



Tutu's  
Ethiopian Table



*home made authentic ethiopian dishes and light bites*

[www.tutus-ethiopian-table.com](http://www.tutus-ethiopian-table.com)

# Ethiopian Lunch Menu

## Ethiopian Lunch Platter

One Injera & 2 dishes, one of which can be meat – (Tuesday-Friday, 12-3pm) . . . . . £5.80

## Meat Dishes

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### **Zelzel Tibs** (Not available in a platter)

Strips of tender fried beef freshly cooked with onion, pepper, rosemary and spiced butter, served on a sizzling hot pan Mild or Hot Add extra vegetable dish your choice with no extra cost. . . . . £9.95

### **Doro Wot** (Hot)

The National Dish of Ethiopia. Succulent chicken simmered in spiced butter (kibae), Ethiopian mixed spices (berbere), onion and a tasty combination of seasonings . . . . . £7.95

**Keye Segá Wot** (Hot) Tender pieces of beef simmered in berbere and flavoured with various spices. . . . . £7.95

**Alicha Begg Wot** (Mild) Pieces of tender lamb simmered in kibae, onion and turmeric. . . . . £7.95

**Yefeske Beyayenetu** (Tutu's Special Meat Platter) . . . . . £9.95

One of the above meat dishes with any two vegetarian dishes, served with an Injera or rice.

## Vegetarian Dishes (All 100% suitable for Vegans)

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**Misr Wot** (Hot) Another very popular Ethiopian dish, a stew of gently flavoured lentils. . . . . £5.60

**Ater Wot** (Mild) This delicious dish is made from curried split peas. . . . . £5.60

**Difen Misr Wot** (Mild) Whole green lentils slowly cooked in flavourful sauce with a blend of spices. . . . . £5.60

**Tikel Gomen** White cabbage and potatoes cooked with exotic herbs and spices. (Mild) . . . . . £6.15

**Fosolia** A dish of subtly flavoured fried green beans and carrots. (Mild) . . . . . £6.15

**Kosta** A healthy offering of fresh spinach fried with herbs and garlic. (Mild) . . . . . £6.15

**Ye'Abesha Gomen** Collard greens and potatoes in fresh garlic and spices. (Mild) . . . . . £6.15

### **Yetsome Beyayenetu** (Tutu's Special Vegetarian Platter)

A combination of any three of the above vegetarian dishes served with an Injera or rice. . . . . £8.95

### **Injera** (Unlimited Injera with your meal)

£1.80

The perfect accompaniment to your meal is Injera – a flat Ethiopian pancake with a slightly sour-dough taste. It is the perfect complement to Ethiopian spices. Instead of using cutlery, tear a piece of Injera and scoop up your food – Gursha!

**Rice** Tutu's special rice with mixed vegetables. . . . . £2.95

## **Traditional Ethiopian Coffee**

The perfect way to finish your meal! A traditional 'Jebena' of freshly roasted Ethiopian Coffee – enough to share with a friend. £3.75



## Light Bites & Side Dishes

Tzatziki, humous, olive and pitta bread . . . . .	£3.60
Garlic bread . . . . .	£2.95
Homemade Soup of the Day . . . . .	£3.90
Bowl of chunky chips . . . . .	£2.95
Cajun Wedges . . . . .	£3.25
Cajun Wedges with cheese . . . . .	£3.75
Salad Bowl . . . . .	£3.50
Feta Cheese Salad . . . . .	£4.50
Tutu's Special Chicken Salad . . . . .	£5.50
Pitta stuffed with falafel, tzatziki & salad . . . . .	£5.70
<b>Mediterranean Platter</b>	
pitta bread, humous, falafel, feta cheese, olive & salad . . . . .	£6.30

## Sandwiches, Baguettes & Jacket Potatoes

Fillings	Sandwiches	Baguettes	Jackets
Cheddar, Onion & Mayo . . . . .	£2.40	£3.40	£4.40
Humous & Olive . . . . .	£2.40	£3.40	£4.40
Roast Veg with Humous or Cream Cheese . . . . .	£2.80	£3.80	£4.40
BLT (Bacon, Lettuce & Tomato) . . . . .	£3.50	£4.50	-
Tuna Mayo & Cucumber or Sweetcorn . . . . .	£2.80	£3.80	£4.40
Tutu's Special Chicken . . . . .	£3.50	£4.50	£5.00
Baked Beans . . . . .	-	-	£4.00
Baked beans and cheese . . . . .	-	-	£4.40

(Have your sandwich toasted for an extra 45p)

Choose any extra filling £0.75

6oz Beef Burger served with Cajun Wedges or Salad . . . . . £6.50

Home cooked meat lasagna served with garlic bread . . . . . £8.50

## Dessert

We have a selection of Roskilly's organic ice-creams & Rocombe sorbets . . . . . £1.95

We also have a variety of cakes, homemade locally, . . . . . £1.70 – £2.00

**Please order your food at the bar – Thank you**

We offer takeaway services with 10% discount



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## Opening Times

### Tuesday to Friday

Lunch - 12 noon–3pm

Dinner - 6pm–9pm

**Saturday** 12 noon–9pm.

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## Vegan & Allergies

All vegetarian meals listed are also suitable for vegans.

No nuts are used in any of the meals served at Tutu's Ethiopian Table, however, we cannot guarantee that all ingredients are nut-free.

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## Fairtrade

The Global Café and Bar is owned by Reading International Solidarity Centre (RISC), and in keeping with RISC's ethos Tutu ensures that when sourcing her ingredients, she gives priority to using local, Fairtrade and organic products wherever possible.  
(See suppliers logos below.)

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## Catering & Venue Hire

If you're thinking about a venue for a birthday or other celebration, don't forget you can hire the Café on Sunday and Monday, and Tutu can cater for your event. You can choose from a selection ranging from hot traditional Ethiopian food to sandwiches or a cold finger buffet. The Global Café and Bar is fully licensed for alcohol and entertainment and when you hire the café, it comes with two fully trained bar staff. The café can hold up to 90 people or 60 people seated.

Please speak to the bar staff to ask about hiring the café. If you are looking for a bigger venue for your event, why not hire the hall upstairs? We are licensed for up to 175 people and can provide a fully licensed bar and trained staff. Please contact the RISC office to book on 0118 958 6692 or email [admin@risc.org.uk](mailto:admin@risc.org.uk)

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## Contact us

We value your comments and feedback. Please let us know what you thought of your visit to RISC's Global Café & Tutu's Ethiopian Table. You can leave feedback at [www.tutus-ethiopian-table.com](http://www.tutus-ethiopian-table.com)

RISC, 35-39 London Street, Reading, RG1 4PS,  
T 0118 958 6692 | E [café@risc.org.uk](mailto:café@risc.org.uk)

**6–9pm Thursday night is buffet night!**  
Meat £10.95 – Vegetarian/Vegan £9.95

Don't miss  
**Buffet Night**  
Thursdays



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