

# drinks

## red wine

### RED WINE of the House (PALESTINE)

#### CREMISAN BALADI

Fresh, but also rich aromas of ripe berries, spices, plum and vanilla.  
Glass: 119,- // Bottle: 550,- (Sv)

#### LES GOURMETS ROUGE, CLOS ST. THOMAS

Juicy, cool and fairly soft with a hint of ripe berries, dried fruit, herbs and spices.  
Glass: 119,- // Bottle: 550,- (Sv)

#### CH. ST. THOMAS (LEBANON)

Round and balanced with spices and dried fruit. (Sv)

Glass: 129,- // Bottle: 590,-

#### CH. KSARA RÉSERVE du COUVENT (LEBANON)

Aromatic, fruity and slightly smoky aromas, clean juicy black fruit flavours on the palate with lingering plums and dark berries. (Sv)

Glass: 119,- // Bottle: 569,-

#### CH. MUSAR (LEBANON)

A dark blood red colour with a rich, fragrant fruit nose, mulberries, black cherries, plums with a hint of mocha. The tannins are soft and juicy and it has a lengthy finish. (Sv)

Bottle: 1.119,-

## white wine

### WHITE WINE of the House (PALESTINE)

#### CREMISAN DABOUI

Fresh and fruity with aromas of tropical fruits, lime, melon, grapefruit, peach and apricot.

Glass: 119,- // Bottle: 550,- (Sv)

#### OBEIDY, CH. ST. THOMAS

Fresh and fruity with citrus.

Glass: 119,- // Bottle: 550,- (Sv)

#### DREISSIGACKER ORGANICRIESLING TROCKEN (GERMANY)

Ecological Aroma characterized by citrus, apple and peach, as well as hints of minerals.

Glass: 119,- // Bottle: 550,- (Sv)

#### LA SABLETTE SAUVIGNON BLANC (FRANCE)

Tastes fresh from peaches, passion fruit, fresh herbs, lemon and lime.

Glass: 119,- // Bottle: 550,- (Sv)

#### CHARDONNAY, CH. ST. THOMAS (LEBANON)

Full-bodied with fruit. Integrated oak. Long aftertaste.

Glass: 125,- // Bottle: 559,- (Sv)

#### CHATEAU KSARA MERWAH (LEBANON)

The aroma picture consists of tropical fruit and summer fruits such as melon, guava and lime.

Glass: 125,- // Bottle: 569,- (Sv)

## rosé wine

### ROSÉ of the House (LEBANON)

#### LES GOURMETS ROSÉ, CLOS ST. THOMAS

Fruity and full-bodied with red fruit.

Glass: 119,- // Bottle: 550,- (Sv)

#### prosecco

Glass: 119,- // Bottle: 550,- (Sv)

Aperol Spritz 139,- (Sv)

## fortified wine

Fiin Gammel Portvin	99,-
Bailey's Original Irish Cream	109,- (M)
Turkish Pepper (Hot n'Sweet)	99,-

## whisky

Jameson	119,-
Chivas Regal	119,-
Jack Daniels	119,-
Glenfiddich	129,-
Johnnie Walker Red Label	119,-
Johnnie Walker Black Label	129,-

## cognac

Braastad 3 stjerner	119,-
Martell	119,-

## other

Aquavit	119,-
Vodka	119,-
Rom	119,-
Tequila	119,-
Gin	119,-
Jägermeister	119,-
Ouzo	119,-
Karak (Arak)	119,-
Bailey's coffee (M)	119,-
Fernet Branca	119,-
Gin tonic	139,-
Vodka Russian	139,-
Irish Coffee	139,-
Additional mineral water	22,-
Aperol Spritz	139,-(Sv)

## beer

DRAFT BEER	
Ringnes draft beer (0,25//0,5 ) 4,7%	55,- // 110,- (Mb)
Schous draft beer (0,4), 4,7%	110,- (Mb)
Brooklyn Lager (0,5), 5,2%	119,- (Mb)
Kronenbourg 1664 Blanc (0,5), 4,5%	119,- (Mb, Mb)

