

Drinks

Red wine

RED WINE of the House (PALESTINE)
CREMISAN BALADI

Fresh, but also rich aromas of ripe berries, spices, plum and vanilla.
Glaass: 119,- // Bottle: 550,- (5v)

LES GOURMETS ROUGE, CLOS ST. THOMAS

Juicy, cool and fairly soft with a hint of ripe berries, dried fruit, herbs and spices.
Glaass: 119,- // Bottle: 550,- (5v)

CH. ST. THOMAS (LEBANON)

Round and balanced with spices and dried fruit.
Glaass: 129,- // Bottle: 590,- (5v)

CH. KSARA RÉSERVE au COUVET (LEBANON)

Aromatic, fruity and slightly smoky aromas, clean juicy black fruit flavours on the palate with lingering plums and dark berries.
Glaass: 119,- // Bottle: 569,- (5v)

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.
Bottle: 1.119,- (5v)

White wine

WHITE WINE of the House (PALESTINE)

CREMISAN DAROUKI

Fresh and fruity with aromas of tropical fruits, lime, melon, grapefruit, peach and apricot.
Glaass: 119,- // Bottle: 550,- (5v)

OBEIDY, CH. ST. THOMAS

Fresh and fruity with citrus.
Glaass: 119,- // Bottle: 550,- (5v)
DREISSIGACKER ORGANIC RIESLING TROCKEN (GERMANY)

Ecological Aroma characterized by citrus, apple and peach, as well as hints of minerals.
Glaass: 119,- // Bottle: 550,- (5v)

LA SABLETTE SAUVIGNON BLANC (FRANCE)

Tastes fresh from peaches, passion fruit, fresh herbs, lemon and lime.
Glaass: 119,- // Bottle: 550,- (5v)

CHARDONNAY, CH. ST. THOMAS (LEBANON)

Full-bodied with fruit. Integrated oak. Long aftertaste.
Glaass: 125,- // Bottle: 559,- (5v)

CHATEAU KSARA MERWAH (LEBANON)

The aroma picture consists of tropical fruit and summer fruits such as melon, guava and lime.
Glaass: 125,- // Bottle: 569,- (5v)

Rosé wine

ROSÉ of the House (LEBANON)
LES GOURMETS ROSÉ, CLOS ST. THOMAS

Fruity and full-bodied with red fruit.
Glaass: 119,- // Bottle: 550,- (5v)

Prosecco

Glaass: 119,- // Bottle: 550,- (5v)
Aperol Spritz 139,- (5v)

Whisky

Jameson
Chivas Regal
Jack Daniels
Glenfiddich
Johnnie Walker Red Label
Johnnie Walker Black Label

Cognac

Braastad 3 stjerner
Martell

Otjfer

Aquavit
Vodka
Rom
Tequila
Gin
Jägermeister
Ouzo
Ksarak (Arak)
Bailey's coffee (M)
Fernet Branca
Gin tonic
Vodka Russian
Irish Coffee
Aperol Spritz
Additional mineral water

Beer

DRAFT BEER
Ringnes fatøl
(0.25/0.5) 4.7% (Mb) 55,- // 110,-
Schuus draft beer (0.4) 4.7% (Mb) 110,-
Brooklyn Lager (0.5) 5.2% (Mb) 119,-
Kronenbourg 1664 Blanc (0.5) 4.5% (Mb, Mb) 119,-

BOTTLES

Palestinian beer:

Taybeh Golden, Palestine, (Mb) light lager, 33cl., 5.0% 119,-

Taybeh Dark, Palestine, (Mb) dark lager beer, 33cl., 6.0% 125,-

Taybeh Amber, Palestine, (Mb) classic Altbier, 33cl., 5.5% 125,-

Taybeh White, Palestine, (Mb) wheat - Belgian style, 33cl., 3.8% 119,-

Taybeh IPA, Palestine, (Mb) fresh IPA, 33cl., 6.6% 125,-

Taybeh Non Alcoholic, Palestine (Mb) Taybeh Winter Lager (Mb) 33cl., 7.5% (Christmas Beer) 125,-

