

# ABYSSINIA

ኢ.ቤ.ሰ.ኢ.ያ

## MENU

ማኑ





# ABYSSINIA

## አብዮኒያ

*Abyssinia is the name once given to Historic Ethiopia. The name 'Abyssinia' is derived from the early Arabic Habesh, modern Habesha.*

*Ethiopian cuisine characteristically consists of spicy vegetable and meat dishes, usually in the form of we't, a thick stew, served atop injera, a large sourdough flat-bread, which is about 50 centimeters (20 inches) in diameter and made out of fermented teff flour. It is eaten with the hands, using pieces of injera to pick up bites of entrées and side dishes. No utensils are needed!*

*Traditional Ethiopian cuisine employs no pork of any kind, as most Ethiopians are Ethiopian Orthodox Christians, Muslims or Jews, and are thus prohibited from eating pork. Furthermore, the Ethiopian Orthodox Church prescribes a number of fasting periods, including Wednesdays, Fridays, and the entire Lenten season, so Ethiopian cuisine contains many vegetarian dishes.*

*Berberere, a combination of powdered chili pepper and other spices (somewhat analogous to Southwestern American chili powder), is an important ingredient used in many dishes. Also essential is niter kibbeh, a clarified butter infused with ginger, garlic, and several spices.*

*We't stews/sauces all begin with a large amount of chopped red onions, which simmers or sautés in a pot. Once the onions have softened, niter kibbeh is added (or, in the case of vegan dishes, vegetable oil). Following this, berbere is added to make a spicy k'ey we't, or may omit the berbere for a milder alicha we't. Final additions to the we't include: meat such as beef, chicken, fish, goat or lamb; legumes such as split peas or lentils; or vegetables such as potatoes, carrots and chard.*

*Alternatively, rather than being prepared as a stew, meat or vegetables may be sautéed to make tibs.*

*Another distinctive Ethiopian dish is kitfo, which consists of raw (or rare) minced beef marinated in mitmita (a very spicy chili powder) and niter kibbeh. Gored-gored is very similar to kitfo, but uses cubed, rather than minced, beef. The most popular Gurage main dish is kitfo. Gomen kitfo is another dish usually prepared in the occasion of Meskel, a very popular holiday marking the discovery of the True Cross. Collard greens/ kale (gomen) are boiled, dried and then finely chopped and served with butter, chili and spices.*

*Gurage cuisine additionally makes use of the false banana plant, a type of ensete. The plant is pulverized and fermented to make a bread-like food called kotcho, which is eaten with kitfo. The root of this plant may be powdered and prepared as a hot drink called bulla, which is often given to those who are tired or ill. Another typical Gurage preparation is coffee with butter.*



# House Specialties

## Kitfo Special

Ethiopian beef tartar made of specially selected lean round steak; seasoned with herbed butter, spices and mitmita. Served with Gomen Kitfo, Ayib and Kotcho and made *raw*,

*mild or well done* 1500      ½ Portion 800

## Tikur Kitfo

Cooked Ethiopian steak tartar made of specially selected lean round steak; seasoned with herbed butter, spices and mitmita

1500      ½ Portion 800

## Gored Gored

A dish made of cubed lean beef mixed with berbere, herbed butter and house spices and served rare

1600

## Gomen Kitfo

Cooked and minced kale and spinach prepared to perfection with herbed butter and spices

1200

## Zimamojat

Special mouth-watering House cheese seasoned with herbed butter and spices, and mixed with cooked and

minced kale 1100      ½ Portion 600





# Tibs

## **Tibs** | *Lamb, Chicken, or Fish*

A tasty dish of cubed lamb, chicken or fish, sautéed with onions, spices and herbed butter 1200

## **YeSiga Tibs**

Cubed sirloin steak (beef) sautéed with onions, spices and herbed butter. Served either mild or hot, with or without gravy 1100 | 600 side order

## **Shekla Tibs** | *Beef, Lamb, Chicken, or Fish*

Cubes of beef, lamb, chicken or fish, sautéed with rosemary, onion, garlic, tomato, green pepper, spices and herbed butter and served in a traditional 'shekla' pot 1100 / 1200 / 1200 / 1200

## **Zzil Tibs**

Cubes/strips of sirloin steak (beef) sautéed with rosemary, onion, garlic, tomato, green pepper, spiced and herbed butter and served in a 'shekla' pot 1150