## bottles

Taybeh Golden, Palestine, light lager, 33cl., 5,0%	119,- (Mb)
Taybeh Dark, Palestine, dark lager, 33cl., 6,0%	125,- (Mb)
Taybeh Amber, Palestine, classic Altbier, 33cl., 5,5%	125,- (Mb)
Taybeh White, Palestine, wheat - Belgian style, 33cl., 3,8%	119,- (Mb)
Taybeh IPA, Palestine, fresh IPA, 33cl., 6,6%	125,- (Mb)
Taybeh Winter, Palestine, 33cl., 7,5%	125,- (Mb)
Taybeh Non Alcoholic, Pales.	89,- (Mb)
Beirut Beer, Libanon light lager, 33cl., 4,6%	119,- (Mb)
Almaza Beer, Libanon light lager, 33cl., 4,0%	119,- (Mb)
Ringnes LITE, glutenfree, light lager, 30cl., 4,3%	119,- (Mb)
Bulmers 56,8cl., 4,5%	129,- (Mb)
Crabbies 50cl., 4,0%	129,- (Mb)
Munkholm (beer) 33cl., 0%	89,- (Mb)
Ginger beer, 0%	89,- (Mb)

## alcohol-free

## coffee

Rainforest Alliance Certified organic coffee	• 36,-
Refill	• 16,-
Arabic coffee	• 36,-
Espresso	• 36,-
Espresso, double	• 39,-
Americano // Cortado (M) //	
Capuccino (M) // Café latte (M) //	
Mocha-coffee (M) • 44,-	

## tea

Salvie tea // Mint tea // Cinnamon tea // Cardamom tea // Rooibos tea // Green tea // Ginger tea // Masala chai (M) // Chai latte (M) • 39,-	
Tea pot for two • 69,-	

## hot chocolate

Chocolate with / without cream (M) // Chili cacao (M) • 49,-	
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## lassí

### (YOGURT DRINK)

Mango lassi (M) // Salt lassi (M) • 69,-	
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## juice

Fresh orange juice // lemon juice • 79,-	
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## COFFEE MANGO LASSI • 74,-

Mango with espresso

## soft drinks

Jarritos Lime • 59,-	
Jarritos Mandarin • 59,-	
Jarritos Mexican Cola • 59,-	
Jarritos Guava • 59,-	
Solo • 54,-	
Eplemost • 54,-	
Farris grønn • 54,-	
Farris blå • 54,-	
Ginger beer, 0% • 89,-	

## LYKKI ORGANIC CRAFTS SODA • 54,-

Lykki soda is pure soda happiness! The soda is made with the best organic ingredients and is completely free of additives. Real craftsmanship and sustainable production.

Lykki rhubarb soda

Lykki Cola

Lykki Orange soda

Lykki Lemon soda

## Allergens:

Wheat (H)	Mustard (Sn)
Barley (B)	Sesame seeds (Sf)
Crustaceans (Sk)	Sulfur dioxide sulphite (Sv)
Eggs (E)	Lupin (Lu)
Fish (F)	Molluscs (B)
Peanuts (P)	Almond (Ma)
Soya (So)	Pine nuts (Pk)
Milk (Lactose) (M)	Malted barley (Mb)
Nuts (N)	Malted wheat (Mh)
Celery (Si)	



## lunch menu

Served between 12.00 pm and 3.00 pm Monday-Friday

### DOLMA • 179,- (vegan)

Filled grape leaves with rice. Served with bulgur, pita bread and salad. (H)

### FALAFEL • 179,- (vegan)

Fried chickpeas mixture, served with pita bread, avocado and hummus. (H, Sf, Sn)

### SALAT À LA MELA • 179,- (vegan)

Mixed salad with raisins and garlic braised in olive oil, promoganate and vinegar.

