

# 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* 1700      ½ Portion 900

## Tikur Kitfo

Cooked Ethiopian steak tartar made of specially selected lean round steak; seasoned with herbed butter, spices and mitmita 1700

## 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 1300

## Zimamojat

Special mouth-watering House cheese seasoned with herbed butter and spices, and mixed with cooked and minced kale 1200      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 1300

## **YeSiga Tibs**

Cubed sirloin steak (beef) sautéed with onions, spices and herbed butter. Served either mild or hot, with or without gravy 1200 | 700 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 1300 / 1300 / 1300 / 1300

## **Zlzil 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 1300



# 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 1200 | 700 side order

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

Cubed lean lamb simmered with spices, onions, herbed butter, berbere and tomatoes into a delicious stew 1300

## **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 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 1300 / 1300 / 1300 / 1300

# Mild Dishes (Alicha)

## **YeSiga Alicha We't**

Cubed lean beef stewed in turmeric, onion, herbed butter & spices 1200 | 700 side order

## **YeBeg Alicha We't**

Cubed lean lamb stewed in turmeric, onions and herbed butter 1300

## **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

# Extras

## **Ayib (Home-made Cottage Cheese)**

350

## **Rice**

350

## **Salad / Kachumbari**

300

## **Awaze / Mitmita**

200

## **Additional Injera**

200

## **Additional Kocho**

200

\*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 900 | 500 side order

**Misir (alicha) We't** A delicious whole lentil sauce made with onions, spices, ginger, garlic and turmeric. Served mild 900 | 500 side order

**Shiro Regular** We't made from powdered chick peas, onions, tomatoes & spices 1000 | 600 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 1100 | 700 side order

**Shiro Silse We't** Spicy Shiro Tegamino 1100 | 700 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 800 | 500 side order

# Combinations



**Vegetarian Platter Regular** (serves 1 person)  
K'ey Missir, Shiro, Missir alicha, Kik alicha, Atikilt,  
Gomen and house salad 1400

**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 / Mixed Dish**  
(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 1500

**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 3000

**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,  
and Mixed Dish 4700

## Other Options

**For groups of 8-10 people** 11000  
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** 19000  
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 1400/= per person for vegetarian dishes, and 1700/= per person for non-vegetarian dishes. Drinks, transport, and servers charged separately.**



## 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 Coffee with Milk**  
Per person 200

**Black / Spiced Tea**  
Per person 150

**Tea with Milk / Spiced**  
Per person 200

**Milk**  
Per pot 150

**Dawa Tea with Honey**  
Per person 250

**Honey**  
Per serving 100

**Popcorn**  
Per serving 200



# Drinks

## Soft Drinks, Juices & Water

Sodas (300ml)	100
Soda/Tonic Water	120
Still water (1L)	150
Still water (500ml)	100
Red Bull	250
Fresh Juice by the glass	200
Ambo Ethiopian mineral water	250
Lime Juice	50

## Beers & Ciders

St. George	350
Tusker Lager/Malt	300
Tusker Light	350
Pilsner Lager	300
Whitecap Lager	350
Whitecap Crisp	350
Guinness Large Stout	350
Balozi	300
Heineken	350
Tusker Cider	350
Savana	350
Guarana	250
Black Ice	300
Hunters Dry	350

## Liquors & Liqueurs

Absolut Vodka	300
Amarula	300
Bacardi	300
Baileys Cream	300
Bond 7	200
Campari	250
Captain Morgan's	250
Chivas	400
Famous Grouse	300
Gillbey's Dry Gin	250
Glenfiddich	450
Gordon's Dry Gin	300
Hennessy	400
Jack Daniels	350
Jägermeister	300
Jameson	300
Johnnie Walker Black Label	400
Johnnie Walker Red Label	300
J&B Whiskey	250
Malibu	200
Martini Bianco/Rosso	200
Myer's Rum	250
Richot Brandy	200
Smirnoff Vodka Red	250
Southern Comfort	300
Tequila Camino Clear/Gold	250
Jose Cuervo Clear/Gold	300
Three Barrels	200
Vat 69	200
Viceroy Brandy	200
Zappa	200

## Wines

Wine by the glass:	Drostdy Hof	400
	Cellar Cask	400
Wine bottles:	Drostdy Hof	2500
	Frontera	2500
	Cellar Cask	2500

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

*We hope you enjoy your  
meal!*