# Firfirs *perfect if you're hungry!*

**Kitfo, Doro, Asa or Yebeg Tibs Firfir** Spiced deliciously and mixed with injera 1300

**YeSiga We't Firfir** Your choice of Yebere we't or Minchet Abish we't mixed with Injera. Served Hot (K'ey) or Mild (Alicha) 1200

**Yesiga Tibs Firfir** Spiced to your taste and mixed with injera 1200

**Quanta Firfir** Dried lean *Beef* or *Fish* stewed in berbere sauce (berbere, onions, tomato, garlic and ginger) and mixed with injera 1200

**Vegetarian (YeS'ome) Firfir** Berbere sauce (berbere, onions, tomato, garlic and ginger) mixed with injera 1100



## Meat and Chicken Hot Dishes (K'ey)

### **YeSiga K'ey We't**

Cubed lean beef simmered with spices, onions, herbed butter, berbere\* and tomatoes into a delicious stew 1100 | 600 side order

### **YeBeg K'ey We't**

Cubed lean lamb simmered with spices, onions, herbed butter, berbere and tomatoes into a delicious stew 1200

### **Minchet Abish K'ey We't**

Minced lean beef stewed in herbed butter, garlic, spices, berbere, tomatoes and onions 1000 | 500 side order

### **K'ey Doro We't** *Abyssinia Special*

Chicken Cubes and hard boiled eggs tastefully simmered in herbed butter, spices, onions and berbere. Accompanied by Ayib (home-made cottage cheese) 1300 | 700 side order

### **Bozena Shiro**

A mouthwatering sauce of ground chick peas and cubed lean beef simmered in berbere, onions, spices and seasonings. Served in a traditional pot 1100

### **Gomen BeSiga**

Selected beef pieces with bones cooked with kale, herbed butter, garlic and ginger, onions and green peppers 1200

### **Abyssinia Goulash** | *Beef, Lamb, Chicken, or Fish*

A mild or hot goulash made from your choice of beef, lamb, chicken or fish, served with your choice of rice or injera 1100 / 1200 / 1200 / 1200

## Mild Dishes (Alicha)

### **YeSiga Alicha We't**

Cubed lean beef stewed in turmeric, onion, herbed butter & spices 1100 | 600 side order

### **YeBeg Alicha We't**

Cubed lean lamb stewed in turmeric, onions and herbed butter 1200

### **Minchet Abish Alicha We't**

Minced lean beef stewed in herbed butter, turmeric & onions 1000 | 500 side order

### **Alicha Doro We't** *Abyssinia Special*

Chicken Cubes and hard boiled eggs tastefully simmered in herbed butter, spices, onions and turmeric 1300 | 700 side order

*\*Berbere is powdered red pepper, used as a basic ingredient in many Ethiopian dishes.*





## Vegetarian Dishes

**Misir (K'ey) We't** A delicious split lentil sauce made with onions, berbere, spices, ginger and garlic. Served hot 800 | 400 side order

**Misir (alicha) We't** A delicious whole lentil sauce made with onions, spices, ginger, garlic and turmeric. Served mild 800 | 400 side order

**Shiro Regular** We't made from powdered chick peas, onions, tomatoes & spices 900 | 500 side order

**Shiro Tegamino We't** A delicious sauce made from roasted and powdered chick peas, onions, garlic and green peppers (optional). Served in a traditional pot 1000 | 600 side order

**Shiro Silse We't** Spicy Shiro Tegamino 1000 | 600 side order

**Kik' (alicha) We't** Tasty split peas cooked with onions, ginger, garlic and turmeric 800 | 400 side order

**Enkulal K'ey We't** *Abyssinia Special* Egg Cubes tastefully simmered in herbed butter, spices, onions and berbere. Accompanied by Ayib (home-made cottage cheese) 1200 | 700 side order

**Abyssinia Paneer We't /Firfir** Paneer Cubes tastefully simmered in herbed butter, spices, onions 1100 | 600 side order

**Vegetable dishes** Atikilt, Gomen, Fessolia 700 | 400 side order



# Combinations



**Vegetarian Platter Regular** (serves 1 person)  
K'ey Missir, Shiro, Missir alicha, Kik alicha, Atikilt,  
Gomen and house salad 1200

**Vegetarian Platter Special 1** (serves 3-4 people)  
Vegetarian platter dishes, Shiro tegamino,  
Zimamojat, 1/2 Missir key,  
served with 4 injeras 3600

