

Out Of Africa

SOUL OF ABYSSINIAN VEGETERIAN CUISINE

GOMEN

Fresh collard greens sautéed with fine onions, garlic, oregano, ginger, tomatoes and Ethiopian Spices 8

KIK ALICHA

Yellow split peas cooked and flavored with green pepper, turmeric, onion and Ethiopian herbs 8

MESIR WAT

Lentils cooked with chopped onions, garlic, ginger, olive oil and mild Berbere sauce 8

ATAKILT KILIKIL

Fresh cabbage, carrots, green peppers and onions sautéed with garlic, ginger and tomatoes 8

VEGETARIAN SAMPLER

A selection of Sheba's vegetarian dishes 14.75



ABYSSINIAN SAVORY & SPICY DISHES

DORO TIBS

Boneless pieces of chicken sautéed and seasoned with Ethiopian herbs, Awaze sauce, hot peppers and onions 14.50

TIBS WAT

Sautéed prime beef simmered in Berbere sauce and a touch of Nit'ir Kibe (Ethiopian purified butter) 14.75

LEGA TIBS

Tender sirloin tips marinated in white wine, sautéed with rosemary, onions and jalapeno peppers 14.75

BEG ALECHA

Tender pieces of lamb braised slowly in green pepper, flavored with Ethiopian herb sauce, ginger, rosemary and a touch of jalapeno pepper 14.75

YASA-TIBS

Sautéed catfish marinated in white wine and cooked with Berbere, scallions and tomatoes 15

KITFO

Ethiopian steak tartare, lean chopped beef seasoned with Nit'ir Kibe and robust spices (allow additional 15 min. preparation time for this item) 15

(Authentic dishes prepared by an Ethiopian Chef w/ spices imported from Ethiopia)