

Mehak

Authentic Indian Cuisine

It's the first thing you notice when a dish is brought to the table. Even before you see it, the wonderful smell of slow cooked curry or freshly baked tandoori bread reaches your nostrils and brings to mind exotic locales and romantic adventures. The spices of India fill the room with a fragrance that is unmistakable and irresistible. Here at Mehak we delight in bringing you imagination alive with the aroma of the finest Indian cuisine.

Mehak: Authentic Indian Cuisine
410 Eddy Street
Ithaca, NY 14850

Phone# (607) 25-MEHAK (607-256-3425)

Mon-Sat. 11:30am-2:30pm Lunch Buffet, and 5pm-10:30pm.

Sun 11:30am-2:30pm Lunch Buffet, and 5pm-9:30pm

Mehak is a family owned and operated restaurant.

We would like to thank you for choosing our restaurant for your dining experience.

Appetizers/Soups

Mulligatawny Soup <i>Steamed Lentils simmered in savory broth seasoned with fresh Herbs & Spices.</i>	\$2.99
Chicken Soup <i>Boneless Chicken with chicken broth seasoned with fresh Herbs & Spices</i>	\$3.49
Vegetable Samosa <i>2 Deep Fried triangular shape Pastry stuffed with mildly spiced Potatoes, Green Peas & Garden Herbs</i>	\$2.99
Vegetable Pakoras <i>Deep fried pieces of fresh cut Garden Vegetables, coated with Chickpea batter</i>	\$2.99
Aloo Tikki <i>Deep fried Potato cake battered with Chickpea Flour & spices</i>	\$2.99
Paneer Pakoras <i>Deep fried pieces of fresh Home Made Cottage Cheese, coated with Chickpea batter</i>	\$3.99
Samosa Chaat <i>Vegetable Samosa served with Chickpea, topped with Onions, Tomatoes, Tamarind & Mint sauce.</i>	\$3.99
Chicken Chaat <i>Indian styled Nachos topped with Onions, Tomatoes, & Chicken</i>	\$4.99
Chicken Pakoras <i>Deep fried pieces of tender Marinated Chicken, coated with Chickpea batter</i>	\$4.99
Chicken Tikka <i>Boneless tender pieces of Marinated Chicken Barbecued over flaming Charcoal</i>	\$5.49
Lamb Seekh Kebab <i>Minced Lamb blended with Herbs, Spices, and barbecued over flaming Charcoal</i>	\$5.49
Fish Pakoras <i>Deep fried pieces of fresh Cat Fish, coated with Chickpea batter</i>	\$5.99
Vegetarian Combination Platter <i>Samosa, Vegetable Pakora, Paneer Pakora, Aloo Tikki</i>	\$6.99
Non-Vegetarian Combination Platter <i>Chicken Pakora, Murg Tikka, Lamb Seekh Kebab, Fish Pakora</i>	\$8.99
Vegetarian Specialties Served with Saffron Basmati Rice	
Pindi Chana Masala <i>Chick Peas cooked in an exotic blend of spices & garnished with fresh Coriander</i>	\$8.99
Daal Tadka <i>Yellow Daal(tentils) simmered in mildly spiced Curry sauce garnished with Coriander</i>	\$8.99
Daal Makhani <i>Creamed Lentils delicately tempered & seasoned with exotic spices, fried in butter & garnished with fresh Coriander</i>	\$8.99
Mustani Palak <i>Spinach cooked with freshly ground Spices & Chick Peas, garnished with fresh Coriander</i>	\$9.99
Bengan Bharta <i>Eggplant cooked in Clay Oven (Tandoor), sautéed with Onions, Tomatoes, Green Peas, & Panchporan(a special five spice mixture). Garnished with fresh Coriander</i>	\$9.99
Bhindi Masala <i>Fresh Okra, sautéed with Onions, Tomatoes, fresh Ginger, Dry Mango Powder & garnished with fresh Coriander.</i>	\$9.99
Aloo Gobi Masala <i>Fresh Cauliflower & Potatoes simmered in fresh Herbs & Spices, garnished with fresh Coriander</i>	\$9.99
Aloo Matar <i>Green Peas & Potatoes cooked with a variety of Spices, Herbs & garnished with fresh Coriander</i>	\$9.99
Aloo Saag <i>Potatoes cooked with fresh Spinach & Spices. Garnished with fresh Coriander</i>	\$9.99
Malai Kofta <i>Vegetable balls cooked in creamy Almond & Cashew sauce, garnished with fresh Coriander</i>	\$10.99
Saag Paneer <i>Cubes of Home Made Cottage Cheese cooked with fresh Spinach & Spices. Garnished with fresh Coriander & Cream</i>	\$10.99
Matar Paneer <i>Green Peas, Home Made Cottage Cheese cubes, cooked with a variety of Spices, Herbs & garnished with fresh Coriander</i>	\$10.99

