce. Served with ranch. Basket of 8 wings 5.99

Meal Deal WINGS & FRIES

Wings on a bed of Melfries 15.49

BEER BATTERED ONION RINGS

Sweet Spanish onions, thick-cut, double dipped in beer batter and fried crispy 7.99

TEMPURA BATTERED ZUCCHINI STICKS 1.99

CHICKEN STRIPS

With your choice of ranch or BBQ sauce on a bed of Melfries 10.99

CHICKEN QUESADILLA

Jack and cheddar cheese with green onions, tomatillo, queso fresco, salsa and sour cream on a flour tortilla 10.99

VEGETARIAN QUESADILLA

On a large, whole wheat tortilla with jack and cheddar cheese, zucchini, sautéed mushrooms, tomatoes and onions 10.99

MOZZARELLA STICKS

Battered, fried and served with marinara sauce 7.99

Melfs **FRIES**

CHILI MELFRIES

With cheddar and Jack cheese and chopped onions 7.99

GRAVY MELFRIES

Our seasoned Melfries topped with our brown gravy 4.99

GARLIC MELFRIES

Sprinkled with Parmesan cheese 4.99

CHEESE MELFRIES

With mixed Jack and cheddar 5.29

CLASSIC MELFRIES 1.99

GOURMET MELFRIES

Melfries covered with chopped bacon, melted Jack and cheddar cheeses, sliced green onions and a dollop of sour cream 7.99

CURLY MELFRIES 1.99

SWEET POTATO

MELFRIES 1.69

SOUP



TWO FRESH HOT SELECTIONS EVERYDAY

Top with crackers 3.99 Bowl with combined 5.29

CLAM CHOWDER (ONLY ON FRIDAYS)

Top with crackers 4.99 Bowl with combined 5.49

Meal Deal CHILI BOWL

With combined, melted cheddar cheese and onion 5.29



MEL'S SHAKES MALTS

MILK SHAKES & MALTS

Served with the side fix.
CHOOSE FROM: Vanilla, Strawberry,
Chocolate, Mocha Java, Oreo,
Banana and Pineapple.
Shake 3.49, Malt 3.99

DELUXE SHAKES & MALTS

Hand-dipped with Breyers® Premium Ice Cream.
FLAVORS: Vanilla, Chocolate, Strawberry, Chocolate
Chip Malt, Cookie Dough, and Prolines and Cream.
Shake 3.99, Malt 4.49

MEL'S SPECIALTY

SOME OF OUR OWN FAMOUS SHAKE FLAVORS!
MAKE IT A MALT FOR ONLY 50¢

OLD-FASHIONED ORANGE CREAMSICLE

Tastes as good as it sounds. 3.79

CHOCOLATE LOVERS

Chocolate with bananas or Oreo. 3.79

JOEY'S CARAMEL MONKEY CRUNCH

Caramel, chocolate, banana, Oreo and
malt powder. 4.99

COOKIE MONSTER

Oreo with cookie dough ice cream. 4.49

MEL'S -kiddie FOR KIDS 10 & UNDER

SHAKES 3.99 FOR MALTS, ADD 60¢

FLAVORS:
OREO, STRAWBERRY,
CHOCOLATE, VANILLA
& PINEAPPLE



SALADS



CHOOSE FROM

RANCH, BLEU CHEESE, THOUSAND ISLAND, BALSAMIC
VINAIGRETTE OR OIL AND VINEGAR DRESSINGS



MEL'S COBB SALAD

Lettuce, chopped bacon, diced chicken,
avocado, green onions, egg,* tomato
and bleu cheese crumbles 11.99

CLASSIC CAESAR SALAD

Served with cheese toast 8.99
Add seasoned chicken for only 2.49

CHEF SALAD

An Original Mel's favorite with julienne strips of turkey,
ham, cheese and hard-boiled egg* over a bed of greens.
Served with your choice of Bleu Cheese, Thousand Island
or Ranch 10.99

CHICKEN FAJITA SALAD

Break of chicken, red and green peppers and sautéed
onions, served over a bed of greens with salsa, guacamole
and sour cream 11.49

MEL'S CRISPY CHICKEN SALAD

Fresh diced tomatoes, crumbled bacon, sliced hard-
boiled egg and shredded jack and cheddar cheese on
a bed of crisp lettuce and topped with crispy sliced
chicken or Buffalo-style chicken dipped in our hot wing
sauce 11.49

TACO SALAD

Crispy corn tortilla chips topped with Mel's seasoned taco
meat, rifried beans, shredded lettuce, diced tomatoes,
jack and cheddar cheeses, diced green onions, a dollop of
sour cream and guacamole 10.99

* Low Cal. options available upon request.

