

D r i n k s

Red wine

Prosecco

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.

Glass: 129,- // Bottle: 590,- (Sv)

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.

Glass: 119,- // Bottle: 569,- (Sv)

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: 1.19,- (Sv)

White wine

WHITE WINE of the House (PALESTINE)

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

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

CHARONNAZ, CH. ST. THOMAS
 (FRANCE)

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

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

LA SABLÉTTE SAUVIGNON BLANC
 (LEBANON)

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

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

CHATEAU KSARA MERWAN
 (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)

A l c o h o l - f r e e

Coffee

Rainforest Alliance Certified organic coffee
 Refill
 Arabic coffee

Espresso, enkel
 Espresso, dobbel
 Americano (M) // Cortado (M) // Capuccino (M) // Café latte (M) // Mocha-kaffe (M)

Tea

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

Tea pot for two

Hot chocolate

Chocolate with / without cream (M) // Chili cacao (M) // Chai latte

39,-
 49,-
 69,-

Lassi

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

69,-

Soft drinks

Palestine Cola
 Jarritos Mandarin
 Jarritos Mexican Cola
 Jarritos Guava
 Jarritos Lime
 Epitemost, Solo
 Farris green, Farris blue
 Ginger beer, 0%

54,-
 54,-
 54,-
 54,-
 54,-
 54,-
 89,-

COFFEE MANGO LASSI 74,-
 Mango with espresso

Milkshake

Yogurt shake
 Mango lassi
 Salt lassi

74,-

Lykki Organic Crafts Soda

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

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 Orange soda Lykki Lemon soda

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

MelatCafé

www.melatafe.no
 Melatões gate 8
 0183 Oslo

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, So)

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

MULLIGATAWNY • 165,- (Vegan), Lentil soup (H)
A dish of egg poached in a sauté of tomatoes. Served with pita bread. (H, E)

SHAKSHUKA • 165,- (H, E)
Served with bulgur, tzatziki and salad.

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

MEZAH LUNCH PLATE • VEGETARIAN / MEAT • 199,-/209,- (M, H, SF)
M e z a h
kr 99,- pr. disfj

Mezah is a rich food tradition found all over the Middle East and the Eastern Mediterranean. Here at Melia 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 small dishes 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:

C o l d m e z a h

kr 99,- pr. disfj

• Hummus (SF) • Hummus med avokado (SF) • Tzatziki (M) • Aïoli Tabouleh (H) • Baba Ganoush • Muhamma (Chipeanuts) (P) • Syrisk salat • Oliven

W a r m M e z a h

kr 99,-/109,- pr. disfj

• Dolma (SF) • Bulgur börek miniroll (M, H) • Klettert i tomatsaus • Falafel • Samboosa vegetar (H) • Ris & Arabisk pece - grillat • Kyllingringer • Potebäter • Bataharrar • Halloumi (M) • Kjøttboller (kr 109,-) Kyling i såus (kr 109,-) • Oksekjøtt i såus (M) (kr 109,-)

Mini Grill Mezah Dishes

pr. rett

• Seekh kebab on spear kr 129,- • Chicken Tawok kr 129,- • Zaatar pita bread (Timian) • Garlic pita bread • Pittaread • Cheesy pita • Mix pita

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

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

*Miezah 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, samboosa, arabiči sausage • halloumi • beef tenderloin • lamb's square • chicken • seekh kebab • Dolma • bulgur • pita bread

• hummus, tzatziki, tabbouleh • falafel, samboosa, arabiči sausage • halloumi, chicken, seekh kebab, buffalo wings • bulgur, pita bread
Minimum two orders. (M, H, SF, P)

Hovedrett

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.

BÖREK MINI ROLL/HUMMUS • 299,-
Hummus, börek with spinach and feta cheese also known as pen börek.

TZATZIKI, SALAD AND PITA BREAD. (SF,H,M)

VEGETARIAN MIX/HUMMUS • 299,- (vegetarian)
Hummus, börek with spinach and feta cheese, with oven-baked root vegetables and hummus.

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)

HALLOUMI BURGER • 289,-
Hummus with tradition from early Arab cuisine.

SERVED WITH AVOCADO HUMMUS AND TZATZIKI. (M, H, SF)

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

SPICY SAMBOUSA • 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, feta, pomegranate and vinegar. Served with pita bread. (H, Ma, Pk)

FALAFEL • 249,-
Fried chickpeas mixture, served with pita bread and avacado hummus and salad.

Available without allergens. (H, SF, So)

DOLMA • 249,-
Filled grape leaves with rice. Served with bulgur, pita bread and salad. (H)

PITA BREAD • 249,-
Pita bread

CHICKEN WINGS/HUMMUS • 339,-
Marinated chicken, Seekh kebab on spear.

TZATZIKI, SALAD AND PITA BREAD. (SF,H,M)

GRILLMIX/HUMMUS • 339,-
Grilled chicken wings with lots of flavor and hummus.

TZATZIKI, SALAD AND PITA BREAD. (SF,H,M)

SEEKH KEBAB/HUMMUS • 299,-
Seekh kebab prepared according to traditional methods and hummus.

TZATZIKI, SALAD AND PITA BREAD. (SF,H,M)

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

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

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

SIKOLOADEKAKE
(M,E,H,S,O,N)

D e s s e r t s a n d c a k e s

120,-

CRÈME CATALAN
(M, E)

120,-

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

120,-

STOKOLADEKAKE
(M,E,H,S,O,N)

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

