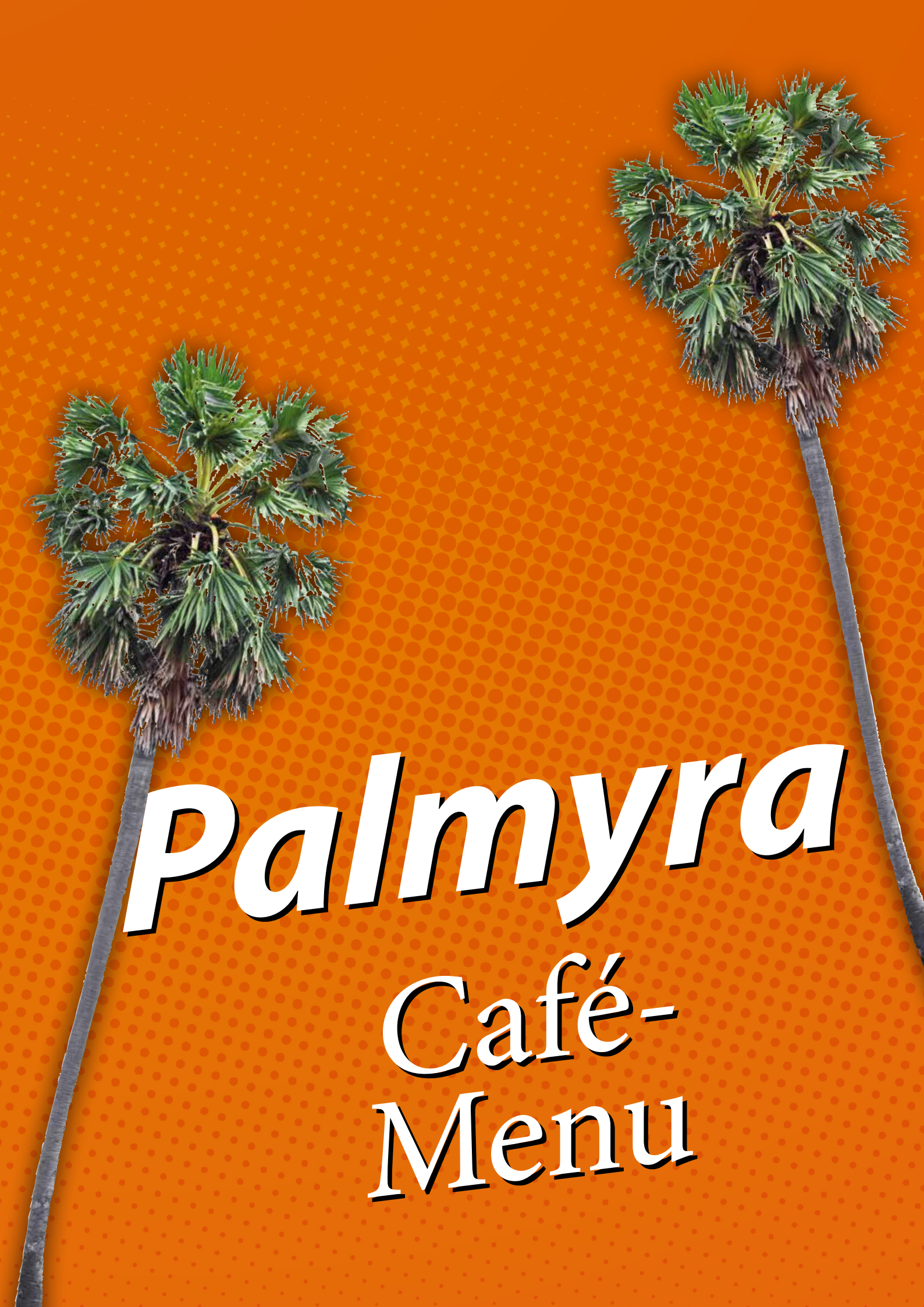


The background is a solid orange color with a pattern of small, light-colored dots. Two palm trees are positioned on the left and right sides of the image. The palm trees have green fronds and brown trunks. The word "Palmyra" is written in a large, white, italicized serif font, slanted upwards from left to right. Below it, the words "Café-" and "Menu" are written in a smaller, white, italicized serif font, also slanted upwards from left to right.

