





M E L A

INDIAN RESTAURANT  
NORTH & SOUTH INDIAN CUISINE

*From the plains of Punjab to the Malabar coast, the techniques, spices, seasonings and natural ingredients of Indian cooking have been refined over thousands of years, resulting in a cuisine unlike any other. Mela Indian Restaurant offers authentic North and South Indian dishes as diverse and vibrant as the peoples and regions of India.*

## AAGAZ - APPETIZERS

**PALAK PAKORAS** • Baby spinach dipped in spiced chickpea and rice batter. • 7.95  **GF**


**VEGETABLE SAMOSA** • Handmade pastry triangles stuffed with mildly spiced potatoes and green peas. Served with tamarind and mint chutney. • 7.95 

**CHOWPATTI RAGADA** • Potato patties topped with curried chickpeas, and tamarind and mint chutneys. Garnished with cilantro and raita. • 7.95 **GF**

**PUNJABI PAKORAS** • Vegetable fritters made with spring onions, cilantro and peppers in a spiced chickpea and rice batter. • 7.95 **GF**


**CHICKEN PAKORAS** • Strips of boneless chicken marinated with ginger, garlic, chili paste and spices and deep fried. Served with mint and tamarind chutneys. • 9.95 **GF**


**SAMOSAS CHAT** • Samosas topped with masala chick peas, mint and tamarind chutney, garnished with onions and cilantro and raita. • 7.95

**PAPADUM** • Indian lentil wafers, served with mint-cilantro chutney. • 3.95  **GF**


**CALAMARI PORICHACHU** • Fresh calamari dusted with curry flavored chickpea and rice flour batter. Served with mint and tamarind chutneys. • 10.95 **GF**

## SHORBA - SOUP

**DAL SHORBA** • A mild lentil stew finished with cream, spinach, herbs and spices. • 5.95  **GF**

**MILAGU RASAM** • Pepper flavored tamarind and tomato soup garnished with fresh chopped cilantro. • 5.95  **GF**

## SIDE ORDERS


**RICE** • Basmati rice flavored with spices • 3  **GF**

**RAITA** • Made with yogurt and cucumbers, mildly spiced. • 3 **GF**

**CILANTRO CHUTNEY** • 3  **GF**

**TAMARIND CHUTNEY** • 3  **GF**

**MANGO CHUTNEY** • 3

**CHUTNEY PLATTER** • Mint-cilantro, tamarind, coconut and tomato chutneys • 6  **GF**

## SALADS

**TANDOORI CHICKEN** • Spring mix, cilantro and tandoori chicken breast with balsamic vinaigrette. • 16.95 **GF**

**SPINACH AND GRILLED PANEER SALAD** • Baby spinach leaves, tandoori grilled homemade paneer cheese and balsamic vinaigrette. • 14.95 **GF**

**TANDOORI SALMON SALAD** • Spring mix topped with tandoori roasted salmon garnished with cherry tomatoes and tossed with balsamic vinaigrette. • 17.95 **GF**

**TANDOORI SHRIMP SALAD** • Large tandoor grilled shrimp served atop a bed of spring mix, cherry tomatoes & tossed with balsamic vinaigrette. • 17.95 **GF**

## TANDOORI OVEN

*DINNERS SERVED WITH BASMATI RICE AND PAPADUM.*

**TANDOORI CHICKEN** • Tender pieces of bone-in chicken marinated and roasted in the tandoor oven. • 17.95 **GF**

**CHICKEN TIKKA KABAB** • Boneless chicken breast marinated in spices and roasted on skewers. • 17.95 **GF**

**TANDOORI LAMB** • Boneless pieces of lamb marinated lightly in spiced sauce and roasted in our tandoor oven. • 21.95 **GF**


**SALMON TIKKA** • Salmon marinated in ginger, garlic, yogurt and tandoor spices and cooked in the tandoor oven • 19.95 **GF**

**TANDOORI SHRIMP** • Shrimp marinated in ground spices and grilled in our tandoor oven. • 20.95 **GF**

## MURG - CHICKEN

**CHICKEN KORMA** • Boneless chicken cooked in an almond and cashew sauce, topped with nuts and raisins. • 18.95 **GF**

**CHICKEN TIKKA MASALA** • Marinated boneless chicken breast simmered in a creamy, slightly spicy sauce made with tomatoes, ginger, garlic and spices. • 18.95 **GF**

**CHICKEN VINDALOO** • Boneless chicken cooked with potatoes in a *very spicy* and tangy curry sauce • 18.95 **GF** 

**KOZI MILAGU CHETTINAD** • Boneless chicken cooked in a sauce made with tomatoes, onions, garlic, black pepper, cumin, cloves, cinnamon and cardamom • 18.95 **GF**

**MELA CHICKEN CURRY** • Chicken cooked in an aromatic onion and ginger curry with cilantro and okra. • 18.95 **GF**

*Mela uses hormone-free, all-natural chicken and lamb from clean, green New Zealand; and wild Atlantic salmon. Mela uses local and organic ingredients whenever possible. 18% gratuity added for parties of 5 or more.*