Shahi Navratan Korma

Garden fresh mixed Vegetables cooked with Nuts, Shahi Cream sauce & garnished with fresh

Coriander.....\$10.99

Shahi Paneer

Home Made Cottage Cheese cubes, sautéed with fresh Ginger & Garlic. Cooked in creamy Tomato sauce & garnished with Nuts & fresh

Coriander.....\$11.99

Karahi Paneer Masala

Homemade Cheese marinated in Yogurt & Spices with Onion, Green pepper, Tomato, and garnished with fresh

Coriander.....\$11.99

Chicken Specialties

Served with Saffron Basmati Rice

Chicken Curry

Boneless Chicken pieces cooked in a mild spicy sauce & garnished with fresh Coriander\$9.99

Chicken Vindaloo (Hot)

Boneless Chicken pieces cooked with Potatoes, tangy spiced Curry sauce & garnished with fresh

Coriander.....\$9.99

Chicken Adraki

Boneless Chicken cooked with crunchy Ginger & Onion sauce. Garnished with thin slices of Ginger & fresh Coriander\$10.99

Chicken Saagwala

Boneless Chicken cooked with Spinach, flavored with freshly ground Ginger, Garlic & Herbs. Garnished with fresh

Coriander.....\$10.99

Chicken Tikka Masala

Overnight marinated Chicken, sautéed with chunks of Onion, Tomatoes, rich cream sauce & garnished with fresh

Coriander\$11.99

Shahi Butter Chicken

Tender pieces of Chicken cooked in a rich Tomato based cream sauce, variety of Spices & garnished with fresh

Coriander.....\$12.99

Chilly Chicken

Chicken Breast sautéed with Ginger, Garlic, Chili Peppers, Onions, Green Peppers & Tomatoes in a sweet & spicy curry sauce, garnished

with fresh Coriander.....\$12.99

Karahi Chicken

Boneless Chicken sautéed with sliced Onion, Green Pepper, creamy Curry sauce & garnished with fresh Coriander\$12.99

Chicken Dhaniawala Korma

Boneless Chicken marinated in Yogurt, fresh Ginger & Garlic. Cooked with Nuts & a creamy blend of Coriander sauce & Spices.

Garnished with fresh Coriander\$12.99

Chicken Makhani

Barbecued chunks of boneless Chickie.....n cooked in a fresh based Curry sauce with a touch of Butter, garnished with fresh Coriander

.....\$12.99

Tandoori Specialties (A Tandoor is a clay oven)

Served with Saffron Basmati Rice

Kathi Kebab Chicken

Charbroiled Chicken breast, marinated in Yogurt & Tandoori Masala sauce. Sautéed with Onions & Green Pepper in a light sauce,

garnished with fresh Coriander\$12.99

Seekh Kebab Murg

Strips of boneless Chicken breast, marinated in Yogurt, Green Herb sauce, sautéed with Onions & Green Peppers, garnished with fresh

Coriander.....\$12.99

Murg Tandoori

A half of Spring Chicken marinated overnight in Yogurt, Spices, & fresh Herbs, then barbecued in our

Tandoor\$12.99

Murg Tikka Tandoori

Boneless chunks of Chicken marinated in our special blend of Yogurt, Lemon Juice, & Spices, then barbecued over flaming Charcoal.....\$12.99

Lamb Kebab Tandoori

Minced Lamb blended with Herbs & Spices then barbecued in Tandoor.....\$12.99

Salmon Masala Tandoori

Fresh Fillet of Salmon marinated in Yogurt, Lemon Juice, & Spices with Tomatoes, Green Peppers &

Onion.....\$13.99

Panfry Samundar Ki Begum (Salmon)

Fresh Fillet of Salmon marinated in Yogurt, Black Pepper, Lemon Juice, & Spices. Served with Garlic Butter sauce & fresh Lemon.....\$13.99

