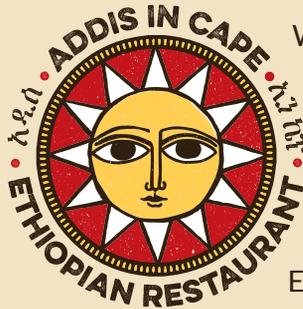


Welcome እንኳን ደህና መጡ

I was born and raised in Addis Ababa, a city located 2300m above sea level, where the sun shines pleasantly and feeds you with warmth, even on chilly days. During my childhood I smelled the aromas and tastes of our traditional food as it was prepared with delicious spices, fresh ingredients and of course Teff - one of the world's oldest grains. Before we milled the Teff's tiny grains, which provide us with so much of what we need for our daily diet, we would expose it to the sun. It was always a beautiful sight to behold. A part of daily life as a child that I remember vividly. I would admire it with wonder, while at the same time vigilantly keeping an eye out for opportunistic chickens, birds and cows.



Whenever I return home I am reminded of how virtually all the ingredients in Ethiopian cuisine are still widely prepared in the home. Without any effort at all, time spent back in a typical Ethiopian home translates into time where processed food is automatically removed from your diet. Here at Addis in Cape we strive to maintain that powerful tradition to the best of our abilities. Every ingredient and our spices, which come from Ethiopia are exposed to the nurturing warmth of the sun.

After traveling and living throughout Asia, Europe and the rest of Africa for some years, I decided to share the cuisine that I know best. In 1998 I opened Addis in Dar in Tanzania. Encouraged by its continuing success, yet drawn to South Africa by its people and its energy, I opened Addis in Cape in 2007. Ethiopian cuisine is famous for rich aromas and the generous use of herbs and spices. Some of you might think that the food we serve at Addis in Cape is not as spicy as you expected it, yet we are serving you the taste I grew up with and which I was taught to appreciate by my father and my family. The spices at Addis in Cape are imported from my hometown of Addis Ababa or to be more specific, from my mother! She is very strict in the way she applies the traditional method: she prepares the spices with care and a peaceful energy, while blessing them with love. Here in Cape Town we do everything as a team. Our Ethiopian chef and the South African sous-chefs work hand in hand to share the care and love needed to serve healthy tasty food to those who come to visit us.

When you are at Addis in Cape, don't forget to try some Tej, the sweet homemade Ethiopian honey wine or home-brewed Ethiopian coffee. They both add to the experience. The energy and the care which is given at Addis in Cape for the preparation of food is immense, while at the same time we use both pleasure and consciousness to achieve the right quality. That in itself is our most important recipe and secret. Addis in Cape welcomes you and invites you to share our passion for a taste of the extraordinary.

ወናን Senait & the Team

Cuisine ምግባችን

INJERA ኧንጀራ

Ethiopian cuisine is traditionally served on a large, thin, sourdough pancake called *Injera*, which is usually made from a grain called *Teff* that is native to Ethiopia. *Teff* is now also being harvested in South Africa. However, where *Teff* is not available, other substitutes can be used such as buckwheat, sorghum etc. At Addis in Cape we use rice flour or *Teff* to prepare the *Injera*, which we bake on a flat clay stove called a *Metad*. *Injera* which is **fat and gluten-free** is used to scoop up the various sauces and stews called wot. 100% **Teff Injera** is available on request at an extra cost of **R20 per piece**.

WOT ወጥ

General name for all stews and sauces.

ALICHA አለጫ

Alicha is the mild alternative to all of our dishes. To prepare the food we use mild and flavourful turmeric that colours the food in beautiful golden yellow hues.

BERBERE 100g R 300 በርበሬ

An important ingredient in Ethiopian cuisine, Berbere, which is prepared by milling dried chillies with several herbs and spices, such as garlic, onions, ginger, cloves and cardamom, is used in making all our spicy dishes.