MEL'S COMBOS

SOUP & SALAD

Bowl of soup and Mel's house or Caesar salad with
cornbread 8.99

1/2 SANDWICH & P

MEL FRIES COMBO

Half sandwich, Mel Fries and choice of cup of
soup, luncher salad, fresh-sliced salsa, or
house-made pasta salad or cottage cheese 11.99

SANDWICH CHOICES: turkey, ham, ham, roast beef
or pesthani served on grilled sourdough bread.

Specialty *Mels* SANDWICHES

ALL MELS SPECIALTY SANDWICHES ARE SERVED WITH CHOICE OF ONE SIDE: FRIES, COLESLAW, PASTA SALAD, COTTAGE CHEESE OR SALAD WITH DRESSING. SUBSTITUTE CHILI FRIES OR GOURMET FRIES FOR 1.50, CHEESE FRIES .55, SWEET POTATO FRIES 1.15, GARLIC FRIES (SPRINKLED WITH PARMESAN CHEESE OR CURLY FRIES 1.15) ADDITIONAL SIDE 2.45



FRENCH DIP OR TURKEY DIP

Sliced USDA choice oven roasted beef or turkey breast simmered in au jus on a French roll 11.99
Order it Philly-style for only .99 more. Double the meat for only 2.99 more!

CLUB SANDWICH

Carved breast of turkey, bacon, lettuce, tomato and mayonnaise on white bread 11.99

HOT PASTRAMI

Juicy thin sliced pastrami with lettuce and tomato on the side, stacked on our special Mels hamburger bun 10.99

COUNTRY V.I.P.

Swiss cheese, sliced breast of USDA choice oven roasted turkey, two crisp bacon strips and tomato slices on grilled sourdough 11.49

BEEFY CHEDDAR

Sliced USDA choice oven roasted beef grilled, thick French bread topped, layered with cheddar cheese, green chiles and sliced tomato 11.99

Mels FISHERMAN'S

SANDWICH

Alaskan Cod, beer-battered and deep-fried to a golden brown, topped with American cheese, coleslaw, mayo, lettuce and tomato, served on a hamburger bun 10.99

CHICKEN CLUB

Thicken breast served on our ciabatta bread, topped with jack cheese, avocado, bacon, lettuce, tomato and mayonnaise 10.99

REUBEN

Pastrami or corned beef with Swiss cheese, sauerkraut and Thousand Island dressing on grilled rye 11.49

Mels VEGETARIAN

Vegetarian delight with iceberg lettuce, tomato, mayonnaise, avocado, Muenster cheese, red onion and cucumber 5.49

MELDOG

A full quarter pound, 100% all-beef hot dog, sliced and grilled. Served on a steak roll with lettuce, tomato, pickles, avocado and sliced onion 5.99

Mels CHILI-CHEESE DOG

Mels hot dog with chopped onions and melted cheese 12.49

DELUXE OVEN ROASTED TURKEY

Served open face on a grilled French roll with avocado slices, melted jack and cheddar cheeses, sliced turkey, sliced tomato and Thousand Island dressing 11.29

Mels "ORIGINAL CHEESE STEAK" SANDWICH

This one has it all! Served on our 12" hoagie-style bun with tender-sliced, grilled Sirloin steak topped with sautéed mushrooms, grilled onions and layered with cheese sauce, topped off with jalapeno and pepperoncini.

