

MENU

melaCafé

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) • 39,-

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) • 39,-

lassi

(YOGURT DRINK - seasonal product)

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

COFFEE MANGO LASSI • 69,-

Mango with espresso

soft drinks

Various soft drinks • 49,-

Pepsi

Pepsi Max

7 up

Solo

Eplemost

Farris grønn

Farris blå

Ginger beer, 0% • 79,-

100% apple juice w/pulp and ginger, without

sugar or preservatives from Knatten

Fruktgård in Sandefjord. 33cl • 69,-

LYKKI ORGANIC CRAFTS SODA • 49,-

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

lunch menu

Served between 11.00 am and 4.00 pm

DOLMA • 165,- (Vegan)

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

FALAFEL • 165,- (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)

MULLIGATAWNY • 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)

SABAH • 179,- (M, H)

Hummus with poached egg, salad, eggplant, some spacy sauce and pita bread.

CHICKEN TAWOK • 179,- (M, H)

Served with bulgur, tzatziki and salad.

MEZAH LUNCH PLATE • VEGETARIAN / MEAT • 179,-/189,- (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 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:

cold mezah - kr 59,- pr. dish

Hummus (Sf) • Hummus with avocado (Sf) • Tzatziki (M) • Aioli

Tabbouleh (H) • Baba Ganosh • Muhamra (Chilipeanuts) (P)

Dolma

warm mezah - kr 59,-/69,-/79,- pr. dish

Squash bites (Sf) • Eggplant • Cauliflower finger • Borek mini roll (M, H)

Bulgur (H) • Falafel • Vegetable samosa (H) • Chickpeas with tomato • Halloumi (M)

Rice • Chicken wings (kr 69,-) • Meatballs (kr 69,-) • Chicken with Sauce (kr 69,-)

Beef in sauce (M) (kr 69,-) • Fried potatoes (79,-)

mini grillmezah dishes

Seekh kebab on spear kr 100,- • Chicken Tawok kr 100,- • Beef tenderloin kr 100,-

Lamb chops kr 100,-

ZAATAR PITA BREAD (TIMIAN) • 25,- (H)

GARLIC PITA BREAD • 25,- (H)

PITA BREAD • 20,- (H)

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 • 269,- (H, M, P, Sf)

MEZAH WITH MEAT • 279,- (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 • 420,- per capita

• hummus, tzatziki, tabbouleh • falafel, vegetable samosa, squash bites •

• halloumi, chicken, seekh kebab, beef tenderloin • bulgur, pita bread •

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

Tlf: 917 73 736

Mariboegate 8

0183 Oslo

Opening hours

Monday - Saturday 12:00 - 24:00. (Kitchen closes 22:00)

Sunday closed

main courses

CHICKEN WINGS • 269,-

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

KOFTA • 269,-

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

CHICKEN CASSEROLE • 269,-

Chicken with spinach and Egyptian Molokhia (Jute). Served with bulgur, pita bread, tzatziki and salad. (M, H)

SHAKIRIA MASALA • 269,-

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

SEEKH KEBAB • 269,-

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

MASHAWI • 279,-

Beef tenderloin with onion and paprika on spear. Served with pita bread, salad and tzatziki. (M, H)

LAMB CHOPS • 269,-

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

CHICKEN TAWOK • 269,-

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

GRILLMIX • 289,-

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

KOFTA SPECIAL BURGER • 269,-

Kofta-minced meat mixed with falafel mixture. Served with avocado hummus and tzatziki. Available without allergens. (M, H, Sf, Sn)

HALLOUMI BURGER • 259,-

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

vegan

SPICY HUMMUS • KR 230,-

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

SPICY SAMBOSA • KR 230,-

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

SALAT À LA MELA • 230,-

Mixed salad with pine nuts, raisins and garlic brased in olive oil, feta, promogonate and vinegar. Served with pita bread. (H, Ma, Pk)

FALAFEL • 230,-

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

DOLMA • 230,-

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

VEGAN FALAFELBURGER • 230,-

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

FRIED POTATOES • 79,-

vegan soup

MULLIGATAWNY • 230,-

Lentil soup (H)



hummus imperium

SPICY HUMMUS • KR 230,- (vegan)

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

Halloumi/hummus • kr 269,- (vegetarian)

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

Börek mini rolls/hummus • kr 269,- (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 279,- (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 269,-

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

Beef meat/hummus • kr 269,-

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

Meatballs/hummus • kr 269,-

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

Chicken/hummus • kr 269,-

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

Lamb chops/hummus • kr 269,-

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

Seekh kebab/hummus • kr 269,-

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

Chicken wings/hummus • kr 269,-

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

Grillmix/hummus • kr 289,-

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



desserts and cakes

BAKLAWA • 105,-

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

CHEESE CAKE • 105,-

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

CRÈME CATALAN • 105,-

(M, E)

BASBOUSA-REVANI • 105,-

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