Libanon Beer:
Beirut Beer, Libanon (Mb) light lager, 33cl., 4.6% 119,-

Almaza Beer, Libanon (Mb) light lager, 33cl., 4.0% 119,-

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Alcohol-free

Coffee

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

Tea

Salvie-te // Mynte-tea // Cinnamon tea // 39,-
(M) Cardamon tea // Rooibos-tea // Green tea //
Ginger chai // Masala chai (M) // Chai latte

Tea pot for two 69,-

Hot chocolate

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

Lassi

(YOGURT DRINK - seasonal product)
Mango lassi (M) // Salt lassi (M) 69,-

COFFEE MANGO LASSI 74,-
Mango with espresso

Softdrinks

Palestine Cola 54,-
Jarritos Mexican Cola 54,-
Jarritos Mandarin 54,-
Jarritos Guava 54,-
Eplenosé, Solo 54,-
Farris green, Farris blue 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 rindubót soda Lykki Cola
Lykki Orange soda Lykki Lemon soda

Allergener:

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

MEIHA
meliaCafé

www.meliacafe.no

Tlf: 911 77 776
Mariboes gate 8

0167 0510

Lunch menu

Served between 12:00 am and 3:00 pm Monday-Friday

DOLMA • 185,- (Vegan)
Filled grape leaves with rice. Served with bulgur, pita bread and salad. (H)

FALAFEL • 185,- (Vegan)
Fried chickpeas mixture, served with pita bread, avocado and hummus. (H, Sf, Sn)

SALAT À LA MELA • 165,- (Vegan)
Mixed salad with pine nuts, raisins and garlic braised in olive oil, promogonate and vinegar. Served with pita bread. (Ma, H, Pk)

MULLIGATWNY • 165,- (Vegan), Lentil soup (H)

SHAKSHUKA • 165,- (H, E)
A dish of egg poached in a sauce of tomatoes. Served with pita bread. (H, E)

CHICKEN TAWOK • 199,- (M, H)
Served with bulgur, tzatziki and salad.

MEZAH LUNCH PLATE • VEGETARIAN / MEAT • 199,-/209,- (M, H, Sf)

Mez a h

Mez a h is a rich food tradition found all over the Middle East and the Eastern Mediterranean. Here at Meia 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 smallishes 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 mez a h

kr 99,- pr. disfi

- Hummus (Sf) • Hummus med avokado (Sf) • Tzatziki (M) • Aioli Tabbouleh (H) • Baba Ganosh
- Muhammra (Chilipeanuss) (P) • Syrisk salat • Oliven

Warm Mez a h

kr 99,- 109,- pr. disfi

- Dolma (Sf) • Bulgur (H) • Borek minirull (M, H) • Kiketer i tomat saus • Falafel
- Sambosa vegetar (H) • Ris • Arabisk pølse – grillet • Kyllingvinger
- Potetbåter • Batastaharra • Halloumi (M)
- Kjøttboller (kr 109,-) Kylling i saus (kr 109,-) • Oksekjøtt i saus (M) (kr 109,-)

Mini Grill Mez a h Disfjes

pr. rett

- Seekh kebab on speer kr 129,- • Chicken Tawok kr 129,- • Lamb chops kr 129,-
- ZAAATAR PITA BREAD (TIMIAN) Kr 39,- (H)
- GARLIC PITA BREAD Kr 39,- (H, m, sf)
- PITABREAD Kr 39,- (H)
- CHEESY PITA Kr 49,- (H, m, sf)
- MIX PITA Kr 59,- (H, m, sf)

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

MEZAH VEGETARIAN • 349,- (H, M, P, Sf)
MEZAH WITH MEAT • 369,- (H, M, P, Sf)

Mez a h could contain different allergies ingredients.
Please let us know if you are allergic against a particular ingredient.