\$11.49

YOU WILL LOVE OUR

Mel's Famous

BURGERS*

OUR FAMOUS MELBURGERS ARE PREPARED ACCORDING TO THE TIME-HONORED RECIPE OF THE ORIGINAL MEL'S. 7 OZ. HAMBURGER PATTY, SPRIKLED WITH MEL'S SPECIAL SEASONING, COOKED MEDIUM-WELL AND SERVED ON MEL'S FRENCH-STYLE HAMBURGER BUN, LIGHTLY GRILLED WITH BUTTER AND DUSTED WITH PARMESAN CHEESE. MELBURGERS ARE SERVED ON A PLATTER WITH YOUR CHOICE OF ONE OF THE FOLLOWING: CUP OF SOUP, LUNCHEON SALAD, FRESH-SLICED COLESLAW, MELTRES, HOUSE-MADE PASTA SALAD OR EGGTAGE CHEESE.

CLASSIC MELBURGER

Served with sliced tomato, lettuce, onion and Thousand Island dressing 9.49 with cheese 10.49

HAWAIIAN MELBURGER

Cheddar cheese over our teriyaki glazed pineapple ring, lettuce and tomato on a Melburger patty 10.79

SAN FRANCISCO MELBURGER

Grilled sourdough bread, a Melburger patty, cheddar cheese, bacon, avocado, grilled onion with Thousand Island dressing 11.49

MUENSTER MELBURGER

Our Melburger carried with thinly-sliced red and green bell peppers with thin slices of onion. We add a slice of melted Muenster cheese. Served with a bleu cheese mayonnaise dressing 12.99

BUFFALO BLEU MELBURGER

Beef patty in Buffalo sauce, topped with bleu cheese croutons, deep-fried onion strips, shredded lettuce and tomato 11.49

BACON CHEDDAR

MELBURGER

Draped with cheddar cheese, two strips of bacon, lettuce, tomato and onion, with Thousand Island dressing 11.49

BACON CHEDDAR

TURKEY MELBURGER

Mel's turkey burger with mayo, topped with cheddar cheese and slices of bacon on our signature whole wheat bun 11.49

GOURMET CHICKEN

MELBURGER

Our chicken breast dressed up with cheddar cheese, strips of bacon, lettuce, tomato and a creamy mustard sauce, served on our signature whole wheat bun 11.29

CHICKEN BACON MELBURGER

Served on our signature bun with bacon, lettuce, tomato, mayonnaise and onion strips 12.99

SANTA FE CHICKEN

MELBURGER

Chicken breast with jack cheese, Ortega chiles, lettuce, tomato, guacamole and salsa served on a wheat bun 10.99

HAWAIIAN CHICKEN

MELBURGER

Mel's teriyaki glaze on a grilled chicken breast with cheddar cheese and pineapple strips, served on our signature whole wheat bun 12.99

CHILI MELBURGER

With chopped onions and melted cheese 10.99

JALAPEÑO MELBURGER

Topped with sliced tomato, jalapenos, lettuce, grilled onions, Thousand Island dressing and Pepper Jack cheese 12.99

VEGGIE MELBURGER

Served on our signature whole wheat bun with honey mustard dressing, lettuce, tomato and pickle 9.99

MUSHROOM SWISS

MELBURGER

Fresh patty on our signature bun, brushed with mayonnaise, topped on top of golden onion strips, draped with Swiss cheese and smothered in sautéed mushrooms 11.49

DOUBLE UP

- A SECOND PATTY TO ANY BURGER 1.99
- AN ADDITIONAL SIDE 1.49
- ONION STRIPS TO ANY BURGER .99

SUBSTITUTE Chili Fries or Gourmet Fries for 1.99, Cheese Fries .99, Sweet Potato Fries 1.99, Garlic Fries sprinkled with Parmesan cheese or Curly Fries 1.99

*COMBINATIONS BY ADDITIONAL COST. MELTRES, SALAD, PASTA AND EGGTAGE CHEESE WITH A FEE OF \$3.00 PER 1/2 POUND.