Tandoori Shrimp

Shrimp flavored with Herbs and Spices then barbecued in Tandoor\$14.99

Mehak Mix Grill	
<i>Combination of sizzling Tandoori Specialties like Chicken Tikka, Seekh Kebab, Tandoori Chicken, Tandoori Shrimp, & Fish Tikka with sautéed Onions & Green pepper, garnished fresh Coriander & Lemon.</i> \$16.99	
Lamb Specialties	
Served with Saffron Basmati Rice	
Lamb Curry	
<i>Tender pieces of Lamb cooked in a mild Spicy sauce & garnished with fresh Coriander</i> \$10.99	
Lamb Vindaloo (Hot)	
<i>Tender pieces of Lamb cooked with Potatoes in a tangy spiced Curry sauce & garnished with fresh Coriander</i> \$10.99	
Lamb Saagwala	
<i>Tender pieces of Lamb cooked with Spinach, flavored with freshly ground Ginger, Garlic & Herbs. Garnished with fresh Coriander</i> \$10.99	
Karahi Lamb	
<i>Tender pieces of Lamb sautéed with sliced Onion, Green Pepper, creamy Curry sauce & garnished with fresh Coriander</i> \$11.99	
Lamb Bhuna	
<i>Tender pieces of Lamb simmered in chunks of Tomatoes, Onion Curry sauce, garnished with fresh Coriander</i> \$11.99	
Karahi Lamb Kebab Masala	
<i>Minced Lamb pieces & Tandoori Masala sauce, sautéed with Onions & Green Pepper in a light sauce, garnished with fresh Coriander</i> \$12.99	
Lamb Rogan Josh (A Specialty of Kashmir)	
<i>Tender pieces of Lamb cooked in a creamy Yogurt sauce, garnished with fresh Coriander</i> \$12.99	
Shahi Gosht Korma	
<i>Tender pieces of Lamb cooked with exotic Spices, Nuts, Almonds & garnished with fresh Coriander</i> \$12.99	
Beef Specialties	
Served with Saffron Basmati Rice	
Beef Curry	
<i>Beef pieces cooked in a mild spicy sauce & garnished with fresh Coriander</i> \$10.99	
Beef Vindaloo (Hot)	
<i>Beef pieces cooked with Potatoes, tangy spiced Curry sauce & garnished with fresh Coriander</i> \$10.99	
Beef Saagwala	
<i>Beef pieces cooked with Spinach, flavored with freshly ground Ginger, Garlic & Herbs. Garnished with fresh Coriander</i> \$10.99	
Karahi Beef	
<i>Beef pieces sautéed with sliced Onion, Green Pepper, creamy Curry sauce & garnished with fresh Coriander</i> \$11.99	
Shahi Beef Korma	
<i>Beef pieces cooked with Nuts, a creamy Blend of Coriander sauce & Spices. Garnished with fresh Coriander</i> \$11.99	
Goat Specialties	
Served with Saffron Basmati Rice	
Goat Curry	
<i>Goat pieces cooked in a mild spicy sauce & garnished with fresh Coriander</i> \$12.99	
Goat Vindaloo (Hot)	
<i>Goat pieces cooked with Potatoes, tangy spiced Curry sauce & garnished with fresh Coriander</i> \$12.99	
Goat Saagwala	
<i>Goat pieces cooked with Spinach, flavored with freshly ground Ginger, Garlic & Herbs. Garnished with fresh Coriander</i> \$12.99	
Karahi Goat	
<i>Goat pieces sautéed with sliced Onion, Green Pepper, creamy Curry sauce & garnished with fresh Coriander</i> \$13.99	
Seafood Specialties	
Served with Saffron Basmati Rice	
Fish Curry	
<i>Chunks of delicious fresh Cat fish cooked in Punjabi style Curry sauce, garnished with Coriander</i> \$12.99	
Fish Vindaloo (Hot)	
<i>Chunks of delicious fresh Cat fish cooked in Punjabi style Curry sauce with potatoes, garnished with Coriander</i> \$12.99	

