



 **LALIBELA**  
ETHIOPIAN RESTAURANT

**E**thiopian cuisine is based on an exotic blend of spices both robust and subtle. A part of each entree is the traditional bread called *injera*, a sourdough crepe typically made from the flour of an Ethiopian grain called *teff*. Injera is used as a base on all platters. Entrees are eaten by breaking off a small piece of injera, placing it on the stew of your choice, and pinching your fingers together to pick up the amount of food you desire. Injera can also be used to soak up the savory sauce that is an essential part of every dish.

We hope you will find your dining experience at Lalibela to be truly exciting and wonderful. Sharing the same bread, as well as eating from the same plate, has great social significance in Ethiopian culture. Eating this way strengthens the bonds of friendship and loyalty. There is an old saying that states, "People who eat from the same plate will never betray each other."

*The washing of hands before breaking bread is customary and highly recommended.*

**The foundations of our unique cuisine:**

**BERBERE** is a combination of peppers, garlic, onion and other spices that are dried and ground into powdered form. Berbere has a full-bodied, spicy taste and is very versatile, complimenting both meat and vegetables.

**MITMITA** is another combination spice. It is made from even hotter peppers than is berbere and contains onions, garlic, cumin, ginger and other condiments that are dried and ground up. Mitmita has a full-bodied taste. It is much hotter than berbere.

**INJERA** is a flat, spongy bread that resembles a crepe or pancake. Injera is made from teff, an Ethiopian staple grain, or from wheat and barley.

**NETIR KIBE** (*purified butter*) is butter cooked with garlic, ginger, cardamon, corriander and other exotic Ethiopian spices, and strained through cheesecloth.

**MESOB** is a tabletop on which food is traditionally served. The typical mesob is woven from straw dyed in bright colors and has a lid that is kept on until it is time to eat.







## APPETIZERS

1. **Yemisir Sambusa** . . . . . 6.95  
Pastry stuffed with spiced lentils.
2. **Yesiga Sambusa** . . . . . 6.95  
Pastry stuffed with spiced ground beef.
3. **Yedoro Sambusa** . . . . . 6.95  
Pastry stuffed with spiced chicken.
4. **Key Sir Selata** . . . . . 6.95  
Beets, potatoes, carrots, shallots & green peppers with house dressing.
5. **Timatim Fitfit** . . . . . 7.95  
Tomatoes, shallots & green peppers in house dressing mixed with injera.
6. **Selata** . . . . . 6.95  
Tomato salad with house dressing.
7. **Senge Karya** . . . . . 6.95  
Two long hot peppers stuffed with sautéed fresh tomatoes, onions, garlic & shallots. Served with injera.
8. **Yater Fitfit** . . . . . 7.95  
Dried peas slowly cooked with fresh garlic, ginger roots & spices, mixed with injera & garnished with long hot peppers. Served chilled.
9. **Kategna** . . . . . 8.95  
Injera is rendered into an amber toast with a coating of awaze and kibe

## LALIBELA VEGETARIAN

10. **Yemisir Wot** . . . . . 13.95  
Lentils slowly cooked in a flavorful berbere sauce with a blend of spices.
11. **Ater Kik** . . . . . 12.95  
Yellow split peas cooked in a specially flavored mild sauce.
12. **Fosolia** . . . . . 14.95  
Green beans, carrots & onions sautéed in a blend of exotic herbs.
13. **Gomen** . . . . . 13.95  
Collard greens slowly cooked in a flavorful mild sauce with garlic & a blend of spices.
14. **Misir Alichu** . . . . . 12.95  
Green lentils slowly cooked in a flavorful mild sauce with a blend of spices.

*(Vegetarian & Vegan continued on next page)*



*Vegetarian e³ Vegan (continued)*

15. **Shuro** . . . . . 14.95  
Highly seasoned chick peas in a berbere sauce.
16. **Tikel Gomen** . . . . . 12.95  
Cabbage & potatoes cooked in vegetable oil, onions, fresh garlic & a blend of spices.
17. **Kosta** . . . . . 13.95  
Spinach & potatoes slowly cooked in a blend of mild spices.
18. **Zucchini** . . . . . 12.95  
Green squash, carrots & onions sautéed in a blend of exotic herbs.
19. **Lalibela Vegetarian Combination Sampler Dishes**  
Choice of four different dishes from the above entrees.  
**For one person** . . . . . 15.95  
**For each additional person** . . . . . 13.95

**CHICKEN**

20. **Doro Tibs** . . . . . 14.95  
Diced chicken sautéed with onions, rosemary & pepper.  
Served with awaze (*hot pepper paste*).
21. **Doro Wot** . . . . . 15.95  
Chicken cooked in butter & sautéed onions, seasoned with garlic, fresh ginger, berbere & herbs, & slowly simmered until tender.
22. **Doro Alich**a . . . . . 13.95  
Tender chicken cooked as above, but in a mild sauce.