Palmyra

*Café-
Menu*

DRINKS



CEYLON TEA

Ingredients:

Ceylon tea, sweet condensed milk

Allergener: melk

40,-



CEYLON COFFEE

Ingredients:

Ceylon coffee, sweet condensed milk

Allergener: melk

40,-



MASALA TEA

Ingredients:

Ceylon tea, sweet condensed milk, ginger, cardamom

Allergener: melk

50,-



BLACK COFFEE

Ingredients:

Nescafe

25,-

WINE and BEER



ROSSO DI TOSCANA RED WINE

Glass / full bottle. Allergener: sulfitt

JON JOSH CHARDONNAY

Glass / full bottle. Allergener: sulfitt

HIMALAYA INDISK RØDVIN

Full bottle only. Allergener: sulfitt

90,- / 340,-



ØL PÅ FLASKE

* BROOKLYN BEER - LAGER

* BROOKLYN BEER - EAST IPA

* Allergener: Gluten (Maltet bygg)

• RINGNES - GLUTENFRI LITE (Maltet bygg)

• RINGNES BREEZER ORANGE (275ml)

• KINGFISHER (INDISK ØL)

• COBRA (INDISK ØL)

• LION LAGER (SRI LANKA)

• MANGO IPA

• LION STOUT (8,8% alc., SRI LANKA)***

• SHAKRA (INDIA)

80,-

120,-

• LION LAGER (600ml, SRI LANKA)***

• KING FISHER (600ml, INDIA)

• COBRA (600ml, INDIA)

130,-



RINGNES PILSNER

0,5 liter:

Allergener: Gluten (Maltet bygg)

100,-

DRINKS



MANGO LASSI

Ingredients:

Mango, yoghurt, sugar

Allergener: melk

60,-



COCONUT WATER

40,-



GINGER BEER

40,-



MINERALVANN

Tøyen-cola!,

Jalla Jalla,

#Apsy,

Solo, Coca Cola, 7-up, Fanta,

Farris, Eplemost, Pepsi max

m. fl.

40,-



STARTERS



CUTLET

Ingredients:

Fish, leeks, potato, grill flour

Allergener: fisk, skalldyr

40,-



VADAI (Gluten free)

Ingredients:

Uridhal / Chanadal, onion, chilli, salt, curry

leaves, oil, cumin, fennel

**60,- med Coconut
Chutney +20,-**



SAMOSA

Ingredients:

Potato, beans, onion, chilli, leeks, salt, oil

Allergener: gluten

Allergener: gluten (hvete)

40,-



SPRING ROLL

Ingredients:

Lamb, potato, leeks, curry leaves, onion,

salt, chilli, rice flour, grill flour

Allergener: gluten (hvete)

40,-

MAIN COURSE



LAMB CURRY (Gluten free)

Ingredients:

Lamb, rice, vegetables, curry, raita and pappadam.

Allergener: melk (raita)

150,-



CHICKEN CURRY (Gluten free)

Ingredients:

Chicken, rice, vegetables, curry, raita and pappadam.

Allergener: melk (raita)

140,-



VEGETERIAN / VEGAN (Gluten free)

Ingredients:

Various vegetable curries, sambar and pappadam.

Allergener: melk (raita)

130,-



Mango Delight (Dessert)

Ingredients: 5-spice masalakrydret

mangokompott med en fyldig mango- og mandelcustard. Garnert med ristede og karameliserte pistasjnøtter og mandler.

Allergener: Pistasjnøtter og melk

40,-

WEEKEND MENU



LAMB BIRYANI (Gluten free)

Ingredients:

Lamb, rice, egg, fried chicken, aubergine, curry, raita and pappadam.

Allergener: egg, melk (raita)

160,-



CHICKEN BIRYANI (Gluten free)

Ingredients:

Chicken, rice, egg, fried chicken, aubergine, curry, raita and pappadam.

Allergener: egg, melk (raita)

150,-



VEGETARIAN / VEGANS BIRYANI (Gluten free)

Ingredients:

Rice with various vegetarian curries, raita and pappadam.

Allergener: melk (raita)

130,-

DOSAI (Pancakes)



MASALA DOSAI (Vegan, Gluten free)

Ingredients:

Uridhal, rice, salt. With Sambar, coconut chutney, potatoes, tomatoes, chilli, onion and dhal.

