

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 Segha Wot (Medium/Hot)

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

£10.50

10. Alichia 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

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

Burgers

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