Introduction

Welcome to YEnat Restaurant in Mannheim. In Amharic "Ye Enat" means "that of the mother".

And this is exactly the way you can experience the Ethiopian food and our traditional coffee: as if made by mother's hand. Note that the first human - a woman from Afar - came from modern Ethiopia. Therefore we can say that Ethiopian food is also that of all our mothers.

And everyone knows that mother's food tastes the best!

Ethiopia is a colorful, multi-ethnic people that populates the Horn of Africa. It is the origin of not only man, but of our coffee as well. Because the magic cherry has its home in the region of Kaffa- in the southwest of Ethiopia. More than seventy tribes call the former Abyssinian empire their home. Thus, a rare multilingualism characterizes this country: over 80 different languages are spoken in Ethiopia. And the religious accession is just as diverse as the ethnic composition.

The two major denominations are Ethiopian Orthodox Christians and Sunni Muslims.

Ethiopia is one of the oldest Christian states in the world.

Islam also has a history of more than a thousand years in Ethiopia.

Since fasting is an integral part of religious practice in both Islam and Christianity, most Ethiopians eat almost half the days of the year vegan. For this reason, the vegan kitchen in our home is very versatile and pronounced. Injera, the traditional Ethiopian dish, is a very thin, soft flatbread made from sourdough. It is the healthy basis for every dish and amusingly replaces all the plates.

We invite you to enjoy the tastes, smells and customs of our homeland at the Nile and to find a home in Ethiopia.





1. Sambusa-Sega ሳንበ-ሳ ሥጋ / three dumplings filled with meat, served with onions and garlic (with Tahina dip)	4.50€
2. Sambusa-Veggie ሳንቡሳ አትክልት three veggie dumplings, with onions and garlic (with Tahina dip)	4.50€
3. Kita be Humus ຂາ ດບາວວ່າ Ethiopian dough dish in oil and homemade humus	4.00€
4. Ye Habesha Gomen የ ሀበሻ ንምን kale spinach dish with onions and garlic, hot peppers, leeks and tomatoes	5.00€



5. Beetroot-Soup የቀይስር ሱፕ 🔞



5,50€

beetroot, potatoes, onions, garlic and ginger

- served with traditional Ethiopian pancake (Kita)

6. Berbere Lentil-Soup ምስር ሱፕ



5,50€

dark lentils, potatoes, onions, garlic and Berbere

- served with traditional Ethiopian pancake (Kita)

Salads

7. Yekeysir Salad የቀይ ስር ሰላጣ 🐠



5.50€

beetroot salad with potatoes, onions, garlic and hot peppers

- served with traditional Ethiopian pancake (Kita)

8. Azifa Salad አዚፋ ሰላጣ \:



5.50€

lentil salad with tomatoes, pickles, onions, hot peppers, garlic and lemon

- served with traditional Ethiopian pancake (Kita)

⁻ all salads with vegan homemade dressing -

Yenat Injera-Plates

For one person 17.00 €

9. Fasika Baal ፋሲካ በዓለ

For two 32.00 €

Doro Wot (ethiop.): berbere spiced chicken sauce with chicken legs and an egg / Alicha Tibs (Yebere): roasted beef cubes, prepared in mild curry and butter with

onions and peppers (dry)

Gomen: spiced kale-spinach sauce with onions & garlic Misir Key: berbere spiced lentil sauce with onions & garlic 🖊

For one person 17.00 €

10. **Gena Baal** *1*ና በዓለ

For two 32.00 €

Yebere Alicha: cooked beef cubes, prepared in mild curry sauce and butter with onions Key Tibs (Yebere): roasted beef cubes in butter with onions, fresh tomatoes and peppers

seasoned with berbere (dry)

Gomen: spiced kale-spinach sauce with onions & garlic

Denech Alicha: curry spiced potato sauce with onions & garlic

Misir Key: berbere spiced lentil sauce with onions & garlic

For one person 14.50 €

11. Mannheim ማንሓይም

For two 28.00 €

Doro Key: minced chicken sauce in butter, with onions seasoned in spicy berbere

sauce 🕖

Doro Alicha: minced chicken prepared in mild curry sauce and butter with onions

Misir Alicha: curry spiced lentil sauce with onions & garlic

Shiro: spicy homogeneous stew made of powdered chickpeas

or broad beans, with onions & garlic 🥖

Atkilt: fried carrots and green beans with onions & garlic

Side dish for all meals: Injera (flatbread), gluten-free variant available –

Yenat Injera-Plates

For one person 12.00 €

For two 22.00 €

Gomen: spiced kale-spinach sauce with onions & garlic
Denech Alicha: curry spiced potato sauce with onions & garlic
Atkilt: fried carrots and green beans with onions & garlic
Misir Alicha: curry spiced lentil sauce with onions & garlic
Misir Key: berbere spiced lentil sauce with onions & garlic

