



**MEI ANGE**  
eatery

***Asian-fusion eatery serving  
nourishing, plant-based meals.  
A palette of living flavors.***

***Serving high-quality, fresh & organic food\****

# Starters

## Artichoke Dip

10

artichoke hearts and green chilies in a rich cashew cream sauce, served with toast (GF crudités + \$1) **GF**

## Dubu Jorim

9

braised tofu served hot smothered in a rich Korean red pepper sauce with notes of garlic and ginger (GF +\$1) **GF**

## Hiyayakko

9

a twist on the Japanese cold dish...tofu served with a tangy, ginger, garlic, cilantro marinade with a touch of spice (GF +\$1) **GF**

## Shishito Adobo

8

pan flashed shishito peppers in adobo sauce (GF +\$1) **GF**

## Veggie Roll

8

seasoned rice with carrots, cucumber, avocado, and mixed greens, wrapped in nori, served with our sesame, soy, red sauce (GF +\$1) **GF**

## Summer Rolls **GF**

8

fresh vegetables and rice noodle wrapped in rice paper and served with a caramelized ginger peanut sauce

# Mains

## Deconstructed Lasagna

16

garlic roasted vegetables, almond ricotta & red sauce on wide wavy noodle, served with a side of garlic bread (GF lasagna +\$1) **GF**

## Oolong Soba

16

buckwheat noodles in a light wild mushroom savory broth topped with seared baby bok choy, kim chi, yellow radish, pickled onion and rice cracker lattice

## A La King Encroute

14

chanterelle mushrooms, garbanzos and peas smothered in a white sauce on puff pastry and served with side salad



Gluten Free



**Stuffed Onion Bowl** (GF) 14  
broccoli, cauliflower, potato, carrots, in a yellow thai coconut  
curry

**Bi Bim Bop Bowl** 12  
garlic wok fried carrots, onion, spinach, button mushroom, bean  
sprouts with kochujang (GF + \$1) (GF)

**Autumn Bowl** (GF) 12  
seasoned black eyed peas, kale, seasoned tofu, with cashew sauce

**Grilled Arugula Pesto Panini** 10  
vegenaise, mushroom, onion, eggplant, squash, cheez, lettuce  
and tomato

*All bowls served with white rice  
(brown rice can be substituted for +\$1)  
Add tofu to any dish +\$1.50*

## Raw



**Live Burger** (GF) 14  
a nutty savory patty made of sprouted buckwheat, sunflower  
seeds, celery, red onions and red peppers topped with cashew  
cream, tomato, cucumber, avocado and live ketchup served in a  
cabbage and lettuce leaf, with a side salad of fresh kale with lime  
tahini dressing

**Live Taco** (GF) 12  
crispy romaine filled with a walnut carrot  
cumin accented filling, with fresh tomato salsa, sliced avocado, and  
chili cashew sauce

**Raw Hummus** (GF) 12  
a refreshingly delicious live blend of cashew and zucchini served  
on live flax and groats crackers served with a side of kale salad w/  
lime tahini dressing

**Melange Salad** (GF) 10  
mixed greens, tomato, cucumbers, kalamata olives, black beans and  
corn, served with a strawberry tomato garlic gastrique



Gluten Free



# Desserts

- Berry Mille Feuille 8
- Cheezcake (vanilla, strawberry or matcha) GF 7
- Raw Brownie GF 4
- Coconut Tapioca GF 4

*Check our deli case for more!*

# Drinks

## Organic Fresh Juices - 12oz

- Straight up Carrot 5
- Carrot & Apple 6
- Sweet Green Detox 7  
(carrot, apple, kale, celery & parsley)



**Gingerade** thirst quenching house made gingerade using seasonal fruit. A must for ginger enthusiasts. 4

**Hibiscus Tea** (iced) 3

**Julie's Fave Herbal Blend** 3

(iced - rooibos, peach & vanilla)

**Virgil's** (variety of flavors) 3

**Zevia** (variety of flavors) 2

**San Pellegrino** 2

sparkling natural water

**Reed's Ginger Beer** 3



## Hot Teas - Organic

**Rosehips** - Rosa Canina 2

**Stay Well** - (echinacea, lemon balm, olive leaf, elder berry, elder flower, lemon peel, ginger root, goldenseal leaf)

**Ginger Root** - Zingiber Officinale

**Peppermint** - Mentha Piperita

**Memory Tea** - (ginkgo leaf, hibiscus flower, eleuthero root, got kola herb, parsley flakes, alfalfa leaf, bilberry leaf and ginger root.

**Lemongrass** - Cymbopogon Citratus

**Earl Grey Tea**



Gluten Free

*\*All dishes are prepared with high-quality ingredients and organic where available.*

## **Chef Brian Igarta**

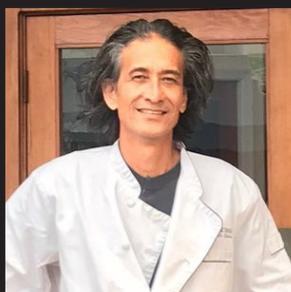
Born and raised on Maui, Brian has long had a fascination with food and cooking. Classically trained in French and Japanese culinary techniques, he started working in the major resorts on Maui where he honed his craft. After learning about plant based diets from reading the Scriptures, he became a vegetarian at age 21 and has been strictly plant based since 2001. Brian has been actively sharing his passion for plant based cooking through classes, cook books, radio interviews, television shows and live food demonstrations.

## **Ligia “Gia” Radoias**

Gia was born at the foot of the Carpathian Mountains in Romania and moved to California with her family who defected from behind the Iron Curtain in the late 70s. The numerous twists and turns on Gia’s life journey have required her to be adaptable as she’s lived in 9 countries and has had the opportunity to study 7 languages. Since 2016 when Gia and Brian’s lives intersected, she’s had the desire to open a plant based restaurant where Brian’s talents can be shared with the community.

**Melange Eatery** - “He who controls the spice controls the Universe” Frank Herbert, Dune (1984). As food can turn strangers into family, Melange was birthed from our collective ethnic influences and travels to provide a sense of belonging for people from all walks of life.

If you enjoyed your meal here today, please help spread the word by liking us on Facebook, and following us on Twitter and Instagram!



**541-500-1063**

**406 E Main St, Suite F | Medford, OR 97501**

**Hours: 11am-8pm Mon-Thurs | 11am-3pm Friday  
Closed Weekends**

**Facebook: @MelangeEateryMedford**

**Twitter: @EateryMelange / Instagram: MelangeEatery  
On the web at melangeeatery.com**