

Cocktails

Negroni (campari+gin +martini rosso)	9.95
Pornstar Martini (absolut vanilla+passoa+passion fruit puree+lime juice + vanilla syrup+prosecco)	9.95
Pimms (pimms+Lemonade)	7.95
Mimosa (orange juice+prosecco)	7.45
Bellini (prosecco+strawberry puree / passion fruit puree)	7.45
Campari Spritz (campari+prosecco+soda)	8.50
Aperol Spritz (aperol+prosecco+soda)	8.95
Strawberry Fields (gin+lemonade+fresh mint strawberry puree+lime juice)	9.45
Sex on the Beach (vodka+peach schnapps+cranberry juice+orange juice+grenadine)	8.95
Bloody Mary (vodka+tomato juice+house spice+tabasco)	8.95
Mojito (white rum+fresh mint+soda+lime juice+sugar)	9.45
Long Island Iced Tea (vodka+gin+white rum+silver tequila+triple sec +lemon juice+coca-cola)	10.95
Cosmopolitan (vodka+triple sec+cranberry juice+lime juice)	9.45
Espresso Martini (vodka+kahlua+espresso)	9.45
Margarita (tequila+triple sec+lime juice+sugar)	9.45

Soft Drinks

Fresh Apple Juice	4.50
Fresh Orange Juice	4.40
Immune Booster (orange+apple+lemon+ginger)	5.20
Ginger Zinger (orange+carrot+ginger)	5.00
Coke – Diet Coke - Coke Zero	3.15
Sprite – Fanta	3.15
Still – Sparkling Water	2.75

La 
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Spirits

	Single	Double
Gordon's Gin	4.95	7.95
Beefeater Pink Gin	5.45	8.85
Hendricks Gin	7.35	9.95
Courvoisier	4.95	8.45
Hennessy	5.45	8.95
Tovaritch Vodka	4.85	7.85
Grey Goose Vodka	6.45	9.85
Bacardi Carta Blanka Rum	4.75	7.75
Captain Morgan Spiced Rum	4.75	7.75
Captain Morgan Dark Rum	4.75	7.75
Jack Daniel's	4.95	7.95
Johnnie Walker Black Label	6.25	9.45
Monkey Shoulder	6.25	9.45
Baileys Irish Cream	4.75	7.95
Disaronno	4.95	7.95
Malibu	4.50	7.45
Tequila	4.65	
Add Tonic / Cola / Lem	1.75	

Beer & Cider

	%Pint	Pint
Stella Artois Unfiltered Draught	3.50	6.50
Camden Hells	3.50	6.50
Peroni 330 ml	4.75	
Heineken (non -alcoholic) 330 ml	4.35	
Peroni Gluten Free 4.85%	4.75	
Rekorderlig Strawberry and Lime		6.50

Sparkling Wine

Corte Delle Calli Prosecco Extra Dry - Italy elegant + fresh + extra dry	125ml 5.95	bottle 27.45
Moet & Chandon Brut Imperial – France classy + bright + seductive		bottle 69.95

White Wine

Finca Cerrada, Viura – Spain organic + vegan + vibrant & fruity	250ml 7.95	bottle 22.95
Pinot Grigio, Sartori Almorano – Italy crisp flavours + citrus notes + fresh finish	250ml 8.25	bottle 23.95
Sauvignon Blanc, Bellevigne – France refreshing + zesty + tropical aromas	250ml 8.50	bottle 24.95
Petit Chablis, Domaine Charly Nicole – France intense aromas + ripe fruits + clean mineral finish		bottle 39.95
Malassagne Picpoul de Pinet – France light body + vibrant + crisp & dry finish		bottle 27.95

Red Wine

Finca Cerrada, Tempranillo – Spain organic + vegan + fruity aromas	250ml 7.95	bottle 22.95
Merlot, Croix des Vents – France intense aromatic journey + ripe fruits + spicy hints	250ml 8.25	bottle 24.95
Malbec, Carla Chiaro Reserve Argentina dark fruits + oaky notes + spiciness on the finish	250ml 9.95	bottle 29.95
Berthier Pinot Noir L'instant light, refreshing unoaked red with fragrant red fruits.		bottle 39.95
Castillo De Mendoza Rioja Noralba Crianza - Spain organic + vegan + rich & complex		bottle 44.95