120,-*



PAPER DOSAI (Vegan, Gluten free)

Ingredients:

Uridahl, rice, salt. With Sambar, coconut chutney and dhal.

100,-*



GEE DOSAI (Gluten free)

Ingredients:

Uridahl, rice, salt, GEE. With Sambar, coconut chutney and dhal.

110,-*



ONION DOSAI (Vegan, Gluten free)

Ingredients:

Uridahl, rice, salt, onion. With Sambar, coconut chutney and dhal.

110,-*

DOSAI (Pancakes)



EGG DOSAI (Gluten free)

Ingredients:

Uridhal, rice, salt, egg. With Sambar, coconut chutney and dhal.

Allergener: egg

110,-*



JAFFNA DOSAI (Vegan)

Ingredients:

Uridhal, wheat flour, salt and water. With Sambar, coconut chutney and dhal.

Allergener: gluten (hvete)

100,-*

***ekstra Coconut Chutney +10,-**

***ekstra Sambar +40,-**



SUSIYAM (Dessert)

Ingredients: *Mungdhal, coconut, sugar, cardamond. Allergener: gluten (hvete)*

30,-

TAMIL FOOD



STRING HOPPER CHICKEN

Ingredients:

Red rice flour, wheat flour, salt and water.

With Veg. Sothy and coconut chutney.

Allergener: gluten (hvete)

140,-



STRING HOPPER LAMB

Ingredients:

Red rice flour, wheat flour, salt and water.

With Veg. Sothy and coconut chutney.

Allergener: gluten (hvete)

150,-



STRING HOPPER VEGETARIAN

Ingredients:

Red rice flour, wheat flour, salt and water.

With various Veg. curries, sothy and coconut chutney.

Allergener: gluten (hvete)

130,-

**AFTER
17:00**



PAROTTA (2stk)

Ingredients: *White flour, salt, water*

Allergener: gluten (hvete)

150,- w/ Lamb Curry

140,- w/ Chicken or Fish Curry

130,- w/ Veggie

40,- 1stk Parrota

TAMIL FOOD



PUTTU CHICKEN

Red rice flour, wheat flour, salt and water.

With Veg. Sothy and coconut chutney.

Allergener: gluten (hvete)

140,-



PUTTU LAMB

Red rice flour, wheat flour, salt and water.

With Veg. Sothy and coconut chutney.

Allergener: gluten (hvete)

150,-



PUTTU VEGETERIAN

Red rice flour, wheat flour, salt and water.

With Veg. Sothy and coconut chutney.

Allergener: gluten (hvete)

130,-

TAMIL FOOD



KOTTU ROTTI CHICKEN

Ingredients:

Chicken, onion, chilli, egg, curry leaves, rotti

Allergener: gluten (hvete), egg

140,-



KOTTU ROTTI LAMB

Ingredients:

Lamb, onion, chilli, egg, curry leaves, rotti

Allergener: gluten (hvete), egg

150,-



KOTTU ROTTI VEGETARIAN

Ingredients:

Various vegetables, onion, chilli, curry leaves, rotti. Kan bestilles uten egg.

Allergener: gluten (hvete), egg

130,-

TAMIL FOOD - FISH CURRIES



RICE WITH FISH CURRY

Ingredients:

Rice, fish curry, vegetables, papadam

Allergener: fisk

140,-



PUTTU WITH FISH CURRY

Ingredients:

Fish, red rice flour, wheat flour, salt, water.

With veg. sothy and coconut chutney

Allergener: fisk, gluten (hvete)

140,-



STRING HOPPER W. FISH CURRY

Ingredients:

Fish, red rice flour, wheat flour, salt, water

Allergener: fisk, gluten (hvete)

140,-



IDLY (Glutenfri)

Ingredients:

Uridhal, rice. With Sambar and coconut chutney

110,-

EXTRAS



SAMBAR (Gluten free) 50,-

Ingredients: *Vegetables, salt, chilli, onion and tomatos*



GARLIC NAAN 40,-

Ingredients: *Wheat flour, egg, salt, garlic*
Allergener: *gluten (hvete)*



DHAL (Gluten free) 50,-



NAAN 30,-

Ingredients: *Wheat flour, egg, salt*
Allergener: *gluten (hvete)*



LAMB CURRY (Gluten free) 90,-



RICE 45,-



CHICKEN CURRY (Gluten free) 80,-



PAPPADAM (2 pcs) 10,- Ingredients: *Uridhal flour (Glutenfri)*

PALMYRA INFO

ENGLISH: The botanical name of Palmyra palm is *Borrasus*. It is native to tropical regions of Africa, Asia and New Guinea. These massive palms can grow up to 30m (98 feet) high and have robust trunks with distinct leave scars. The Palmyra palm can live for over 100 years and are dioecious, with male and female flowers on separate plants.