## SUMUNDRI MOTI - SEAFOOD

**KERALA FISH CURRY** • Mahi-mahi lightly cooked in a coconut curry leaf and tamarind sauce. • **20.95 GF**

**MEEN CHETTINAD** • Mahi-mahi cooked in sauce made with tomatoes, onions, garlic, black pepper, cumin, cloves, cinnamon and cardamom. • **20.95 GF**

**MADRAS JIHNGA MASALA** • Shrimp, shelled and deveined, cooked in a sauce made with onions, ginger, garlic, cumin, turmeric, tamarind, mustard seeds, coconut and spices. • **21.95 GF**

**SHRIMP VINDALOO** • Shrimp simmered in a *very spicy* and tangy curry sauce. A classic dish originating from Goa. • **21.95 GF** 🌶️

## GOSHT - LAMB

**GOSHT ROGHAN JOSH** • Lean cubes of lamb cooked Kashmiri style with ground almonds, cardamom pods, and cream. • **21.95 GF**

**LAMB VINDALOO** • Boneless pieces of lamb cooked in a *very spicy* and tangy curry sauce. • **21.95.95 GF** 🌶️

**MELA LAMB CURRY** • Boneless, tender pieces of lamb cooked in a traditional onion and ginger curry sauce with cilantro and okra. • **21.95 GF**

**LAMB CHETTINAD** • Boneless lamb cooked in a sauce made with tomatoes, onions, garlic, black pepper, cumin, cloves, cinnamon and cardamom. • **21.95 GF**

## SUBZI - VEGETARIAN

**SAAG PANEER** • Homemade cheese cubes with spinach and ground spices. • **16.95 GF**

**PUNJABI CHOLE** • Chickpeas cooked in a tomato base with coriander, paprika and chili. • **14.95** 🌶️ **GF**

**BAINGAN BHARTA** • Tandoor-roasted eggplant mashed, seasoned and sauteed with onions, tomatoes and peas. • **14.95 GF** 🌶️

**MUTTER PANEER** • Peas and paneer cheese in a mildly spiced creamy gravy. • **16.95 GF**

**BHINDI MASALA** • Fresh okra in spicy sauce of onions, cilantro, coriander, and cumin seeds. • **14.95** 🌶️ **GF**

**MADRAS VEGETABLES** • Fresh vegetables cooked in a mild coconut and curry leaf gravy. • **15.95** 🌶️ **GF**

**ALOO GOBI MASALA** • Potatoes and cauliflower in a spicy sauce of ginger, garlic, and turmeric. • **14.95** 🌶️ **GF**

**SHAHI PANEER** • Fresh paneer cheese cubes cooked in a rich tomato cream spiced sauce. • **16.95 GF**

**VEGETABLE VINDALOO** • Fresh vegetables cooked in a *very spicy* sauce, a Goan specialty. • **14.95** 🌶️ **GF** 🌶️

**VEGETABLE CHETTINAD** • Fresh vegetables cooked in a sauce made with tomatoes, onions, garlic, black pepper, cumin, cloves, cinnamon and cardamom. • **14.95** 🌶️ **GF**

## ROTI - BREADS

**NAAN** • A light bread baked in the tandoor oven. • 3.49

**GARLIC NAAN** • A multi-layered bread flavored with garlic and cilantro. • 4.49

**PESHWARI NAAN** • Naan filled with nuts, dried fruit and raisins. • 6.49

**ONION KULCHA** • Naan stuffed with onions. • 5.49

**PUDINA NAAN** • Naan stuffed with fresh mint. • **4.49**

**PARATHA** • Whole wheat multi-layered bread baked in the tandoor oven. • **4.49**

**POORI** • Whole wheat, deep fried puffed bread. • **4.49**

## DESSERTS

**MANGO CHEESECAKE** • Classic mango cheesecake. • **6.95**

**KHEER** • Caramelized basmati rice, almonds, pistachios and raisins in a sweet milk pudding. • **5.95 GF**

**GULAB JAMUN** • A North Indian treat - deep fried homemade cheese balls served in rose flavored syrup. • **5.95**

**KULFI** • Homemade Indian ice cream flavored with mango and pistachios. • **5.95 GF**

## BEVERAGES

**SODAS** • 3

**COFFEE** • 3

**ICED TEA** • 3

**GINGER BEER** • 4

**MANGO LASSI** • A sweet yogurt drink with mango. • **4**

**SALTY LASSI** • Traditional style. *It's Salty!* • **4**

**CHAI TEA** • Spice infused tea with milk. • **4**

**HOT TEA** • A selection of Mighty Leaf bagged teas. • **4**



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LUNCH BUFFET | 11:30 AM - 2:30 PM  
DINNER | 5:30 PM - 9:30 PM

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