Rose Wine

Pinot Grigio Blush, Sartori Almorano – Italy light + dry + delicate citrus notes	250ml 7.95	bottle 22.95
Pur Azur Cotes de Provence France crisp+fresh+light body+dry elegance		bottle 36.95

BREAKFAST BRUNCH 8AM - 4PM



Mediterranean Cuisine

LUNCH 12PM - 6PM

LA MELA 12.5
sourdough toast, sucuk/chorizo, grilled halloumi, two fried free-range eggs, avocado & hummus dip, served with a tomato, onion, parsley, sumac salad

SAKSUKA 12
aubergine, peppers, tomato, onion, garlic, parsley, poached egg, sourdough

FULL ENGLISH BREAKFAST 12.9
eggs how you like 'em? sourdough toast, grilled sausage & smoked bacon, roasted tomato & portobello mushroom, hash brown and bloody mary baked beans.

HERBIVOR 12.5
eggs how you like 'em? sourdough toast, grilled halloumi, vegetarian sausage, smashed avocado, roasted tomato & portobello mushroom, and bloody mary baked beans

FORAGER 11.5
sourdough toast, avocado & hummus dip, roasted tomato & portobello mushroom, bloody mary baked beans served with a tomato, onion, parsley, sumac salad

TURKISH FEAST 14
selection of cheese, sourdough bread, mix olives, hummus & avocado dip, fresh seasonal fruit, boureka, sucuk, honey, walnut, fried egg

AVO TOAST 9.75
smashed avocado on sourdough toast, crispy kale, basil & mint, red chilli peppers

BRIOCHE FRENCH TOAST 12
brioche French toast, lemon honey ricotta, home-made mixed berry compote, almond and icing sugar

ROSTI 11
roasted beetroot, sweet potato and crispy kale on a sourdough, poached egg, smashed avocado, pea shoots

MUSHROOM FLORENTINE 13
wild mushroom, poached egg, fresh black truffle, hollandaise, sourdough, crispy kale

MISS ROYALE 13
scottish smoked salmon, smashed avocado, poached egg, in-house hollandaise sauce on sourdough toast

TURKISH EGG 12
two poached free-range eggs, mint garlic yogurt, chilli oil, roasted vegetables on focaccia

WAFFLE 12.5
crispy buttermilk chicken, smashed avocado, maple syrup, smoked bacon, watercress

FRUITY PANCAKE 10.9
seasonal fresh fruit, maple syrup

PANCAKE LOVERS 11.5
scrambled egg, bacon, hash brown

BUBBLE & SQUEAK 12
crushed potato & sweet potato, caramelised onion, kale, grilled sausage and fried egg

BREAKFAST BUN 8
grilled smoked bacon & sausage, fried egg served on a brioche bun with BBQ sauce

GREEN EGG 12
scrambled egg with fresh herbs, sourdough toast, Scottish smoked, salmon and rocket

FREE RANGE EGGS 5.5
egg on toast poached, scrambled, fried

SIDES 3
Portobello mushroom, Roasted tomato, Spinach
Bloody mary baked beans, Smashed avocado
Hash brown, Beef sausage

Grilled bacon, Sausage, Scottish smoked salmon, Chips 3.5

ULTIMATE MEZZE EXPERIENCE

avocado humus, sautéed aubergine, muhammara, mix olives, caviar d'aburgine, pitta bread

£ 13.90

BOUREKA 7
filo pastry stuffed with feta cheese, fresh mint & spinach, served with sweet chilli sauce

DOLMA 7.50
Vine leaves stuffed with seasoned rice cinnamon, all spices, mint, raisins

