

# Lunchtime menu at Tutu's Ethiopian Table

*All Ethiopian dishes include one injera or a portion of rice*

## **Ethiopian Lunch Platter £6.20**

Two Ethiopian dishes (1-10) one of which can be meat based.

Served with injera or rice

**Tuesday - Friday, 12-3pm**

### **Vegetarian Ethiopian dishes**

All 100% suitable for vegans

#### **Vegetarian Platter**

A combination of any three vegetarian dishes (1-7)

Served with injera or rice

£9.50

#### **1. Misr Wot** (Medium/Hot)

A very popular Ethiopian dish. A stew of gently flavoured red lentils

£6.90

#### **2. Difen Misr Wot** (Mild)

Whole green lentils slowly cooked in flavourful sauce with a blend of spices

£6.90

#### **3. Ater Wot** (Mild)

This delicious dish is made from curried split peas

£6.90

#### **4. Tikel Gomen** (Mild)

White cabbage and potatoes cooked with herbs and spices

£7.90

#### **5. Fosolia** (Mild)

Green beans and carrots subtly flavoured with Ethiopian mixed spices

£7.90

#### **6. Kosta** (Mild)

A healthy offering of spinach cooked with herbs and garlic

£7.90

#### **7. Ye'Abesha Gomen** (Mild)

Collard greens and potatoes in fresh garlic and spices

£7.90

### **Meat based Ethiopian dishes**

#### **Meat Platter**

A combination of any two vegetarian dishes (1-7) and one meat based Wot (8-10). Served with injera or rice

£10.50

#### **8. Doro Wot** (Medium/Hot)

The national dish of Ethiopia. Succulent chicken on the bone simmered in spiced butter (kibae), Ethiopian mixed spices (berbere), onion and a tasty combination of seasoning

£10.50

#### **9. Keye Segá Wot** (Medium/Hot)

Tender pieces of beef simmered in berbere and flavoured with mixed spices

£10.50

#### **10. Alichá Begg Wot** (Mild)

Pieces of tender lamb simmered in kibae, onion and turmeric

£12.50

#### **Chicken Tibs with Tomatoes** (Mild)

Chicken pieces marinated with traditional herbs, sautéed with fresh tomatoes and onions

£12.50

### **Ethiopian side dishes**

#### **Injera** (contains wheat)

A flat Ethiopian pancake with a slightly sour-dough taste

£1.00

#### **Rice** (gluten free)

Tutu's special rice with mixed vegetables

£3.70

#### **Tutu's new hot sauce**

£1.00

# Tutu's lunchtime menu

## Light Bites

<b>Home made soup</b>	£3.95
<b>Salad bowl</b> Mixed leaf salad with tomatoes, pepper, cucumber and olives	£3.45
<b>Feta salad</b>	£4.45
<b>Fajita chicken salad</b>	£6.45
<b>Humous, olives and tzatziki</b> with pitta bread	£4.50
<b>Pitta stuffed with falafel</b> , tzatziki and salad	£6.85
<b>Mediterranean platter</b> falafel, humous, feta cheese, olives, salad and pitta bread	£7.85
<b>Vegetable samosas and spring rolls</b> with sweet chilli sauce	£3.50
<b>Mozzarella pizza</b>	£3.95
<b>Garlic bread</b>	£3.95
<b>Chunky chips</b>	£3.95
<b>Sweet potato fries</b>	£4.50
<b>Cajun wedges</b>	£4.00
<b>Cajun wedges with cheese</b>	£4.50

## Burgers

<b>6oz beef burger</b> in a sesame seed bun served with Cajun wedges or chunky chips	£8.50
<b>6oz vegetarian burger</b> in a sesame seed bun served with Cajun wedges or chunky chips	£7.95
<b>Grilled Halloumi</b> with humous in a sesame seed bun served with Cajun wedges or chunky chips	£8.50

*Salad dressing, mayonnaise or tomato ketchup are also available with your meal*

## Sandwiches

Humous & olives	£2.70
Cheese & tomato	£2.70
Cheese, onion & mayo	£2.70
Pesto, mozzarella & tomato	£3.50
BLT (bacon, lettuce & tomato)	£3.50
Tuna mayo with sweetcorn or cucumber	£3.50

## Baguettes

Humous & olives	£3.70
Cheese & tomato	£3.70
Cheese, onion & mayo	£3.70
Pesto, mozzarella & tomato	£4.50
BLT (bacon, lettuce & tomato)	£4.50
Tuna mayo with sweetcorn or cucumber	£4.50

## Jacket Potatoes

Baked beans	£4.00
Baked beans & cheese	£4.70
Humous & olives	£4.70
Cheese & tomato	£4.70
Cheese, onion & mayo	£4.70
Pesto, mozzarella & tomato	£4.70
Tuna mayo with sweetcorn or cucumber	£4.70
<i>Add an extra filling for</i>	£1.00

## Desserts

Please see our board at the bar for puddings and cakes

## Coffee

**Freshly roasted Ethiopian coffee** The perfect way to finish your meal! Freshly roasted and served in a traditional jebena. Enough for two to share £3.75

The bar also offer a range of espresso based coffees