HOT OPEN-FACED SANDWICHES \$10.49

*Serving a bit of
THANKSGIVING
everyday!*

HOT SANDWICHES COME WITH MASHED POTATOES, GRavy AND A VEGETABLE

MAKE IT DOUBLE MEAT FOR JUST 2.49 EXTRA

meat ORIGINAL RECIPE MEAT LOAF

With gravy and mushrooms

FRESH OVEN ROASTED TURKEY

Sliced oven roasted turkey with dressing and cranberry sauce



SANDWICHES

*A classic is always a classic...
and everybody loves them!*

CLASSIC SANDWICHES SERVED WITH YOUR CHOICE OF A CUP OF SOUP, LUNCHEON SALAD, COLESLAW, MELFRIES, HOUSE-MADE PASTA SALAD OR COTTAGE CHEESE. ADDITIONAL SIDE 2.49

GRILLED CHEESE

With jack, cheddar and American cheeses 8.99

SAND'S FAVORITE

Aidell's grilled Sonoma Sausage, jack cheese, red and green bell peppers mixed with grilled onion, served on a grilled hamburger bun 10.99

LOADED GRILLED CHEESE

Hartley jack, cheddar and American cheese with bacon, tomato and onion 9.49

meat MONTE CRISTO

A combination of sliced turkey, ham, and American cheese stacked with a pineapple ring, dipped in egg-battered Texas toast, deep-fried to a golden brown and sprinkled with powdered sugar 11.99

BILT-BLTA-BLTE

Classic with bacon, lettuce and tomato 8.99
With avocado 3.99 With over-hard egg 5.99

TUNA MELT ON RYE

With cheddar cheese and sliced tomato 10.49

GRILLED HAM & CHEESE

With jack, cheddar, and American cheeses with sliced ham 5.99

TUNA SALAD SANDWICH

Alderton White Tuna with mayonnaise, lettuce and tomato on rye bread 8.99

FRESH ROASTED TURKEY

With lettuce, tomato and mayonnaise served on a hamburger bun 10.49

Favorites
Classics



Burgers

OUR FAMOUS MELBURGERS ARE PREPARED ACCORDING TO THE TIME-HONORED RECIPE OF THE ORIGINAL MELS. 7 OZ. HAMBURGER PATTY, SPRINKLED WITH MELS SPECIAL SEASONING, COOKED MEDIUM-WELL AND SERVED ON A FRESH-BAKED BUN. MELBURGERS ARE SERVED ON A PLATTER WITH YOUR CHOICE OF ONE OF THE FOLLOWING: CUP OF SOUP, LUNCHBOX SALAD, FRESH-SLICED EGG SALAD, MELFRIES, HOUSE-MADE PASTA SALAD OR COTTAGE CHEESE.

BBQ CRISPY CHICKEN MELBURGER

Thicken breast with cheddar cheese, bacon strips and onion rings topped with BBQ sauce and served on our signature bun 11.49

GRAFFITI MELBURGER

Thick sourdough bread, buttered and grilled with melted Swiss cheese and sautéed onions 10.49

NEW! BIG BOPPER

Our classic Melburger with cheddar cheese, bacon strips and onion rings topped with barbecue sauce 11.49

DEUCE COUPE

Two large beef patties with choice of cheese, tomato, lettuce and onion with Thousand Island dressing 12.49

PATTY MELT

Grilled hamburger patty on rye bread with cheddar cheese, sautéed onion and tomato slices 10.99

CHICKEN IN THE BUFF

Our chicken breast served with lettuce, tomato, pickle and a creamy mustard sauce served on a wheat bun 10.29

CLASSIC LEAN TURKEY MELBURGER

Served with lettuce, tomato and mayonnaise on a wheat bun 10.19

CLASSIC CRISPY CHICKEN MELBURGER

Served on our signature bun with lettuce, tomato and onion with a side of mayo 10.49

DOUBLE UP

- A SECOND PATTY TO ANY BURGER 1.99
- AN ADDITIONAL SIDE 1.09
- ONION STRAWS TO ANY BURGER .99

SUBSTITUTE Chili Fries or Gourmet Fries for 1.99, Cheese Fries .99, Sweet Potato Fries 1.39, Garlic Fries sprinkled with Parmesan cheese or Curly Fries 1.11

American
Cuisine

WINDAN WHITE
- LARSEN IN
- UPPALA, VA.



