



KEBENA GREEN



Lunch

Salmon Avocado Salad

GLUTEN FREE

£16.17

Salmon fillet, pepper, mixed green salad, cherry tomato, red onions, lemon juice, olive oil, dijon mustard, honey, parsley

Grilled chicken with turmeric cauliflower rice

GLUTEN FREE

£16.17

Chicken breast, olive oil, paprika, garlic, turmeric, cauliflower rice, coconut oil, onions, garlic, cumin, fresh coriander for garnish



NO SERVICE CHARGE

@ **KEBENA GREEN**

Ethiopian Vegan Dishes

Mixed Ethiopian Dish

VEGAN

£20.38

Red lentil, green lentil, mixed veg, cabbage, split peas and spinach

> A pack of three pieces Teff Injera to take out £8.10

> A piece of Teff Injera for seat – in £2.70

Misir Wat Red, and Green

VEGAN

£14.84

Red lentil stew made with berbere, spices, garlic, ginger and onions. One of the most loved vegan dishes in Ethiopia.

Shiro

VEGAN

£14.84

A flavourful stew made from ground chickpeas seasoned with spices. It can be served as a vegetarian dish or with meat

Kik Alicha

VEGAN

£14.84

A mild and comforting dish made from split yellow peas, cooked with onions, garlic, ginger, and various spices.

Gomen

VEGAN

£14.84

Cabbage and collard greens dish cooked with garlic, ginger and spices.

Fosolia

VEGAN

£14.84

Is a dish made from green beans cooked with carrots onions, garlic and spices

Injera

Spongy, flat, and dotted with tiny holes, injera is a traditional flatbread of Ethiopia. Injera is served alongside various meat and vegetable stews and is used to scoop up pieces of food with your hands, as well as to soak up the sauces. It is made of teff flour, the bread has distinctive sour taste.

One serving injera has the following nutrition values:

Calories	379	Calcium	87mg
Fat	0.2g	Potassium	206g
Sodium	868mg	Phosphorous	207mg
Fiber	4.2g	Magnesium	89mg
Iron	3.68mg	Zinc	1.75mg

Teff is also rich in a number of essential vitamins, including vitamin B group and vitamins A and K.

Ethiopian meat

Derk Tibs

£20.24

is a type of Ethiopian stir-fry made with various meats (beef, lamb, or goat) or sometimes mushrooms. It is cooked with vegetable and spices and often served with injera or bread

Injera Fir Fir Besega

£20.24

Is a piece of soft and spongy sourdough flatbread that mixed with cubed beef or lamb, cooked with organic spices

Lega Tibs

£20.24

Made from cubed beef or lamb, peppers, veggies, lemon juice, and other ingredients

Awaze Tibs

£20.24

Made with tender lamb, this staple of Ethiopian home cooking is flavored with awaze sauce



Dinner

Grilled Salmon with Lemon Dill Sauce

GLUTEN FREE

£16.17

Salmon fillets, olive oil, lemon zest, lemon juice, fresh dill: Lemon dill sauce: Greek yogurt

Turmeric Ginger Chicken

GLUTEN FREE

£16.17

Chicken Breast, olive oil, onions, bell pepper, garlic fresh ginger, turmeric, soy sauce, honey, broccoli

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