**Vegetarian Platter Special 2** (serves 3-4 people)  
Shiro Silse, Enkulal we't, Missir key, Atikilt,  
Gomen and house salad,  
served with 4 injeras 3600

**Combination Regular** (serves 1 person)  
Key we't beef, Minchet Abish we't alicha,  
Minchet Abish we't key, Doro we't key,  
Shiro, Atikilt, Gomen, with house salad &  
homemade cheese 1400

**Combination Special 2** (serves 1-2 people)  
1/2 Kitfo, 1/2 Doro k'ey, 1/2 Yesiga alicha, Atikilt,  
Gomen, Shiro and house salad,  
served with 2 injeras 2500

**Combination Special 3** (serves 2-3 people)  
1/2 Doro we't, 1/2 Yesiga tibs, 1/2 Shiro Tegamino/Silse,  
Shekla beef/lamb, 1/2 vegetables, and house salad,  
served with 2 injeras 3600

**Combination Special 4** (serves 4-5 people)  
Vegetarian Platter, Doro or Asa We't, Shekla lamb/beef,  
Shiro Tegamino or Shiro Silse and house salad,  
served with 4 injeras 4600

**Super Combination** (serves 4-5 people)  
Doro Abyssinia, Shiro tegamino or Shiro silse, shekla lamb/chicken/fish,  
Meat we't platter 4700

## Other Options

**For groups of 8-10 people** 10500  
Doro Abyssinia wet 2 portions  
Shekla beef/lamb 2 portions  
Shiro Tegamino 2 portions  
yesiga key/alicha wet 2 portions  
atikilt (vegetables) 2 portions

**For groups of 15-18 people** 18500  
Vege platters 4 portions  
Doro Abyssinia wet 4 portions  
Shekla lamb/fish 4 portions  
Shiro Tegamino 4 portions

*For 20 or more people, a combination of Abyssinia dishes are available for a served buffet at 1200/= per person for vegetarian dishes, and 1500/= per person for non-vegetarian dishes. Drinks not included.*

## Coffee Ceremony

*The coffee ceremony is an important part of Ethiopian culture. In a traditional coffee ceremony, a dedicated coffee area is surrounded by fresh grass, with special furniture for the coffee maker, who serves it from a jebena—the clay pot in which the coffee is prepared. Traditionally, it is served in three rounds and is accompanied with the burning of incense.*

*We encourage you to have a taste of this experience at Abyssinia!*

### **Full coffee ceremony**

4-5 people 2000

### **Simple Ethiopian coffee**

Per person 150

### **Ethiopian spiced tea**

Per person 150





# Drinks

## Soft Drinks, Juices & Water

Sodas (300ml)	100
Soda/Tonic Water	120
Still water (1L)	150
Still water (500ml)	100
Red Bull	250
Fresh Juices by glass	150
Ambo Ethiopian mineral water	250
Lime Juice	50

## Liquors & Liqueurs

Absolut Vodka	250
Amarula	250
Bacardi	250
Baileys Cream	250
Bond 7	200
Campari	200
Captain Morgan's	200
Chivas	400
Famous Grouse	250
Gillbey's Dry Gin	200
Glenfiddich	400
Gordon's Dry Gin	250
Hennessy	400
Jack Daniels	350
Jägermeister	250
Jameson	250
Johnnie Walker Black Label	360
Johnnie Walker Red Label	250
J&B Whiskey	250
Malibu	200
Martini Bianco/Rosso	200
Myer's Rum	200
Richot Brandy	200
Smirnoff Vodka Red	200
Southern Comfort	250
Tequila Camino Clear/Gold	200
Jose Cuervo Clear/Gold	250
Three Barrels	200
Vat 69	200
Viceroy Brandy	200
Zappa	200

## Beers & Ciders

Tusker Lager/Malt/Light	280
Pilsner Lager	280
Whitecap Lager	300
Guinness Large Stout	320
Balozi	280
Heineken	300
Tusker Cider	300
Savana	300
Guarana	250
Black/Red Ice	300
Hunters Dry	300

## Wines

Wine by the glass:	Drostdy Hof	350
	Cellar Cask	350
Wine bottles:	Drostdy Hof	2400
	Frontera	2400
	Cellar Cask	2400

*Menu prices include 16% VAT and 2% Catering Levy*



*We hope you enjoy your  
meal!*





# ABYSSINIA

ኢ.ቤ.ሲ.ኒ.ያ

## MENU

መንግሥት