Served with pita bread. (Ma, H, N)

### MULLIGATAWNY • 179,- (vegan)

Lentil soup (H)

### SHAKSHUKA • 179,- (H, E)

A dish of egg poached in a sauce of tomatoes. Served with pita bread. (H, E)

### SEEKH KEBAB • 199,-

Melas Seekh Kebab on spear is prepared with traditional methods from the Middle East. Served with pita bread, salad and tzatziki. (M, H)

### CHICKEN TAWOK • 199,- (M, H)

Served with bulgur, tzatziki and salad.

### MEZAH LUNCH PLATE • VEGETARIAN / MEAT • 189,-/199,- (M, H, Sf)

## mezah

Mezah is a rich food tradition found all over the Middle East and the Eastern Mediterranean. Here at Mela Cafe, our Mezah is inspired from the Palestinian, as well as the Lebanese and Syrian kitchen.

**Mezah is about the way it is served. The amount of smalldishes served is meant to be shared with everybody around the table, in order to create a social environment**

The dishes are based on vegetables, and meat. Pita bread is an important part of the meal. Mezah can be eaten as a meal by itself, or as a starter before one goes further to the grill dishes or warm dishes.

You can compose your own mezah.

You can choose from the following below:

### cold mezah - kr 69,-/79,- pr. dish

Hummus (Sf) • Hummus with avocado (Sf) • Tzatziki (M) • Aioli  
Tabbouleh (H) • Baba Ganosh • Muhamra (Chilipeanuts) (P)  
Dolma • Syrian salad (kr 79,-)

### warm mezah - kr 69,-/79,- pr. dish

Eggplant • Cauliflower finger (Sf) • Borek mini roll (M, H)  
Bulgur (H) • Falafel • Vegetable samosa (H) • Chickpeas with tomato • Halloumi (M)  
Rice • Arabic sausage - grilled (kr 79,-) • Meatballs (kr 79,-)  
Chicken with Sauce (kr 79,-) • Beef in sauce (M) (kr 79,-) • Potato Wedges (kr 79,-)  
Batata Harra (kr 79,-)

### mini grillmezah dishes

Seekh kebab on spear kr 120,- • Chicken Tawok kr 120,- • Lamb chops kr 120,-  
Chicken wings kr 120,-

### PITA BREAD (H) 25,-

ZAATAR PITA BREAD (TIMIAN) (H, SF) 30,- • SPICYPITA (H) 30,-  
GARLIC PITA BREAD (H) 30,- • CHEESYPITA (H, M, SF) 49,-  
MIXPITA (H, M, SF) 59,-

Kindly allow the chef to compose six different mezah for you, with or without meat. If you are two or more, we recomend that we propose you a combintaion of different mezah.

### MEZAH VEGETARIAN • 315,- (H, M, P, Sf)

### MEZAH WITH MEAT • 330,- (H, M, P, Sf)

Mezah could contain different allergies ingredients.

Please let us know if you are allergic against a particular ingredient.

### CLASSIC MEZAH WITH BARBECUE DISHES • 440,- per capita

• hummus, tzatziki, tabbouleh, falafel, vegetable samosa, arabic sausage - grilled •  
• halloumi, chicken, seekh kebab, buffalo wings, bulgur, pita bread •

Minimum two orders. (M, H, SF, P)

## main courses

### CHICKEN WINGS • 279,-

Served with bulgur, pita bread, tzatziki and salad. (M, H)

### KOFTA • 279,-

Meatballs casserole well spiced minced beef.

Served with bulgur, pita bread, tzatziki and salad. (M, H)

### CHICKEN CASSEROLE • 279,-

Chicken with spinach and Egyptian Molokhia (Jute).

Served with bulgur, pita bread, tzatziki and salad. (M, H)

### SHAKIRIA MASALA • 279,-

Beef stew in tasty yogurt sauce with masala spices. Recommended.

Served with bulgur, pita bread, tzatziki and salad. (M, H)

### SEEKH KEBAB • 299,-

Melas Seekh Kebab on spear is prepared with traditional methods from the Middle East. Served with pita bread, salad and tzatziki. (M, H)

### LAMB CHOPS • 299,-

Served with bulgur, pita bread, tzatziki and salad. (M, H)

### CHICKEN TAWOK • 299,-

Marinated boneless chicken thigh from the grill. Juicy and tasty.