BLUE Plate

DINNERS

PRIME RIB SHRIMP

8 oz. prime rib cut served with four pieces of our golden fried shrimp 17.99

STEAK BBQ CHICKEN

6 oz. NY strip steak with grilled chicken breast sautéed in BBQ sauce 15.49

SANDS RIB EYE

10 oz. rib eye steak with sautéed mushrooms 17.99

PRIME RIB

8 oz. cut 15.99 or our 10 oz. cut, add 1.99

GROUND ROUND STEAK

10 oz. grilled and sautéed with sautéed onions and mushroom gravy 13.99

CHICKEN-FRIED STEAK

Made in-house, buttermilk battered and dusted in panko breading, topped with country gravy, sautéed mushrooms, and choice of biscuit or cornbread 13.99

SHRIMP DINNER

Six pieces of battered fried large shrimp with a light oriental panko breading with a side of cocktail sauce 13.99
Add more shrimp for only 1.49 a piece

FRESH CARVED TURKEY PLATTER

With dressing and cranberry sauce 14.99

SERVED WITH FRESH-CUT VEGETABLES SAUTÉED IN BUTTER AND CORNBREAD PLUS CHOICE OF TWO SIDES: LUMPY MASHED POTATOES AND GRAVY, MUFFINS, COLD SLAW, PASTA SALAD, PETITE DINNER SALAD OR CUP OF SOUP. ADD ADDITIONAL SIDES FOR ONLY 2.49 EACH

4 PC. DEEP FRIED CHICKEN DINNER

Breaded and crisp on the outside, moist and tender inside 13.99

FISHERMAN'S PLATTER

3 pieces of Alaskan cod battered in a blend of brewer's yeast and natural hops flavor in a light, crispy batter 13.99

ORIGINAL RECIPE MEAT LOAF

Made in house with brown gravy and topped with mushrooms 12.99

GRILLED PORK CHOPS

Two 6 oz. tender-cut pork loin chops, tender and juicy, topped with sautéed onions 14.99

STEAK SHRIMP

We pair a delicious 6 oz. New York strip steak and four pieces of our golden fried shrimp for only 15.99

LOVE ME TENDERS

SHRIMP

Four pieces of our golden fried shrimp with three juicy, deep-fried turkey tenders, served with ranch dressing and cocktail sauce 13.99



FISH & FRY BASKETS

SERVED WITH COCKTAIL OR TARTAR SAUCE, MUFFINS AND COLD SLAW

FIVE PIECE SHRIMP BASKET 15.99

THREE PIECE BEER BATTERED COD 13.99

THE COMBO

With three pieces of shrimp and two pieces of cod 13.99

BEVERAGES

ADD Cherry, vanilla or chocolate syrup to any drink etc

BEER

WE OFFER IMPORTED, DOMESTIC & MICRO BREWERY BEERS • DOMESTIC • Premium

WINE

OUR HOUSE WINES BY THE GLASS

COFFEE

Maia SPECIALLY BLENDED COFFEE
FRESH BREWED DECAF

SOFT DRINKS

JUMBO DRINK (jumbo drink refills at no charge)

LEMONADE, SPRITE, COCA COLA, DIET COKE, FANTA ORANGE, ROOT BEER OR FIBB XTRA

MORE DRINKS

JUICE Orange, grapefruit, V8, apple or cranberry

HOT TEA SERVICE

ICED TEA

RASPBERRY ICED TEA

HOT CHOCOLATE

MMOSA

MILK

CHOCOLATE MILK

Maia SODA FOUNTAIN

Fountain Service
FEATURING *Beers*

\$5.49

ROOT BEER FLOAT

Root beer with a scoop of premium vanilla ice cream

BLACK COW

Coke with a scoop of premium vanilla ice cream

CHERRY COW

Cherry cola with a scoop of premium vanilla ice cream

ROOT BEER FREEZE

Root beer blended with premium vanilla ice cream

COKE FREEZE

Coke blended with premium vanilla ice cream

ORANGE FREEZE

Sprite blended with orange sherbet



CHOICE: VANILLA, CHOCOLATE, STRAWBERRY, CHOCOLATE CHIP MINT, CARAMEL COOKIE DOUGH, PRALINES & CREAM AND ORANGE SHERBET

Maia PETITE ICE CREAM DISH

A single scoop with a cookie for the lighter appetite. 3.49

Maia DOUBLE SCOOP

Choice of two flavors of our premium ice cream, served with cookies. 4.49

SUNDAE

Mel's SPECIALTY ALL TOPPED WITH WHIPPED CREAM

Fountain Service
FEATURING *Brewery*

PRALINE SUNDAE

Pralines & cream ice cream with caramel fopping and banana wheels. 3.99

BANANA ROYALE SUNDAE

Two scoops of premium vanilla ice cream, banana wheels and choice of hot fudge or strawberry fopping. 7.49