FALAFEL 7
chickpeas & vegetable fritters on hummus and rocket

MEATBALL 16.00
Minced meat with onion, parsley, all spices, black pepper and mint served with rice

CHICKEN WINGS 14.50
Spicy marinated chicken wings served with grilled sweetcorn and coleslaw

BRAISED LAMB SHOULDER 16.95
creamy mash potato, mushroom, onion, gravy

BABY CHICKEN 15.95
roasted cajun, harissa-marinated baby chicken, potato bubble and pea shoots

CHICKEN SAUTE 13
pan fried chicken thigh, mushroom, mixed peppers, tomato sauce

CLASSIC BURGER 13.5
hand pressed beef patty, lettuce, tomato, onion cheese served with skin on fries

CHICKEN BURGER 13
chicken thigh marinated in garlic, cajun sauce, onion, lettuce, tomato, crushed avocado, served with skin on fries

KING PRAWNS 8.5
pan-fried king prawns served with La Mela signature sauce

ARANCINI 7
four cheese risotto balls with basil on in-house spicy mayo

CALAMARI 8
butter coated deep fried squid served with tartar sauce

SEABASS 16.95
pan-fried boneless seabass, tender stem broccoli with white wine & lemon sauce

PAN FRIED SALMON 15.95
seasonal roasted vegetable, rocket salad

STUFFED AUBERGINE 14
Grilled aubergine bedded with seasonal vegetables in rich tomato sauce feta & yogurt dip

MUSHROOM RISOTTO 16
With black truffle, parmesan cheese

GOAT CHEESE SALAD 12
grilled goat cheese, roasted beetroot, walnuts, mixed leaves salad, and wild fig

VEGAN BURGER 12.5
vegan patty, lentil, carrot, onion, tomato, lettuce, smashed avocado served with skin on fries

SIDES
Chips, Mashed potato 4.5
Tender stem broccoli, Garlic mushroom, Sweet potato fries 5.0
Greek salad 6.5

PASTA

TRUFFLE LINGUINI PASTA 17
Fresh linguini pasta and black truffle paste with pecorino cheese

SPINACH RICOTTA RAVIOLI 16
In a rich tomato sauce with parmesan cheese

LINGUINI CARBONARA 13.5
Fresh linguini pasta, crispy pancetta, free range egg yolk, parmesan, parsley

CON POLLO 13.5
Penne pasta, creamy mushroom chicken, garlic and parmesan

ALL'ARRABBIATA 12
Penne pasta, fresh chilli, and garlic in slow-cooked tomato sauce

SEAFOOD LINGUINI PASTA 14.95
Fresh linguini pasta and mixed seafood cooked in tomato sauce

FOOD ALLERGY NOTICE

If you have a food allergy or a special dietary requirement please inform a member of team

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Mediterranean Cuisine

CHARCUTERIE PLATE

a selection of cured, smoked meats, mozzarella cheese, olive pate, pesto, crackers

£ 17.90

ULTIMATE MEZZE EXPERIENCE

avocado humus, sautéed auburgine, muhammara, mix olives, caviar d'auburgine, boureka, arancini, pitta bread

£ 17.90

LET'S BEGIN WITH

WARM HUMMUS Beef sausages and pastrami, served with pitta bread	£ 7.00
MUHAMMARA Roasted red pepper dip with walnut pomegranate molasses served with pitta bread	£ 7.00
CAVIAR D'AUBERGINE Smoked aubergine, tahini lemon, garlic, yoghurt served with pitta bread	£ 7.00
SAUTÉED AUBERGINE With seasonal vegetables in rich tomato sauce	£ 7.00
DOLMA Vine leaves stuffed with seasoned rice cinnamon, all spices, mint, raisins	£ 7.50

PADRON PEPPERS Roasted almonds, chilli flakes	£ 6.00
BRUSCHETTA Toasted bread, topped with extra virgin olive oil, tomatoes, fresh basil and sea salt	£ 6.50
ZUCCHINI FRITTERS Served with mint garlic yoghurt	£ 6.50
BOUREKA Filo pastry stuffed with feta cheese, fresh mint & spinach, served with sweet chilli sauce	£ 7.00
FALAFEL Chickpeas & vegetable fritters on hummus and rocket	£ 7.00