Served with bulgur, pita bread, avocado hummus, tzatziki and salad. (M, H)

### GRILLMIX • 319,-

Marinated chicken, large Seekh kebab on spear.

Served with bulgur, pita bread, tzatziki and salad. (M, H)

### HALLOUMI BURGER • 279,-

Cheese with tradition from early Arab cuisine.

Served with avocado hummus and tzatziki. (M, H, Sf)

## vegan

### SPICY HUMMUS • KR 244,-

With oven-baked root vegetables as well as salad and pita bread. (Sf, H)

### SPICY SAMBOSA • KR 244,-

With oven-baked root vegetables as well as salad and pita bread. (H)

### SALAT À LA MELA • 244,-

Mixed salad with raisins and garlic braised in olive oil, feta, promoganate and vinegar. Served with pita bread. (H, Ma, N)

### FALAFEL • 244,-

Fried chick peas mixture, served with pita bread and avacado hummus and salad. Available without allergens. (H, Sf, Sn)

### DOLMA • 244,-

Filled grape leaves with rice. Served with bulgur, pita bread and salad. (H)

### VEGAN FALAFELBURGER • 244,-

Pure vegan burger of falafel mixture. Served with avocadohummus and salad. (H, Sf, Sn)

## vegan soup

### MULLIGATAWNY • 239,-

Lentil soup (H) with pita bread (H) and falafel



## hummus imperium

### SPICY HUMMUS • KR 244,- (vegan)

With oven-baked root vegetables and hummus as well as salad and pita bread. (Sf, H)

### Halloumi/hummus • kr 279,- (vegetarian)

Cheese with tradition from early Arab cuisine along with hummus. Tzatziki, salad and pita bread. (Sf,H,M)

### Börek mini rolls/hummus • kr 279,- (vegetarian)

Hummus, börek with spinach and feta cheese also known as pen börek. Tzatziki, salad and pita bread. (Sf,H,M)

### Vegetarian mix/hummus • kr 289,- (vegetarian)

Halloumi, börek with spinach and feta cheese, With oven-baked root vegetables and hummus. Tzatziki, salad and pita bread. (Sf,H,M)

### Arabic sausage/hummus • kr 289,-

Spicy arabic sausage with hummus. Tzatziki, salad and pita bread. (Sf,H,M)

### Beef meat/hummus • kr 279,-

Tasty beef meat from the pot and hummus. Tzatziki, salad and pita bread. (Sf,H,M)

### Meatballs/hummus • kr 279,-

Meatballs casserole well spiced minced beef and hummus. Tzatziki, salad and pita bread. (Sf,H,M)

### Chicken/hummus • kr 299,-

Marinated boneless chicken thigh from the grill and hummus. Tzatziki, salad and pita bread. (Sf,H,M)

### Lamb chops/hummus • kr 299,-

Lamb chops and hummus. Tzatziki, salad and pita bread. (Sf,H,M)

### Seekh kebab/hummus • kr 299,-

Seekh kebab prepared according to traditional methods and hummus. Tzatziki, salad and pita bread. (Sf,H,M)

### Chicken wings/hummus • kr 279,-

Grilled chicken wings with lots of flavor and hummus. Tzatziki, salad and pita bread. (Sf,H,M)

### Grillmix/hummus • kr 319,-

Marinated chicken, Seekh kebab on Ispear. Tzatziki, salad and pita bread. (Sf,H,M)



## desserts and cakes

### BAKLAWA • 120,-

Pastry with pistachio. very sweet and very good ! (H, Ma, N)

### CHEESE CAKE • 120,-

Biscuit bottom with cream cheese and strawberries. (M, E, H, So, N)

### CREME CATALAN • 120,- (M, E)

Traditional cake from the Middle East. Sweet and good. (M, H, E, N)