



Jable Menu

VEGETARIAN DISHES

Shiro£13.95

Roasted and finely ground chickpeas simmered in onion, ginger garlic and chilli.

Ades Keyh/Misir Wot£12.95

Lentils prepared in blend of special Eritrean spicy sauce

Bicha Ades/Yellow Lentil£12.95

Lentils split peas cooked with special Eritrean turmeric sauce

Mushroom Tibsi£12.95

Mushroom, onions, tomatoes, peppers, rosemary and awaze sauce

Azifa/Brown Lentils£12.95

Green lentils seasoned with onions, minced chilli, peppers, mustard

Nayxom Bebiaynetu£14.95

Combination of vegetables such as collard greens, cabbages, Carrot, split peas, red lentils and string beans, served with injera

Spinach£12.95

cooked with garlic, chilli and olive oil

Cabbage£12.95

Cabbage, carrots and onion

Okra.....£12.95

Okra prepared in blend of special Eritrean spicy sauce

CHICKEN DISHES

Awaze Chicken Tibsi£15.95

Cubed pieces of chicken cooked in awaze paste, onions, Garlic, butter and fresh rosemary

Chicken Tibsi£15.95

Cubed pieces of chicken marinated with special Bisha spices, Onions, garlic, chilli, fresh rosemary and clarified butter (kibe)

Chicken with spinach£15.95

Chicken fried with spinach, fresh tomato, onion, Garlic and chilli

Keyih Dorho£15.95

Slow cooked chicken drum sticks with berbere powder, onions, Garlic, ginger and butter, served with one hardboiled egg and injera

LAMB DISHES

Awaze Tibsi£15.95

Tender marinated pieces of lamb cooked with traditional eritrean spicy sauce, peppers, Onions garlic, tomatoes, a touch of rosemary served with injera.

Tsada Tibsi£15.95

Tender marinated pieces of lamb cooked with herbs and peppers, onions, Garlic, tomato, a touch of rosemary And injera.

Lamb with Shiro£15.95

Roasted chick peas cooked with lamb jerk stew, exotic spices and Peppers, served on injera with injera.

Lamb with Spinach£15.95

Lamb cubes fried in ghee and spinach, served with injera

Awaze Fir Fir£16.50

Awaze tibsi cooked with pieces of injera served on injera

Tsada Fir Fir£16.50

Lamb cubes cooked with pieces of injera served with injera

Bamia (OKRA)£15.95

Spicy hot lamb and Okra Stew Slowly Cooked to Blend with Rich Combination of Spices and Chilli, Served On injera

Dulot£15.95

Bisha special spicy pan fried tripe.

Goden Tibsi£15.95

Lamb ribs with onions and mixed Pepers special herbs

Alcha Lamb/Kikil (Every Sunday)£17.50

Alcha with derho xebhi





BEEF DISHES

Bisha Kitfo £15.95

kitfo served with homemade cheese, finely chopped green Spinach and homemade butter

Kitfo £15.95

Finely chopped lean and tender beef seasoned in ghee butter and herbs

Gored Gored £15.95

Extra tender raw chunks of beef rolled in special spiced butter

Zigny £15.95

Spicy hot beef stew slowly cooked to blend with the rich combination Of spices and chili

Derek Tabsi £15.95

Pieces of char boiled rib, rib aye (beef) seasoned with garlic, onion, Green chillies, rosemary and black peppers served on injera

FISH DISHES

Tsebhi Assa £15.95

Spicy fish seasoned in traditional Eritrean herbs.

Alicha Assa £15.95

Pieces of fish marinated with special Bisha herbs.