For one person 15.00 €

13. Ferenge ሬረንጅ For two 28.00 €

Gomen: spiced kale-spinach sauce with onions & garlic

Yebere Alicha: cooked beef cubes, prepared in mild curry sauce and butter with onions

Atkilt: fried carrots and green beans with onions & garlic

Denech Alicha: curry spiced potato sauce with onions & garlic

Doro Alicha: minced meat sauce with onions, garlic and mild curry sauce

For one person 14.00 €

14. Esaat λሳት For two 27.00 €

Yebere Key: cooked beef cubes, prepared in spicy berbere sauce

and butter with onions

Doro Key: minced chicken sauce in butter, with onions seasoned in spicy berbere

sauce 🕖

Misir Key: berbere spiced lentil sauce with onions & garlic

Shiro: spicy homogeneous stew made of powdered chickpeas

or broad beans, with onions & garlic 🥒

Side dish for all meals: Injera (flatbread), gluten-free variant available –

Yenat Injera-Plates

For one person 12.00 €

VEGAN

For two 22.00 €

Azifa Salad: lentil salad with tomatoes, pickles, onions, hot peppers,

garlic and lemon

Yetimatim Salata: tomatoes and cucumber with lemon Telba: spiced flaxseed sauce with tomatoes

Ye Habesha Gomen: kale spinach dish with onions and garlic, hot peppers, leeks and tomatoes

Humus: homemade humus

For three 51.00 €

16. Habesha Baal (for groups) ህበሻ በዓለ

For four 64.00 €

Doro Wot (ethiop.): berbere spiced chicken sauce with chicken legs and egg 🖊

Key Tibs (Yebere): roasted beef cubes in butter with onions, fresh tomatoes and peppers

seasoned with berbere (dry)

Yebere Alicha: cooked beef cubes, prepared in mild curry sauce and butter with onions

Gomen: spiced kale-spinach sauce with onions & garlic Misir Alicha: curry spiced lentil sauce with onions & garlic

For one person 13.50 €

17. Yebere Tibs (Alicha/Key) የበሬ ጥብስ

For two 25.00 €

Roasted beef cubes in butter with onions, together with berbere or curry and peppers served in a clay pot (dry)

For one person 14.50 €

18. Yebeg Tibs (Alicha/Key) የበባ ጥብስ

For two 27.00 €

Roasted lamb cubes in butter with onions, together with berbere or curry and peppers served in a clay pot (dry)

Side dish for all meals: Injera (flatbread), gluten-free variant available –



Select three variants of each of the following vegan and meat dishes, which are then put together and prepared on your own individual plate.

Price for a combination with at least one <u>meat variant</u>: 13.50€

Price for a purely <u>vegan combination</u>: 11.00€

Enjoy the puzzling!

Meat dishes

Combination with (at least) one meat variant

13,50€

19. Yebere Key ቀይ ወጥ 🖊

cooked beef cubes, prepared in spicy berbere sauce and butter with onions

20. **Doro Key** ዶሮ ወጥ 🖊

minced chicken sauce in butter, with onions seasoned in spicy berbere sauce

21. Yebere Alicha አልጫ ወጥ

cooked beef cubes, prepared in mild curry sauce and butter with onions

Select three sauces for your Combi-Plate

22. Doro Alicha ዶሮ አሊጫ

minced meat sauce with onions, garlic and mild curry sauce

⁻Side dish for all meals: Injera (flatbread), gluten-free variant available -



Vegan dishes

purely vegan combination

11,00€

23. **Key Misir Wot** ቀይ ምስር ወጥ 🧼



berbere spiced lentil sauce with onions & garlic

24. Shiro Wot ሽሮ ወጥ 🔬





spicy homogeneous stew made of powdered chickpeas or broad beans, with onions & garlic