In Tamil culture it is called karpaha “celestial tree” and is highly respected because all its parts can be used. There are about 800 uses from this palm.

In ancient India and Indonesia, Palmyra leaves were used as writing paper. The leaves are also used for thatching roofs and fences making mats, baskets fans, hats and umbrellas.

The black timber is hard, heavy and durable and highly valued for constructions of houses and boats.

The palm also yields many types of food. The recently germinated seeds hard shell is also cut open to take out the crunchy tasty kernel (“pooraan” in Tamil). The recently germinated

seeds form flesh sprouts below the surface (roots) which can be boiled and eaten as fibrous nutritious food. The dried roots is called “Odiyal” in Tamil. This odiyal flour is famous for preparing meals like “Pittu” and “Odiyal Kool”. Odiyal kool is a type of soup that is highly nutritious with full of vegetables, prawns, fish and crabs.

The boiled dried root is called “Pulukodiyal” in Tamil. It is a hard chewable snack. Sweet balls can be prepared with pulukodiyal flour, sugar & coconut. The pulp of the fruits are eaten raw. The driep pulp is know as “panaddu” and it is cut into pieces and eaten as sweets. Sweet meats are prepared by adding wheat flour and sugar to the pulp and is called “Panankai paniyaram”. The young jelly like seeds are eaten as “Nungu”.

Many people live on earning by tapping Palmyra toddy (a sugary sap). Crude sugar (jiggery) can also be made from this sugary sap.

Brushes and brooms are made from the fibers taken from the petiole of the leaves.

Summed up, Palmyra is a very useful

NORSK: Det botaniske navnet på Palmyra palmetreet er *Borrasus*. Det er innfødt til tropiske områder av Afrika, Asia og New Guinea. Disse massive palmene kan vokse opptil 30m (98 fot) høy og ha robuste gren. Palmyra kan leve i over 100 år og har mannlige og kvinnelige blomster på separate planter.

På Tamilsk kalles palmetreet "karpaha" som betyr det himmelsk treet. Det er høyt respektert fordi alle delene kan brukes. Treet har omtrent 800 bruksområder.

I det gamle India og Indonesia, ble bladene på treet brukt som skrivepapir. Bladene er også brukt for tekking av tak og gjerder, brukes som matter, lage kurver, hatter og paraplyer. Trestokken kan brukes til konstruksjoner av hus og båter.

Palmyra gir også mange typer mat. Det er mulig å skjære frøenes harde skall for å få ut det knaskende, velsmakende kernel ("Pooraan" på tamilsk). Disse frøene danner kjøtt spirer i røttene som kan kokes og

spises som fiber næringsrik mat. De tørkede røttene kalles "Odiyal" på tamilsk. Odiyal mel er kjent for å tilberede måltider som "pittu" og "Odiyal Kool". Odiyal kool er en type suppe som er svært næringsrik med full av grønnsaker, reker, fisk og krabber.

Roten som er tørket og kokt kalles "Pulukodiyal" på tamil. Det er en type snack. Søte baller kan bli forberedt med pulukodiyal mel, sukker og kokos. Massen av fruktene spises rå. Den tørket massen er kjent som "panaddu", og det er kuttet i biter og spises som søtsaker. Det søte kjøttet fremstilles ved tilsetning av hvetemel og sukker til massen, og kalles "Panankai paniyaram". Gelé man får fra frukten blir spist som "Nungu".

Mange mennesker lever på inntjeningen ved å lage Palmyra toddy (en sukkerholdig saft). Rå sukker (jiggery) kan også lages fra denne sukkerholdig saften.

Oppsummerte, er Palmyra et veldig nyttig palmetre.

Palmyra
cafe&restaurant
tlf: 22 17 35 35
www.palmyra.no