**BEEF**

23. **Kitfo** . . . . . 17.95  
(*Ethiopian version of steak tartare*) Finely chopped prime beef seasoned with mitmita, purified butter & Ethiopian spices, served with homemade cottage cheese (*when available*).
24. **Siga Wot** . . . . . 15.95  
Cubed prime beef cooked in onions, ginger, garlic, purified butter & berbere.
25. **Siga Alich**a . . . . . 14.95  
Cubed beef sautéed in butter, turmeric, garlic, fresh ginger & white pepper.
26. **Gored Gored** . . . . . 18.95  
Very lean beef marinated in red wine & rosemary, then sautéed in vegetable oil with onions & garlic.  
Served with awaze (*hot pepper paste*).



*Beef (continued)*

27. **Special Tibs** . . . . . 17.95  
Tender tip pieces of beef sautéed in vegetable oil with fresh tomatoes, green peppers & red onions, with a touch of rosemary & other spices.

**LAMB**

28. **Yebeg Kikil** . . . . . 18.95  
Succulent lamb cooked & seasoned with a special blend of spices.
29. **Yebeg Wot** . . . . . 19.95  
Lamb cooked in garlic, onions & berbere sauce.
30. **Zilbo Gomen** . . . . . 18.95  
Collard greens & tender pieces of lamb seasoned with onions & green peppers.
31. **Yebeg Tibs** . . . . . 18.95  
Lamb sautéed in vegetable oil & seasoned with onions & green peppers.

**SEAFOOD**

32. **Shrimp Wot** . . . . . 18.75  
Shrimp sautéed in vegetable oil with garlic, in berbere sauce.
33. **Shrimp Alich**. . . . . 17.95  
Shrimp sautéed in vegetable oil with garlic, in a mild sauce.
34. **Yasa Wot**. . . . . 18.95  
Chunks of filleted white fish cooked in berbere & herb sauce.

**LALIBELA COMBINATIONS**

35. **Specialty Dish Platter**  
Create your own combination. Choose four different dishes from among the following entrees: #10, 11, 12, 13, 14, 15, 16, 17, 18, 21, 22, 24, 25.
- For one person** . . . . . 17.95  
**For each additional person** . . . . . 14.95  
*(Gluten-free Injera available – please add \$5.00)*





## DESSERTS

- 36. Cheesecake . . . . . 5.95
- 37. Chocolate Cake . . . . . 5.95
- 38. Baklava. . . . . 5.95

## BEVERAGES

- Pot of Ethiopian Coffee . . . . . per person: 3.00  
*(Served in traditional Ethiopian style — minimum charge \$6.00)*
- Tea. . . . . 3.00
- Coke, Diet Coke, Sprite, Club Soda, Ginger Ale . . . 1.95
- Iced Tea or Lemonade . . . . . 3.00
- Orange Juice or Cranberry Juice . . . . . 3.00
- Perrier Sparkling Mineral Water . . . . . 3.00
- Budweiser, Bud Light, Coors Light,  
St. Pauli NA *(non-alcoholic)* . . . . . 5.00
- Heineken, Samuel Adams, Corona, Bass Ale,  
Amstel Light . . . . . 6.00

*Ethiopian Wines and Beers Available Upon Request*

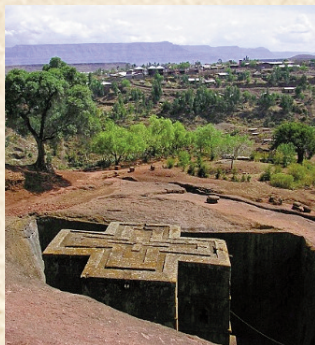




**T**he small town of Lalibela in Ethiopia is home to one of the world's most astounding sacred sites: 11 rock-hewn churches, each carved entirely out of a single block of granite with its roof at ground level.

Were it not for these extraordinary churches, Lalibela would almost certainly be well off the tourist radar. A dusty rural town nestled into rolling countryside, Lalibela only recently got electricity. It has few motorized vehicles, no gas stations and no paved streets. Isolated from the modern world, the town goes about its business much as it has for several hundred years.

Of Lalibela's 8-10,000 inhabitants, over 1,000 are priests. Religious ritual is central to the life of the town, with regular processions, extensive fasts and crowds of singing and dancing priests. This, combined with its extraordinary religious architecture and simplicity of life, gives the city of Lalibela a distinctively timeless, almost biblical atmosphere.



*The most spectacular of the 11 rock-hewn churches at Lalibela is **Beta Giorgis** (St. George), shaped like a Greek cross. Photo Paul Zizka.*



*Across the main road from St. George, the most notable church is **Beta Medhane Alem**, home to the Lalibela Cross and believed to be the largest monolithic church in the world.*



*A richly decorated interior, perhaps from **Beta Golgotha**, known for its artwork which includes life-sized carvings of saints on the walls.*