

## **NIBBLES**

### **SPICED OLIVES (GF)(VG) 4**

Marinated Nocellara del Belice olives in toasted spices

### **POPPADOMS (GF) 5**

Crispy chips served with mango and mint chutney  
Without mint chutney (VG)

### **MASALA FRIES (GF)(VG) 8**

Sweet potato fries, peppered with special spices

## **SOUP & SALAD**

### **CALDO VERDE**

From Portuguese Goa, green broth made with aromatic fresh vegetables and herbs.

Vegetable (GF)(VG) 6 Chicken (GF)8

### **MULLIGATAWNY**

Wholesome soup from Tamil Nadu, made with root vegetables, lentils, coconut milk and apple, flavoured with mustard and curry leaves, served with steamed rice.

Vegetable (GF)(VG) 6 Chicken (GF)8

### **CHEF'S GOURMET FATOUSH SALAD (VG) 7**

Salad made with romaine, tomatoes, cucumber, green onion, fresh parsley, fresh mint tossed in olive oil and lemon dressing, sprinkle with sumac seasoning and topped with crispy pita bread

+Chicken Tikka 8

+Tandoor Prawns 10

+ Grilled Salmon 11

## **SAVOUR & SHARE**

### **SAMOSA CHAAT (V) 8**

Crispy fried potato samosas topped with a salad of onion, tomato, green chillies, cilantro, finished with tamarind and green yogurt chutney.

### **CRISPY ZUCCHINI & ONION FRITTERS (V) 8**

Thinly sliced zucchini, onion & cilantro, mixed with flour & crispy fried.  
Served with sweetened tamarind sauce

### **MALABAR SPICED CHICKEN (GF) 12**

Fragrant and crunchy chicken marinated in Southern Indian spices with curry leaves.

Served with our yogurt cream sauce.

### **CRUSTED CRISPY FISH FINGERS 17**

Freshly sourced local fish filet julienne, gently marinated with aromatic herbs and vibrant spices, coated in a light crispy panko. Served with a spicy mayo

### **BEEF CROQUETTES 16**

Well marinated beef mince with fresh herbs and spices. Served with Peri Peri sauce

### **CUMI CUMI (GF) 16**

Fried calamari tossed in turmeric, Deggi mirch, toasted black pepper. Served with lemon and tzatziki

### **CALAMARI PERI PERI (GF) 16**

Calamari marinated in red chili and Goan coconut vinegar paste and lightly tossed.

## LAMB SEEKH

Minced lamb skewers seasoned with garlic, green chill, corinader and garam masala

### MALAI CHICKEN TIKKA (GF) 14

Clay oven-roasted chicken marinated in cashew paste, cardamon, cream cheese and Greek yogurt.

### SPICED CHICKEN TIKKA (GF) 14

Clay oven-roasted chicken marinated in coastal spices and Greek yogurt.

### COASTAL CRUNCHY PRAWNS 20

Succulent local shrimp marinated in a vibrant blend of Maharashtrian spices, coated with crispy panko breading. Served with a refreshing mint sauce.

### TANDOORI PLATTER 38

Assortment of Chicken Tikka, Lamb Sheekh, Tandoori Prawns, Tandoori Salmon served with Naan  
If not served with Naan (GF)

## SIGNATURE PLATES

### KERALA MOILEE

Spring Vegetables simmered in southern spices, coconut milk and fresh tomatoes (VG)(GF)(V) 14

Local Sea bass served in spiced rich coconut sauce and fresh tomato (GF) 20

Local tiger shrimps cooked in rich coconut sauce, spices, tomato, onion and fresh herbs (GF) 24

### MÉZ MASSAMAN CHICKEN CURRY (GF) 18

Our take on a Thai favourite, tender chicken and potatoes simmered in a mildly sweet and savoury coconut milk, crafted with a medley of fragrant spices.

### CHETTINAD CURRY (GF)

An authentic taste of South India made using 16 aromatic spices and herbs from the Chettinad region. This flavorful dish brings a bold and complex profile that is both heartwarming and unforgettable.

Chicken 18    Beef 26

### TRADITIONAL INDIAN LAMB CURRY (GF)

Lamb marinated with onions and tomatoes along with red chili, spices, fresh herbs and Greek yogurt

Lamb Shank 26    Lamb Chops 29

### KERALA BEEF FRY 26

Spiced stirred fried beef with herbs and spices along with coconut, served with crispy Malabar paratha

### GRILLED SEAFOOD IN CURRIED CREAM SAUCE (GF)

Perfectly grilled seafood served atop a bed of south Indian style mashed potatoes, accompanied by a luscious, curried butter sauce, for an indulgent flavour experience.