Dulot £15.95

Finely chopped fish, Onions, garlic, chilli, coronda with special butter

BISHA SIDE ORDER

Fosolia	£5.95
<i>Whole beans cooked with slices of carrot</i>	
Azifa / Brown Lentils	£5.95
<i>Green lentils seasoned with onions. Minced chilli peppers .mustard</i>	
Spinach	£5.95
<i>Cooked with garlic chilli and olive oil</i>	
Ades Keyh/ Misr Wot	£5.95
<i>Lentils prepared in blend of special Eritrean spicy sauce</i>	
Cabege	£5.95
<i>Cabbage, Carrots and Onion</i>	

BISHA PLATTERS

Vegetarian and Vegan Platters (3/4 persons)	£44.50
<i>Combination of vegetarian dishes selected by our chef</i>	
Meat and Vegetarian Platter (3/4 persons)	£49.95
<i>Bisha ultimate vegetarian and non/vegetarian selected by our chef</i>	
Meat Plater (2 persons)	£36.50
<i>Assorted meat dishes dishes selected by our chef.</i>	
Bisha Select Platter (4/5 persons)	£63.80
<i>Kitfo special, derek tibsi, tsada tibsi, Derho</i>	
Gold Special Plater (5/6 persons)	£79.75
<i>Keyh klwa, kitfo special, Derek tipsi, tsada tibsi, lamb with Spinach</i>	



HOT DRINKS

1.	Tea (Various selection of Tea)	£1.80
2.	Americano	£2.20
3.	Espresso	£2.20
4.	Macchiato	£2.20
5.	Latte	£2.20
6.	Cappuccino	£2.20
7.	Hot Chocolate	£2.20
8.	House Coffee	£15.00

COLD DRINKS

1.	1 Glass of Coca Cola	£2.75
2.	1 Glass of Diet Coca Cola	£2.75
3.	1 Glass of Fanta	£2.75
4.	1 Glass of Sprite	£2.75
5.	1 Glass of Pepsi	£2.75
6.	1 Glass of 7up	£2.75
7.	1 Glass of Sparkling Water (330)	£2.75
8.	1 Glass of Still Water	£2.75
9.	1 Bottle of Sparkling Water (1lt)	£3.50
10.	Juices	£2.50

We Serve Beer, Wine And Other Spirits.
We Serve Home Made Traditional Honey Wine
Puls Eritrean And Ehitopian Beers



ABOUT ERITREA

Eritrea is an east African country located in the horn of Africa. It is about the size of the state of Mississippi, roughly 120,000 square kilometers. Eritrean borders Sudan, Ethiopia, Djibouti, and the red sea. The region is dominated by a south - central highland with an average elevation of 2,100 meters. The southern region has extinct volcanoes and fields of broken lava.

The west is mainly rivers and fertile plains. The east, bordering the red sea, is a narrow strip of barren scrubland and desert. Eritrea's coastal location has long been important in its history and culture a fact reflected in its name, which is an Italianized version of mare erythraeum, Latin for "red sea".

ANCIENT ERITREA

During the ancient Egyptian civilization, Egyptians were traveling towards south in search of exotic goods mainly animals, gold, fragrances and other materials for construction Purposes. Archaeological findings were indicating that the land could either be in both sides of the Red Sea or in one specific place in Africa. Many countries including Somalia, Sudan, Yemen and Saudi Arabia have been claiming this whimsical land to be located in, these lands, However, Incense fragrance highly demanded by Egyptians as sweat to gods was largely distributed in Gash-Barka and Anseba regions.

Historical facts also confirm that there existed various incense-bearing trees and incense factories until 1970s which were exported to France, British and Germany from Eritrea. These Egyptians were also searching for specific animals namely Giraffes, Tigers, Monkeys and baboons found in tropical lands and bring them as alms to their temples. Those animals are found in Eritrea.

SERVING FOOD

During a meal, Families gather around a Meadi (Meal) traditionally called a Mosob - a Woven basket vessel. A meal cannot start until all members of a family gather and seated together, hands are washed with a jug of water by a member of a family mostly the young ones and the eldest break injera and the other members of the family follows.

Eating a meal is a collective family engagement with people sharing food from a large circular tray filled with layers of injera and topped with various spicy stews and vegetarian dishes. Eating involves tearing off pieces of injera and wrapping it around, portions of tsebhi to form a helping - each helping is handled with the hand without the use of any utensils.



