

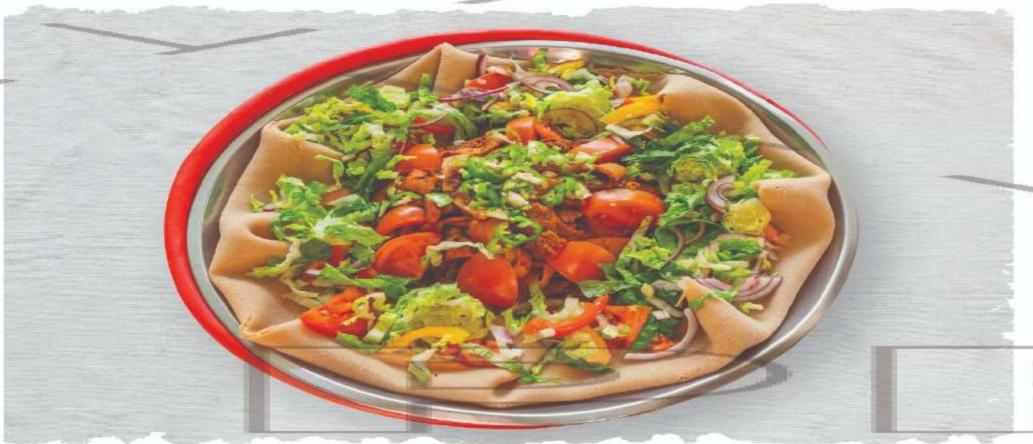
Jable Menu

VEGETARIAN DISHES

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	Shiro£1 Roasted and finely ground chickpeas simmered in onion, ginger garlic and chilli.	13.95
	Ades Keyh/Misr Wot£1 Lentils prepared in blend of special Eritrean spicy sauce	12.95
	Bicha Ades/Yellow Lentil£1 Lentils split peas cooked with special Eritrean turmeric sauce	12.95
	Mushroom Tibsi£1 Mushroom, onions, tomatoes, peppers, rosemary and awaze sauce	12.95
	Azifa/Brown Lentils£1 Green lentils seasoned with onions, minced chilli, peppers, mustard	12.95
	Nayxom Bebiaynetu£1 Combination of vegetables such as collard greens, cabbages, Carrot, split peas, red lentils and string beans, served with injera	14.95
Top .	Spinach£1 cooked with garlic, chilli and olive oil	12.95
	Cabbage£1 Cabbage, carrots and onion	12.95
	Okra£1 Okra prepared in blend of special Eritrean spicy sauce	12.95
	CHICKEN DISHES	
	Awaze Chicken Tibsi£1 Cubed pieces of chicken cooked in awaze paste, onions, Garlic, butter and fresh rosemary	15.95
	Chicken Tibsi Cubed pieces of chicken marinated with special Bisha spices, Onions, garlic, chilli, fresh rosemary and clarified butter (kibe)	15.95
	Chicken with spinach£1 Chicken fried with spinach, fresh tomato, onion, Garlic and chilli	15.95
	Keyih Dorho£1 Slow cooked chicken drum sticks with berbere powder, onions,	15.95
Total Control	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
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BEEF DISHES

Bisha Kitfo kitfo served with homemade cheese, finely chopped green Spinach and homemade butter	£15.95
Kitfo	£15.95
Gored Gored	£15.95
Zigny	£15.95
Derek Tabsi	£15.95

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
Azifa / Brown Lentils	£5.95
Spinach Cooked with garlic chilli and olive oil	£5.95
Ades Keyh/ Misr Wot	£5.95
Cabege Cabbage, Carrots and Onion	£5.95

BISHA PLATTERS

Vegetarian and Vegan Platters (3/4 persons)	£44.50
Combination of vegetarian dishes selected by our chef	
Meat and Vegetarian Platter (3/4 persons)	£49.95
Bisha ultimate vegetarian and non/vegetarian selected by our chef	
Meat Plater (2 persons)	£36.50
Bisha Select Platter (4/5 persons)	£63.80
Gold Special Plater (5/6 persons)	£79.75



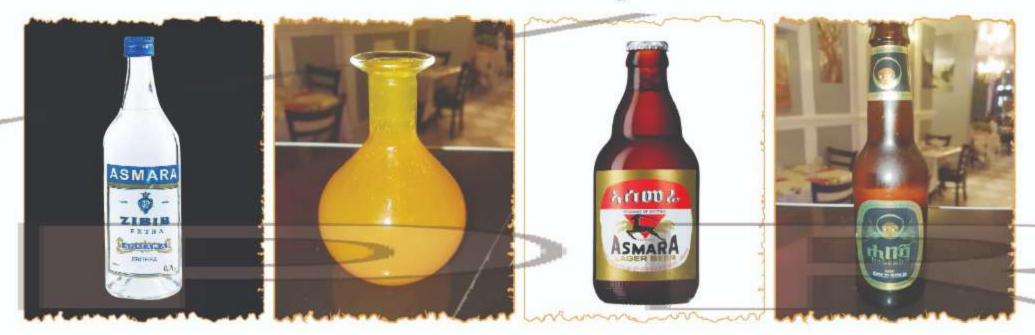
HOT DRINKS

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.	Iuices	£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 Suda 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.