CLASSIC MEZAH WITH BARBECUE DISHES • kr 459,- pr. capita

- hummus, tzatziki, tabbouleh • falafel, sambosa, arabic sausage
 - halloumi, chicken, seekh kebab, buffalo wings • bulgur, pita bread
- Minimum two orders. (M, H, Sf, P)

Hovedretter

CHICKEN WINGS • 299,-
Served with bulgur, pita bread, tzatziki and salad. (M, H)

KOFTA • 299,-
Meatballs casserole well spiced minced beef. Served with bulgur, pita bread, tzatziki and salad. (M, H)

CHICKEN CASSEROLE • 299,-
Chicken with spinach and Egyptian Molokha (Jue). Served with bulgur, pita bread, tzatziki and salad. (M, H)

SHAKIRIA MASALA • 299,-

Beef stew in tasty yogurt sauce with masala spices. Recommended. Served with bulgur, pita bread, tzatziki and salad. (M, H)

SEEKH KEBAB • 299,-

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

LAMB CHOPS • 349,-

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

CHICKEN TAWOK • 309,-

Marinated boneless chicken thigh from the grill. Juicy and tasty. Served with bulgur, pita bread, avocado hummus, tzatziki and salad. (M, H)

GRILLMIX • 339,-

Marinated chicken, large Seekh kebab on speer. Served with bulgur, pita bread, tzatziki and salad. (M, H)

HALLLOUMI BURGER • 289,-

Cheese with tradition from early Arab cuisine. Served with avocado hummus and tzatziki. (M, H, Sf)

Vegan

SPICY HUMMUS • 249,-
With oven-baked root vegetables as well as salad and pita bread. (Sf, H)

SPICY SAMBOSA • 249,-
With oven-baked root vegetables as well as salad and pita bread. (H)

SALAT À LA MELA • 249,-
Mixed salad with pine nuts, raisins and garlic braised in olive oil, feza, promogonate and vinegar. Served with pita bread. (H, Ma, Pk)

FALAFEL • 249,-

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

DOLMA • 249,-

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

MAMAMEZAH GRILL

kr 649,- pr. Person kr 729 med valgfri dessert

- hummus • tzatzik • tabbouleh • baba Ganosh • falafel • borek mini roll • potato boats
 - halloumi • beef tenderloin • lamb's square • chicken • seekh kebab • Dolma • bulgur
- pita bread

Min. 2 personer. (M, H, Sf, P)

Hummus Imperium

SPICY HUMMUS • 249,- (vegan)
With oven-baked root vegetables and hummus as well as salad and pita bread. (Sf, H)

Halloumi/hummus • 299,- (vegetarian)
Cheese with tradition from early Arab cuisine along with hummus. Tzatziki, salad and pita bread. (Sf,H,M)

Borek mini rolls/hummus • 289,- (vegetarian)
Hummus, borek with spinach and feza cheese also known as pen borek. Tzatziki, salad and pita bread. (Sf,H,M)

Vegetarian mix/hummus • 299,- (vegetarian)
Halloumi, borek with spinach and feza cheese, With oven-baked root vegetables and hummus. Tzatziki, salad and pita bread. (Sf,H,M)

Arabic sausage/hummus • 289,-

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

Beef meat/hummus • 299,-

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

Meatballs/hummus • 299,-

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

Chicken/hummus • 309,-

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

Lamb chops/hummus • 349,-

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 • 299,-

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

Grillmix/hummus • 339,-

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



Desserts and cakes

BAKLAWA Pastry with pistachio. Very sweet and very good ! (H, Ma, N)	120,-	CRÈME CATALAN (M, E)	120,-
CHEESE CAKE Biscuit bottom with cream cheese and strawberries. (M, E, H, So, N)	120,-	BASBOUSA-REVANI Traditional cake from the Middle East. Sweet and good. (M, H, E, N)	120,-
		SIOKOLADEKAKE (M,E,H,So,N)	120,-