ARANCINI Four cheese risotto balls with basil on in-house spicy mayo	£ 7.00
ARTICHOKE HEARTS With green olives and roasted green courgette	£ 7.00
CALAMARI Butter coated deep fried squid served with tartar sauce	£ 8.00
KING PRAWNS Pan-fried king prawns served with La Mela's signature sauce	£ 8.50
LAMB LIVER Succulent lamb liver pan fried in a rich tomato sauce, served with red onion and parsley	£ 8.00

FROM THE LAND

BRAISED LAMB SHOULDER Creamy mash potato, mushroom, onion, gravy	£ 16.95
BABY CHICKEN Roasted cajun, harissa-marinated baby chicken, potato bubble and pea shoots	£ 15.95
MEATBALL Minced meat with onion, parsley, all spices, black pepper and mint served with rice	£ 16.00
CHICKEN WINGS Spicy marinated chicken wings served with grilled sweetcorn and coleslaw	£ 14.50
RIBEYE STEAK Skin on fries, padron peppers, roast tomato, mushroom sauce	£ 24.00
CLASSIC BURGER Hand pressed beef patty, lettuce, tomato, caramelised onion, burger sauce, cheese served with skin on fries	£ 13.50

FROM THE SEA

SEABASS Pan-fried boneless seabass, tenderstem broccoli with white wine & lemon sauce	£ 16.95
PAN FRIED SALMON Seasonal roasted vegetable, rocket salad	£ 15.95
SCALLOPS Pan-fried juicy sea scallops bedded on sautéed spinach and black truffle	£ 17.50

FROM THE GARDEN

STUFFED AUBERGINE Grilled aubergine bedded with seasonal vegetables in rich tomato sauce feta & yogurt dip	£ 14.00
LA MELA PLANT PITTA Greek pitta, hummus, grilled vegetables, fresh herbs and dill oil	£ 12.00
GOAT CHEESE SALAD Grilled goat cheese, roasted beetroot, walnuts, mix leaves, and wild fig	£ 12.00
SPINACH MUSHROOM RISOTTO With black truffle, parmesan cheese	£ 16.00

PASTA

TRUFFLE LINGUINI PASTA Fresh linguini pasta and black truffle paste with pecorino cheese	£ 17.00
SPINACH RICOTTA RAVIOLI In a rich tomato sauce with parmesan cheese	£ 16.00
LINGUINI CARBONARA Fresh linguini pasta, crispy pancetta, free range egg yolk, parmesan, parsley	£ 13.50

CON POLLO penne pasta, creamy mushroom chicken, garlic and parmesan	£ 13.50
ALL'ARRABBIATA Penne pasta, fresh chilli, and garlic in slow-cooked tomato sauce	£ 12.00
SEAFOOD LINGUINI PASTA Fresh linguini pasta and mixed seafood cooked in tomato sauce	£ 14.95

SIDES

CHIPS	£ 4.50	TENDERSTEAM BROCCOLI	£ 5.00	GREEK SALAD	£ 6.50
SWEET POTATO FRIES	£ 5.00	GARLIC MUSHROOM	£ 5.00	PARMESAN & TRUFFLE CHIPS	£ 7.00

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Dessert

Tiramisu	5.95
Vanilla cheesecake	6.45
Chocolate cake	6.45
Orange & chocolate cake	5.95
Lemon drizzle	5.95
Carrot cake	5.95
Lemon & blueberry (vegan)	5.95
Orange & chocolate (vegan)	5.95
Selection of ice cream. (vanilla, pistachio, chocolate, strawberry)	4.50

Coffee

	Medium	Large
Espresso	2.50	2.80
Americano	2.80	3.10
Latte	3.20	3.50
Flat White	3.20	
Mocha		4.00
Cappuccino	3.20	3.50
Hot Chocolate		3.75
Iced Coffee - Chai Latte		4.00
Extra: oat milk - Syrup		0.40