KIBE 100g R 150 ቅቤ

A clarified butter simmered in various spices such as fresh herbs, turmeric and cardamom. After the butter is flavoured with the spices, it is then strained, cooled and used in the preparation of all our Non-Vegetarian dishes. The spices in Kibe provide our dishes with a unique and beautiful aroma and intense flavour.





Veganism and Ethiopian Cuisine

Vegan dishes are very familiar to the Ethiopian Orthodox people who are accustomed to a minimum of 180 fasting days a year. When we fast in Ethiopia, we adopt a vegan diet and this dedication is thoroughly reflected in our delightful vegan options.

- We do not use nuts in our food, but our **baklava desert contains nuts**.
- Our menu offers equal amounts of both non-vegetarian and vegan meals.
- We do not use any processed foods.
- On request we serve **100% Teff Injera** at an extra cost of **R20** per piece.
- Our food is **Gluten Free**.
- We do not serve **Pork**.
- We are Halaal friendly.
- Corkage fee R55 per bottle
(Corkage only permitted for wine that is not listed). We regret, no split bills.
- For Gifts, Souvenirs and Ethiopian Imported Ingredients, visit our cabinet on the first floor.
- **Free Wifi** available - password on request.

Starter መክሰስ

KATEGNA WITH AYE B BEGOMEN AND AZIFA ቃተኛ አይብ በጎመን አዘፋ
R 57 per person

NON-VEGAN STARTER

Kategna: Freshly baked crispy **Injera** spread with a mix of **Berber** and **Kibe** served with a dipping of **Azifa** (cooked brown lentils chilled and blended with olive oil, mustard, onions, chopped chilli and freshly squeezed lemon) and **Ayeb be gomen** (home made cottage cheese blended with sautéed kale).

VEGAN STARTER

Kategna: Freshly baked crispy **Injera** spread with a mix of **Berber** and olive oil served with a dipping of **Azifa** (cooked brown lentils chilled and blended with olive oil, mustard, onions, chopped chilli and freshly squeezed lemon) and **Gomen** (Kale sautéed with onions, garlic, herbs and spices that give it its unique Ethiopian flavour)

Available for Special Dietary Requirements
No Onions and no Garlic in the following dishes:
Non Vegetarian: Beef, Lamb, Chicken and Fish. Spicy • Non Spicy.
Vegan: Lentils, Pumpkin and Mushrooms. Spicy • Non Spicy
Seasonal Vegetable, Kale (Gomen) and Tomato Salad

Non Vegetarian Dinner የፍሰክ

100% **Teff Injera** is available on request at an extra cost of **R20 per piece**.

3 COURSE SET MENU በየአይነቱ

R 275 per person

Set menu only available for 2 persons and more.

Try our carefully selected **set menu** for your functions, romantic meals or group events. Includes a starter and a main course of 8 different **non-vegetarian** or **mixed dishes**, followed by dessert and coffee or tea.

2 COURSE SET MENU በየአይነቱ

R 195 per person

Set menu only available for 2 persons and more.

Try our carefully selected **set menu** for your functions, romantic meals or group events. Includes a starter and a main course of 8 different **non-vegetarian** or **mixed dishes**.

COMBO FOR TWO በየአይነቱ

R 330

Variety and sharing are integral to Ethiopian cuisine, feel free to make your own combination of any **four** items on the **DINNER** menu.

COMBO FOR ONE በየአይነቱ

R 165

Selection of any **two** dishes on the **DINNER** menu.

DORO WOT [Spicy] SET MENU የዶሮ ወጥ

R 143 *Traditionally served as drumsticks, also available as fillet.*

Chicken marinated with fresh lime juice and simmered in a mixture of freshly chopped onions and garlic, with **Berbere** and a hint of **Kibe**.

DORO ALICHA የዶሮ አልራሽ ወጥ

R 143

Slow cooked **chicken fillet** with freshly chopped garlic, onions and turmeric with a touch of **Kibe** for aroma and taste.

DORO TIBS የዶሮ ጥብስ

R 133

Chicken fillet strips and stir fried with cardamom.