Shrimp Curry	
<i>Shrimp cooked in a mild spicy sauce & garnished with fresh Coriander</i> \$12.99	
Shrimp Vindaloo (Hot)	
<i>Shrimp cooked with Potatoes, tangy spiced Curry sauce & garnished with fresh Coriander</i> \$12.99	
Shrimp Adraki	
<i>Shrimp cooked with crunchy Ginger & Onion sauce, thin slices of Ginger & garnished with fresh Coriander</i> \$13.99	
Shrimp Saagwala	
<i>Shrimp cooked with Spinach, flavored with freshly ground Ginger, Garlic & Herbs. Garnished with fresh Coriander</i> \$13.99	
Karahi Shrimp	
<i>Shrimp sautéed with sliced Onion, Green Pepper, creamy Curry sauce & garnished with fresh Coriander</i> \$13.99	
Shrimp Dhaniwala Korma	
<i>Shrimp in Yogurt with fresh Ginger & Garlic. Cooked with Nuts & a creamy blend of Coriander sauce & Spices, garnished with fresh Coriander</i> \$14.99	
Chawal Ke Namuny (Rice Specialties)	
Basmati Rice Order	
..... \$2.99	
Matar Pulao	
<i>Basmati Rice cooked with Cumin, Cashew nuts, Almonds and garnished with Coriander flavored with Saffron</i> 8.99	
Navratan Biryani	
<i>Basmati Rice cooked with a combination of fresh Vegetables, flavored with Saffron & Nuts. Selected Spices, Onions, Green Pepper & garnished with fresh Coriander</i> \$11.99	
Chicken Biryani	
<i>Basmati Rice cooked with boneless Chicken flavored with Saffron & Nuts. Selected Spices, Onions, Green Pepper & garnished with fresh Coriander</i> \$12.99	
Lamb Biryani	
<i>Basmati Rice cooked with tender pieces of Lamb flavored with Saffron & Nuts. Selected Spices, Onions, Green Pepper & garnished with fresh Coriander</i> \$13.99	
Shrimp Biryani	
<i>Basmati Rice cooked with Shrimp flavored with Saffron & Nuts. Selected Spices, Onions, Green Pepper and garnished with fresh Coriander</i> \$13.99	
Mehak Assorted Biryani	
<i>Combination of Chicken, Lamb, Shrimp, flavored with Saffron & Nuts. Selected Spices, Onions, Green Pepper & garnished with fresh Coriander</i> \$15.99	
Tandoori Bread/Roti	
Freshly baked in our Tandoor(Clay Oven) with the Finest Ingredients when Ordered	
Plain Nan	
<i>Freshly baked white flour bread, with Butter</i> \$2.29	
Garlic Nan	
<i>Freshly baked white flour bread, stuffed with Garlic & Coriander</i> \$2.99	
Onion Nan	
<i>Freshly baked white flour bread, stuffed with Onions, Spices, & Coriander</i> \$2.99	
Potato Nan	
<i>Freshly baked white flour bread, stuffed with mashed Potatoes, Spices & Coriander</i> \$2.99	
Chicken Nan	
<i>Freshly baked white flour bread, stuffed with Chicken, Spices & Coriander</i> \$3.49	
Keema Nan	
<i>Freshly baked white flour bread, stuffed with minced Lamb, Spices, & Coriander</i> \$3.49	
Tandoori Roti	
<i>Tandoor baked plain whole wheat bread</i> \$2.29	
Punjabi Paratha	
<i>Whole wheat bread with Butter on the inside & out</i> \$2.99	
Aloo Paratha	
<i>Whole wheat bread stuffed with mashed Potatoes & Spices</i> \$2.99	
Onion Methi Paratha	
<i>Whole wheat bread stuffed with Onions, Fenugreek & Spices</i> \$2.99	
Poori	
<i>Two deep fried whole wheat breads</i> \$2.99	
Accompaniments	

Pappadam	
<i>2 Large grilled Lentil wafer accented with a hint of Black Pepper</i> \$1.99	
Raita	
<i>Home Made Yogurt mixed with Cucumber, Roasted Cumin Seeds & fresh Coriander</i> \$2.29	
Mixed Pickle	
..... \$1.99	
Mango Chutney	
..... \$1.99	
Kachumber Salad	
<i>Indian Salad Mixed with Lettuce, Cucumbers, Peppers, Onions & Tomatoes. Flavored with Chat Masala & fresh Lemon sauce</i> \$4.99	
Indian Desserts	
Kheer	
<i>Rice Pudding topped with Almonds, Nuts & Cinnamon</i> \$2.49	
Gulab Jamun	
<i>Deep- Fried milk balls, soaked in sweet syrup</i> \$2.99	
Mango Kulfi	
<i>Homemade Ice Cream with Mangoes & fresh cream sweetened to perfection</i> \$2.99	
Punjabi Kulfi	
<i>Exotic Indian Ice Cream with Saffron, Almonds, Green Cardamom, & Nuts</i> \$2.99	
Gajar Halwa	
<i>Grated Carrots cooked in low fat Milk with Cardamom & enriched with Almonds & Pistachios</i> \$2.99	
Rasmalai	
<i>Homemade Cheese patties served in a sweet cream sauce flavored with Cardamom & Pistachios</i> \$3.49	
Beverages	
Indian Sweet Lassi/Salt Lassi	
<i>Delicious Yogurt shake</i> \$2.49	
Ginger Lassi	
<i>Delicious Yogurt shake with Black Salt & Ginger</i> \$2.49	
Mango Sweet Lassi	
<i>Delicious sweet Yogurt shake with Mango Pulp</i> \$2.69	
Mango Shake	
<i>Delicious Milk shake with Mango Pulp</i> \$2.69	
Sodas	
<i>(Coke, Diet Coke, Spirit, Dr. Pepper, Fanta Orange, Root Beer)</i> \$1.29	
Tea	
<i>(Sweetened Tea, Unsweetened Tea , Raspberry Tea</i> \$2.49	
Masala Chai	
<i>Indian tea made with Herbs, Spices, Sugar & Milk</i> \$2.49	