Mel's OLD-FASHIONED HOT FUDGE SUNDAE

With two scoops 5.99
Three scoops 7.99

Mel's HOT FUDGE BROWNIE SUNDAE

With two scoops 6.49
Three scoops 8.99

BLACK & TAN

Premium vanilla and praline crunch ice cream layered in caramel and chocolate foppings. 7.99

COOKIES & CREAM

Two scoops of premium cookie dough ice cream dusted with Oreo cookie bits and topped with chocolate and caramel fopping. 7.99

BLACK & WHITE SUNDAE

Premium vanilla and chocolate ice cream layered in marshmallow and rich chocolate fopping. 6.99

Mel's KIDDIE SUNDAE \$3.99
A SINGLE SCOOP OF VANILLA ICE CREAM, CHOICE OF SYRUP, WHIPPED CREAM, NUTS AND A CHERRY

Mel's ICE CREAM SUNDAE

PICK A SIZE: SINGLE 5.19 DOUBLE 6.49 TRIPLE 7.99

CHOOSE A FLAVOR:

VANILLA, CHOCOLATE, STRAWBERRY, CHOCOLATE CHIP MINT, CARAMEL COOKIE DOUGH, PRALINES & CREAM, AND ORANGE SHERBET

SELECT A SAUCE:

MARSHMALLOW, STRAWBERRY, PINEAPPLE, CARAMEL, CHOCOLATE OR HOT FUDGE SYRUP TOPPED WITH WHIPPED CREAM, NUTS AND A CHERRY!

Sweet TREATS

Mel's FAVORITE BANANA SPLIT

Chocolate, strawberry and vanilla ice cream topped with chocolate, strawberry and pineapple sauces, whipped cream, nuts and cherry on a whole banana. 7.99

LEMON MERINGUE PIE

A sweet-tart lemon filling topped with light fluffy meringue, a true American tradition. 4.49

Mel's FRESH-BAKED PIE

Mel's fresh-baked pies Apple or Berry 4.49
Order it à la mode with a scoop of premium ice cream for only 5.99

ASK ABOUT OUR *Free* BIRTHDAY SUNDAE

••••• OUR BIRTHDAY PARTIES ••••• RESERVATIONS! •••••

COME VISIT US AT OUR OTHER LOCATIONS

CALIFORNIA

- Anaheim 4627 Lane Tree Way • Brentwood 2521 Sand Green Pl.
- San Leandro 15811 Hesperian Blvd. • Tracy 2786 W. Grand Line Rd.
- Ukiah 1411 Empress Dr. • Concord 4711 Trout Blvd.
- Walnut Creek 1256 Village West [open 40 days on weekends]
- Vacaville 171 Hill Top Parkway • Fortuna 11225 Nelson Blvd.
- Sacramento 2057 Arroyo Blvd. • Sacramento 3880 F St. • Sacramento 543 Howe Ave.
- Rocklin 1788 Sunrise Blvd. • Rocklin 5430 Crockett Dr.
- Placerville 202 Main Street • Auburn 1708 Green Valley Way.
- Roseville 3224 Douglas Blvd.

NEVADA

- Reno 181 Barnhart Ranch Pkwy • Reno at Sands Regency Casino Hotel
- Verdi 1711 at Bassano Casino & Hotel

COMING SOON!

- Las Vegas 1711 East Starley Blvd.
- Fairfield 1581 Travis Blvd.

VISIT OUR WEBSITE TO SEE OUR NEWEST LOCATIONS "COMING SOON" AND TO SIGN UP AND RECEIVE A "YEAR-UP MANUAL" TO BEING YOUR OWN CUSTOMER REWARDS!