DORO TIBS IN BERBERE [Spicy] **SET MENU** የዶሮ ጥብስ (በበርበሬ)

R 140

Chicken fillet strips and stir fried with *Berberé* paste.

KAI SEGA WOT [Spicy] **SET MENU** ቀይ ስጋ ወጥ

R 143

Beef cubes slowly cooked with *Berberé*, onion and other ingredients for a tender stew full of rich flavor.

TIBS ጥብስ

R 157

Beef fillet / lamb cut into cubes, stir fried with rosemary, onions and the miraculous *Kibe*, for a fragrant and delicious meal.

TIBS IN BERBERE [Mild] ጥብስ (በበርበሬ)

R 157

Beef fillet / lamb cut into cubes, stir fried with *Berberé* and *Kibe* for a delectable and juicy delicacy.

MEREK TIBS [Mild] መረቅ ጥብስ

R 157

Beef / lamb / chicken slow cooked in a succulent sauce of *Berberé*, *Kibe*, onions and fresh tomato.

KITFO ክትፍ

R 154

Beef Tarttar-Kitfo is a delicacy favoured by Ethiopians. It is mixed with *Kibe* and a touch of chili, cardamom and other herbs. It can be served raw, rare, medium or well done.



MINCHET ABISH [Spicy • Non Spicy] **SET MENU** ምንቸት አብሽ ወጥ

R 150

Topside **Beef mince** cooked in a mixture of freshly chopped onions and garlic, with **Berberé** and a hint of **Kibe** and Cardamom.

YEBEG ALICHA **SET MENU** የበግ አልጫ ወጥ

R 154

Lamb sautéed and then slow cooked with chopped garlic, onions and turmeric until the meat is soft and buttery to the touch.

PRAWNS ADDIS IN DAR [Spicy] **SET MENU** አዲስ ኢን ዳር ፕሮንስ ወጥ

R 162

In Ethiopia we do not have **prawns**. However, our sister restaurant Addis in Dar is located on the Swahili coast of Tanzania, there this dish is served in a mild and subtle sauce and has grown very popular.

PRAWNS ALICHA ፕሮንስ አልጫ ወጥ

R 162

Those who prefer it mild will enjoy this tasty **prawn** dish served in a smooth sauce of **Shiro**. Made in a sauce prepared with a homemade blend of dried **split peas** with spices used to thicken and season the dish.

FISH ADDIS IN DAR አዲስ ኢን ዳር አሳ

R 156

Fish fillet cut into cubes and stir fried with onion, cardamom, rosemary and a touch of **Kibe**.

FISH IN BERBERE [Mild] አሳ

R 156

Fish fillet cut into cubes and stir fried in a piquant **Berberé** paste and **Kibe**.

YENKULAL WOT **SET MENU** የእንቁላል ወጥ

R 93

Eggs. Simple and tasty, served in a thick **Berberé** sauce, seasoned with **Kibe**.



Vegan Dinner የጸም

100% **Teff Injera** is available on request at an extra cost of **R20 per piece**.

3 COURSE SET MENU በየአይነቱ

R 275 per person

Set menu only available for 2 persons and more.

Try our carefully selected **set menu** for your functions, romantic meals or group events. Includes a starter and a main course of 8 different **vegan** dishes followed by dessert and coffee or tea.

2 COURSE SET MENU በየአይነቱ

R 195 per person

Set menu only available for 2 persons and more.

Try our carefully selected **set menu** for your functions, romantic meals or group events. Includes a starter and a main course of 8 different **vegan** dishes.

COMBO FOR TWO በየአይነቱ

R 330

Variety and sharing are integral to Ethiopian cuisine, feel free to make your own combination of any **four** items on the **DINNER** menu.

COMBO FOR ONE በየአይነቱ

R 165

Selection of any **two** dishes on the **DINNER** menu.

MISIR WOT [Mild] SET MENU የምስር ወጥ

R 143

Split red lentils sautéed with onions, garlic, slow-cooked with **Berbere**.