Tea

Earl Grey	3.50
Peppermint	3.50
Green Tea	3.50
Breakfast Tea	2.90
Extra:oat milk-Syrup	0.40

Soft Drinks

Fresh Apple Juice	4.50
Fresh Orange Juice	4.40
Immune Booster (orange+apple+lemon+ginger)	5.20
Ginger Zinger (orange+carrot+ginger)	5.00
Coke – Diet Coke - Coke Zero	3.25
Sprite – Fanta	3.25
Still – Sparkling Water	2.75

Coffee

	Medium	Large
Espresso	2.50	2.80
Americano	2.80	3.10
White Americano	3.00	3.30
Latte	3.20	3.50
Flat White	3.20	
Mocha		4.00
Cappuccino	3.20	3.50
Hot Chocolate		3.75
Iced Coffee - Chai Latte		4.00
Extra: oat milk - Syrup		0.40

Tea

Earl Grey	3.50
Peppermint	3.50
Green Tea	3.50
Breakfast Tea	2.90
Extra:oat milk-Syrup	0.40

Smoothies

Berry Go-Round (strawberry + blackberry + raspberry)	5.50
Strawberry Split (strawberry + banana)	5.50
Coco Loco (mango + pineapple + coconut + lime + mint)	5.50
Avo-Go-Go (avocado + mango + spinach + broccoli + coconut + ginger + lime)	5.50
Kale Kick (mango + spinach + kale)	5.50
Pash'n Shoot (mango + pineapple + passion fruit)	5.50

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Beer & Cider

	%Pint	Pint
Stella Artois Unfiltered Draught	3.50	6.50
Camden Hells	3.50	6.50
Peroni 330 ml	4.75	
Heineken (non –alcoholic) 330 ml	4.35	
Peroni Gluten Free 4.85%	4.75	
Rekorderlig Strawberry and Lime		6.50

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Mimosa (orange juice+prosecco)	7.45
Bellini (prosecco+strawberry puree / passion fruit puree)	7.45
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Espresso Martini (vodka+kahlua+espresso+sugar)	9.45
Margarita (tequila+triple sec+lime juice+sugar)	9.45

Sparkling Wine

Corte Delle Calli Prosecco Extra Dry - Italy elegant + fresh + extra dry	125ml 5.95	bottle 27.45
Moet & Chandon Brut Imperial – France classy + bright + seductive		bottle 69.95

White Wine

Finca Cerrada, Viura – Spain organic + vegan + vibrant & fruity	250ml 7.95	bottle 22.95
Pinot Grigio, Sartori Almorano – Italy crisp flavours + citrus notes + fresh finish	250ml 8.25	bottle 23.95
Sauvignon Blanc, Bellevigne – France refreshing + zesty + tropical aromas	250ml 8.50	bottle 24.95
Petit Chablis, Domaine Charly Nicole – France intense aromas + ripe fruits + clean mineral finish		bottle 39.95
Malassagne Picpoul de Pinet – France light body + vibrant + crisp & dry finish		bottle 27.95

Red Wine

Finca Cerrada, Tempranillo – Spain organic + vegan + fruity aromas	250ml 7.95	bottle 22.95
Merlot, Croix des Vents – France intense aromatic journey + ripe fruits + spicy hints	250ml 8.25	bottle 24.95
Malbec, Carla Chiaro Reserve Argentina dark fruits + oaky notes + spiciness on the finish	250ml 9.95	bottle 29.95
Berthier Pinot Noir L'instant light, refreshing unoaked red with fragrant red fruits.		bottle 39.95
Castillo De Mendoza Rioja Noralba Crianza - Spain organic + vegan + rich & complex		bottle 44.95

Rose Wine

Pinot Grigio Blush, Sartori Almorano – Italy light + dry + delicate citrus notes	250ml 7.95	bottle 22.95
Pur Azur Cotes de Provence France crisp+fresh+light body+dry elegance		bottle 36.95