

Side of Dish

Salad - \$8.00

Salad, tomatoes, onion, lemon, cucumber, (green chilli is added on request)

Peanut salad, tomatoes, lemon, cucumber, (green chilli added on request)

Fos Eliya - \$8.00

Green beans, onion, garlic, green chilli, carrot, ginger, spices.

Gomen - \$6

Spinach, onion, garlic, spices

Hot Sauces (side dish)

Peanut (Medium) - \$2.00

Peanut butter, lemon, ethiopian chilli (berber).

Coriander (Extra hot) - \$2.50

Green chilli, coriander, lemon, garlic, onion.

Awaze - \$2.00 - mustard sauce

Mitmita - \$2.50

Sineg karya - \$5.00

House specials

(always available)

The Blue Nile Special - Medium/ Hot - \$17.00

A dish of succulent chicken in a creamy tomato curry. onion, tomatoes, chicken, garlic, ethiopian spices.

Gored Gored - \$20.00

Out beef in cubes Mix the beef and berbere in the butter. Heated for 1-3 minutes until the meat is cooked rare.

Vegan Plate Combo - \$19.00

Misir (red lentils, tomatoes, garlic, onion), *brown lentils*, *kosta* (spinach), *Gomen* (cabbage, carrot, potatoes, Bell pepper, turmeric, onion), *Fos Eliya* (green beans), *shir o*, *Alicha kiki* (split yellow mung beans), *salad*.

Tibs \$22 - Diced lamb sauteed with green chilli, onion and kibbeh (spiced ghee). Mild, medium or hot (as choice) with a side salad

Mahberawi - \$60.00

Mixed Vegetarian Meal with Yebeg siga wot, Doro wot, Tibs, Gored Gored and Minchet Abish (served with ayb and boiled egg)
The size of the Mahberawi plate is for more than 2 people.

Drinks

Hot Drinks

Buna - Ethiopian Coffee **\$3.00**

Tea **\$3.00**

Cold Drinks

Can drinks: coca cola, fanta, sprite, L&P **\$3.50**

Tropical juice, Gingerbeer **\$4.00**

Cranberry or mango sparkling drink **\$4.00**

Fresh lime juice **\$3.00**

Sparkling water **\$2.50**

Blue Nile
ETHIOPIAN RESTAURANT



22 Allen Street, Te Aro,
Wellington

Entrées

Ethiopian Samosa:

Vegan \$2.50 - brown lentils, carrot, spring onion, garlic, Ethiopian spices

Beef \$3.50 - beef, carrot, spring onion, garlic, ethiopian spices

Kinche \$3.50 (Bulgur cracked wheat) onion, garlic, ginger, ethiopian spices, is cooked with oil but can be served with ghee with request. **\$3.50**

Ethiopian Harari Melewah - \$3.50 - One of many kinds of bread eaten in Harari. It's made with white flour, salt, countryside melted butter or ghee, black seeds and honey on the side

Lentils Soup Cup - \$3.50

Brown lentils, onion, green chilli, carrot, ethiopian spices.

Bread

Extra Injera - \$2.50

Rice flour, white flour, ragi flour, bagra flour (Gluten free available on Request)

Meat Mains

Doro Wot – Medium \$16.00

Chicken cooked Ethiopian style with hot pepper sauce and spices comes with hard boiled egg in a spicy tomato, onion, garlic curry with berbere (Ethiopian chilli) and kibbeh (spiced ghee). Got ayib (Ethiopian cheese) or yoghurt on the side.

Yebeg siga wot – Medium \$17.00

Braised strips of lamb with spice (Ethiopian chilli) tomato onion, garlic, spiced ghee curry. Got ayib (Ethiopian cheese) or yoghurt on the side.

Tibs - \$22.00

Diced lamb sauteed with green chilli, onion and kibbeh (spiced ghee). Mild, medium or hot (as choice) with salad

Zizil Tibs – Mild - \$20.00

Tender beef strips rubbed with Ethiopian spice mix and sauteed with garlic and lemon. Served sizzling! Comes with complimentary hot sauce on request.

Qanta firfir - \$18.00

Dried strips of beef cooked with onions, tomatoes, garlic, ghee, tomato tossed with Injera and is served with extra injera. (green chilli is added but can be removed with request)

Minchet Abish Hot - \$18.00

Minced beef stew with onion, garlic, ginger, spices, kibbeh (spiced ghee) and boiled eggs. Got ayib (Ethiopian cheese) on the side.

Kitfo - \$22.00

Minced beef meat seasoned with herbed Ethiopian butter (ghee), Ethiopian spices and mitmita (Ethiopian made hot chilli pepper). Prepared to desire (served with ayib- ethiopian cheese)

Mahberawi - \$60.00

Mixed Vegetarian Meal with Yebeg siga wot, Doro wot, Tibs, Gored Gored and Minchet Abish (served with ayib and boiled egg) The size of the Mahberawi plate is for more than 2 people.

Kita Firfir – \$10.50

Pieces of Ethiopian savoury pancake sautéed in spiced kibbeh. Served with yoghurt. Medium. Contains gluten

Gored Gored - \$20.00

Cut beef in cubes Mixed with berbere in the butter (ghee) or oil as a request. onion, garlic, spices. Heated for 1-3 minutes until the meat is cooked rare.

Gomen Besiga - \$18

Lamb cooked with spinach, onion, garlic, green chilli, spices

Vegan Mains

Misir Wot - \$12.00

Red lentils cooked in a tangy sauce of tomato, garlic, ginger and berbere (Ethiopian chilli paste) medium

Kik Wot – Mild - \$10.50

A light curry of yellow split peas with ginger, onion, garlic and turmeric. green chilli

Defen Meser – Mild - \$10.50

Brown lentils curry in a rich sauces of onion, garlic, garlic and turmeric.

Tikil Gomen Wot – Mild - \$10.50

Chunks of carrot, potato, cabbage and onion cooked with turmeric.

Vegan Plate Combo - \$19.00

Misir (red lentils, tomatoes, garlic, onion), *brown lentils*, *kosta* (spinach), *Gomen* (cabbage, carrot, potatoes, Bell pepper, turmeric, onion), *Fos Eiya* (green beans), *shiro*, *Alicha kiki* (split yellow mung beans), *salad*

Dinich Wot - \$12.00

Potatoes, onion, carrot, oil, ginger, garlic, turmeric, Ethiopian spices.

Shiro Wot - \$16.00

Powdered peas, onion, vegetable oil, powdered red pepper, meat & Ethiopian spices

Shambra Asa Wot - \$14.00

chickpeas, tomato, onion, garlic, ginger, spices.

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