KEK ALICHA SET MENU የክክ አልጫ ወጥ

R 138

Split yellow peas sautéed with onions, garlic and turmeric.

SHIMBERA ASA WOT [Spicy] SET MENU የሽምብራ አሳ ወጥ

R 143

Homemade chickpea dumplings simmered in a **Berbere** sauce.

DEFIN MISIR ALICHA SET MENU ድፍን ምስር አልጫ ወጥ

R 136

Whole brown lentils sautéed with onions for a wholesome vegan meal.



SHIRO WOT [Mild] ሸሮ ወጥ

R 143

A sauce prepared with a homemade blend of dried **split peas** ground together with an array of herbs and spices and blended with **Berberé**.

MUSHROOM WOT [Mild] የእንጉዳይ ወጥ

R 143

Mushrooms are a rarity in Ethiopian cooking. At Addis in Cape however they are a specialty, simmering in a **Berberé** sauce.

MUSHROOM ALICHA SET MENU የእንጉዳይ አልጫ

R 143

Mushrooms made in a sauce prepared with a homemade blend of dried **split peas (shiro)** with spices used to thicken and season the dish.

MUSHROOM TIBS [Spicy • Non Spicy] የእንጉዳይ ጥብስ

R 143

Mushroom stir fried, deliciously seasoned and balanced with **Berberé** or Rosemary.

PUMPKIN WOT [Mild] SET MENU የዱባ ወጥ

R 129

Cubes of **pumpkin** sautéed with onions and garlic, cooked with **Berberé**.

PUMPKIN ALICHA የዱባ አልጫ ወጥ

R 129

Cubes of **pumpkin** sautéed with onions, garlic and tumeric cooked in a mild sauce.

Side Dishes *Dinner* መጨመሪያ

100% **Teff Injera** is available on request at an extra cost of **R20 per piece**.
Add any one of these side dishes to your selection.

AZIFA [Vegan] አዘፋ

R 47

Cooked **brown lentils** chilled and blended with olive oil, mustard, onions, chopped chilli and freshly squeezed lemon.

GOMEN [Vegan] ጎመን

R 47

Kale sautéed with onions, garlic, herbs and spices that give it its unique Ethiopian flavor.

ATKELTE VEGETABLES [Vegan] አትክልት

R 45

White cabbage, potatoes and carrots cooked the Ethiopian way.

KARIA SINEG [Seasonal] [Vegan] ቃሪያ ስንግ

R 35

Chillies ranging from **mild** to **very hot**, stuffed with chopped onions, tomato and olive oil.

TOMATO SALAD [Vegan] የተማተም ሰላጣ

R 37

Ethiopian style tomato salad made with Ethiopian salad dressing.

AYEB BE-GOMEN [Vegetarian] አይብ በጎመን

R 47

Homemade **cottage cheese** blended with sautéed kale.

AYEB [Vegetarian] አይብ

R 45

Homemade **cottage cheese** with a hint of spices.

YOGHURT [Vegetarian] ኦጊን

R 15

Plain yoghurt to accompany your meal.



Available for Special Dietary Requirements
No Onions and no Garlic in the following dishes:
Non Vegetarian: Beef, Lamb, Chicken and Fish. Spicy • Non Spicy.
Vegan: Lentils, Pumpkin and Mushrooms. Spicy • Non Spicy
Seasonal Vegetable, Kale (Gomen) and Tomato Salad

Non Vegetarian Lunch የፍስክ ምሳ

100% **Teff Injera** is available on request at an extra cost of **R20 per piece**.

MIXED PLATTER በየአይነቱ

R 125 per person

Try our carefully selected platter menu with a variety of 5 main course dishes.

Kai Sega Wot, Doro Alich, Pumpkin Wot, Misir Wot, Kek Alich & Tomato Salad.

MIXED COMBO በየአይነቱ

R 115 per person

Variety and sharing are integral to Ethiopian cuisine, feel free to make your own combination of any **two** items on the **LUNCH** menu.