Local Tiger Prawns 26    Atlantic Salmon 26

### MUSTARD GLAZED TANDOORI SALMON (GF) 26

Juicy salmon fillet marinated in aromatic mustard spices and grilled to perfection in a tandoor. Served with a tangy pineapple chutney and South Indian style potato mash.

### TANDOORI LAMB CHOPS (GF) 29

Australian lamb chops marinated in Indian signature spices, baked in a clay oven.  
Served with South Indian-style potato mash

### MÉZ SIGNATURE LOBSTER 35

Grilled local Maltese whole lobster (500 g) marinated in MÉZ signature spices, grilled, served with tandoori broccoli, makhani sauce and Naan (GF, if served without Naan)

## CHEF PETER'S GOAN SPECIALS

### CHICKEN CAFREAL (GF) 18

Tender pieces marinated in fresh green spices and herbs and grilled, served with Indian-style mash potatoes and salad.

### GOAN TRADITIONAL LAMB VINDALOO (GF) 26

Tender cut of Lamb Leg marinated in paste made with Indian chillies, spices and Goan coconut vinegar and cooked with onion, tomato and potato

### GOAN CURRY (GF)

Tangy, mildly sweet coconut and Kashmiri chilli-based curry with coastal flavours.

### TIGER PRAWNS 24 LOCAL FRESH FISH 20

### EAST INDIAN STYLE BEEF ASSADO (GF) 26

A tender cut of beef expertly marinated in a fragrant blend of green herbs and spices, then cooked to juicy perfection. Served with roasted potatoes, offering a comforting and hearty experience.

## FROM THE FARM TO PLATE

### SOUTH INDIAN MASALA POTATOES (GF)(VG)(V) 9

Turmeric potatoes tempered with mustard seeds, curry leaf, ginger and chilli.

### ZUCCHINI THORAN (GF)(VG)(V) 11

Stir-fried zucchini and beans, curry leaf, red onion and coconut

### TANDOORI MALAI BROCCOLI(N)(GF)(V) 14

Broccoli marinated in cashew and cheese paste, prepared in clay oven.

### SOUTH INDIAN DAL TADKA (GF)(V) 12

Yellow lentil tempered with mustard seeds and curry leaves.

### INDIAN POTATO MASH (GF)(VG)(V) 9

Udupi -style potato mash tempered with curry leaves, mustard seeds and asafoetida.

## ACCOMPANIMENTS

### BEETROOT RAITA (GF)(V) 5

Maltese beetroot, Greek yogurt, cumin and smoked paprika.

### SMOKED EGGPLANT DIP (GF)(V) 5

Local eggplant, Greek yogurt, fresh parsley, our special spice and virgin olive oil.

### TZATZIKI (GF)(V) 5

Local cucumber grated and mixed with garlic, our special spice blend, fresh dill, virgin olive oil and Greek yogurt.

## CLAY OVEN BAKED NAANS

ROTI 4  
BUTTER NAAN 5  
GARLIC NAAN 6  
CHEESE NAAN 7  
KERALA PARATHA 5  
CHILLI GARLIC NAAN WITH TZATZIKI 7  
RICE BREAD (GF) 8  
(South Indian rice flat bread)

## BIRYANI AND RICE

STEAMED BASMATI RICE(GF)(VG) 5

LEMON RICE WITH PEANUTS (GF)(VG)(N) 7

PULAO RICE (GF)(VG) 7

JEERA RICE (GF)(VG) 7

SPICED CHICKEN BIRYANI (GF) 18

Tender chicken marinated in a blend of aromatic spices, slow-cooked to perfection and layered with fragrant basmati rice. This hearty dish is a celebration of flavours , served with Tzatziki.

SAFFRON INFUSED BIRYANI WITH BEEF (GF) 22

Succulent beef slow-cooked with Indian spices, elevated with aromatic saffron and basmati rice. This dish delivers a luxurious experience, embodying the essence of a traditional biryani, served with Tzatziki.

COASTAL PRAWNS BIRYANI (GF) 22

Plump prawns infused with coastal spices and combined with fluffy basmati rice. This dish transports you to the shores with its rich flavours and vibrant ingredients. Served with Tzatziki.

VEGETABLE BIRYANI (GF)9VG)15

Crunchy seasonal vegetables cooked with coastal spices, fresh aromatic herbs and combined with fluffy basmati rice. Served with Tzatziki.

## SWEETS

GULAB JAMUN (VG) (N) 8

All time Indian classic, made with Indian cottage cheese and cooked in pure ghee and soaked in saffron infused sugar syrup

GAJJAR HALWA (VG) (N) 8

Indian traditional dessert made with fresh carrots, whole milk and sugar

ALLE BELLE (N) 8

Savory crepes filled with sweetened coconut with palm jaggery, dry-fruits and nuts.

MALAI KULFI (N) 8

Indian style creamy gelato