KAI SEGA WOT [Spicy] ቀይ ስጋ ወጥ

Beef cubes slowly cooked with **Berber**, onion and other ingredients for a tender stew full of rich flavor.

DORO WOT [Spicy] የዶሮ ወጥ

Chicken fillet marinated with fresh lime juice and simmered for several hours in a mixture of freshly chopped onions and garlic, with **Berber** and a hint of **Kibe**.

DORO ALICHA የዶሮ አልላ ወጥ

Slow cooked **chicken fillet** with freshly chopped garlic, onions and turmeric with a touch of **Kibe** for aroma and taste.

YEBEG ALICHA የበግ አልላ ወጥ

Lamb sautéed and then slow cooked with chopped garlic, onions and turmeric until the meat is soft and buttery to the touch.

FISH ADDIS IN DAR አዲስ አ.ን ዳር አሳ

Fish stir fried with onion, cardamom, rosemary and a touch of **Kibe**.

FISH IN BERBERE [Mild] አሳ

Fish fillet cut into cubes and stir fried in a piquant **Berber** paste and **Kibe**.

Vegan Lunch የጸም ምሳ

100% *Teff Injera* is available on request at an extra cost of **R20 per piece**.

VEGAN PLATTER በየአይነቱ

R 120 per person

Try our carefully selected platter menu with a variety of 5 main course dishes.

Misir Wot, Pumpkin Wot, Mushroom Tibs, Kek Alich, Defin Misir Alich & Tomato Salad.

VEGAN COMBO በየአይነቱ

R 110 per person

Variety and sharing are integral to Ethiopian cuisine, feel free to make your own combination of any **two** items on the **LUNCH** menu.

MISIR WOT [Mild] የምስር ወጥ

Split red lentils sautéed with onions and garlic slow-cooked with *Berberé*.

KEK ALICHA የክክ አልጫ ወጥ

Split yellow peas sautéed with onions, garlic and turmeric.

SHIMBERA ASA WOT [Spicy] የሽምብራ አሳ ወጥ

Homemade chickpea dumplings simmered in a *Berberé* sauce.

DEFIN MISIR ALICHA ድፍን ምስር አልጫ ወጥ

Whole brown lentils sautéed with onions for a wholesome vegan meal.

MUSHROOM TIBS [Spicy • Non Spicy] የእንጉዳይ ጥብስ

Mushroom stir fried with Rosemary or *Berberé* and onions.

PUMPKIN WOT [Mild] የዱባ ወጥ

Cubes of pumpkin sautéed with onions, garlic, cooked with *Berberé*.





Side Dishes Lunch መጨመሪያ

100% **Teff Injera** is available on request at an extra cost of **R20 per piece**.
Add any one of these side dishes to your selection.

AZIFA [Vegan] አዘፋ

R 35

Cooked **brown lentils**, chilled and blended with olive oil, mustard, onions, chopped chilli and freshly squeezed lemon.

GOMEN [Vegan] ጎመን

R 35

Kale sautéed with onions, garlic, herbs and spices that give it its unique Ethiopian flavor.

ATKELTE VEGETABLES [Vegan] አትክልት

R 35

White cabbage, potatoes and carrots cooked the Ethiopian way.

KARIA SINEG [Seasonal] [Vegan] ቃሪያ ስንግ

R 35

Chillies ranging from **mild** to **very hot**, stuffed with chopped onions, tomato and olive oil.

TOMATO SALAD [Vegan] የተማተም ሰላጣ

R 35

Ethiopian style tomato salad made with Ethiopian salad dressing.

AYEB BE-GOMEN [Vegetarian] አይብ በጎመን

R 35

Homemade blended with sautéed kale.

AYEB [Vegetarian] አይብ

R 35

Homemade **cottage cheese** with a hint of spices.

YOGHURT [Vegetarian] እርጎ

R 15

Plain yoghurt to accompany your meal.



Share a taste of
the extraordinary

Ethiopian

የኢትዮጵያ

THE NEW SPIRIT OF AFRICA

A STAR ALLIANCE MEMBER