25. Atkilt Wot አትክልት ወጥ



fried carrots and green beans with onions & garlic

26. **Gomen** *ጎመ*ን



spiced kale-spinach sauce with onions and garlic

27. **Telba** *(cold)* ተልባ



spiced flaxseed sauce with onions and tomatoes

28. Misir Wot አልጫ ምስር



curry spiced lentil sauce with onions & garlic

29. Denech Wot አልጫ ድንች



curry spiced potato sauce with onions & garlic

- Side dish for all meals: Injera (flatbread), gluten-free variant available -

Select three sauces for your Combi-Plate



Dessert

30. Kinche be Banana ชวณะ ถ๛า	5.00€
bulgur in banana mousse and agave syrup	
31. Kinche be Ergo ቂንጬ በእርጎ 🍻	5.00€
bulgur in yogurt or soy yoghurt and agave syrup	
32. Eis-Buna አይስክሬም	4.50 €

vanilla-flavored vanilla flavored coffee in Ethiopian coffee



One Jebena (5 mocha cups) of fresh roasted Ethiopian coffee	10,50€
A mocha cup of freshly roasted Ethiopian coffee በና	3,50€
Tea	2,20€

Water and soft drinks

	(0,25 l) 1,80 €	
	(0,75 l) 5,50 €	
Tafelwasser Odenwald Quelle (soda/medium/still)		
	(0,2 l) 2,80 €	
	(0,4 l) 3,60 €	
$Coca-Cola^{\scriptscriptstyle{[1][3][9]}} \blacklozenge Coca-Colalight^{\scriptscriptstyle{[1][3][9][11][12]}} \blacklozenge Fanta^{\scriptscriptstyle{[1][3]}} \blacklozenge Sprite^{\scriptscriptstyle{[1][2][3]}} \blacklozenge Spezi^{\scriptscriptstyle{[1][3][9]}}$		
Schweppes Bitter Lemon ^[10] ◆ Schweppes Ginger Ale ^[1]		

Juices and nectar

	(0,2 l) 2,40 €	
	(0,4 l) 3,80€	
Apple juice ♦ Orange juice ♦ Maracuja nectar		
Tart cherry nectar		
	(0,2 l) 2,20 €	
	(0,4 l) 3,60€	_

Apple juice spritzer ♦ Orange juice spritzer

Maracuja nectar spritzer ♦ Tart cherry nectar spritzer

Black ♦ Mint ♦ Roibusch ♦ Ginger



Homemade

(0,4 l) 4,80 €

Pineapple Lemonade ♦ Mango Lemonade

Ethiopian Beer

(0,33 I) 3,80 €

Bedele Special Export (5.5 % vol. alc.) กรณ ♦ Habesha Cold Gold (strong and velvety) บกจั

African Beer

(0,33 I) 3,80 €

Dju Dju Banana (sweetish, creamy, 3.6% vol. alc.) ◆ Dju Dju Mango (sweetish, fruity, 3.6% vol. alc.)

Dju Dju Granadilla (sourish, fruity, 3.6% vol. alc.)

Beer

* (0,3 I) 2,90 €*

(0,5 I) 3,80 €

Eichbaum Hefeweizen (optionally non-alcoholic) ♦ Eichbaum Kristallweizen Eichbaum Dark Weizen, yeast-clouded ♦ Eichbaum Export

Eichbaum Pils ♦ *Eichbaum Pilsener Premium* ♦ Radler

Ethiopian Honeywine

(0,25 l) 6,50 €

(0,75 I) 20,00 €

Begena Gojo Tej Mes (mellow) った



(0,2 I) 5,50 €

(0,75 I) 19,00 €

Shiraz 2011 – redwine dry (winery: Cape Dreams)

Pinotage Cabernet Sauvignon 2016 – redwine offdry/fruity (winery Conradie)

Chardonay 2017 – Weißwein trocken (winery: Cape Dreams)

Colombar 2016 – Weißwein halbtrocken (winery: Cape Dreams)

Pinotage Rosé 2017 – Rosé trocken (winery: Cape Dreams)

(0,2 l) 4,50 €

South African wine spritzer

White wine

(0,2 I) 4,50 €

(1 l) 18,00 €

Donner & Doria - Riesling dry

(0,2 I) 3,50 €

Donner & Doria white wine spritzer

Sparkling wine

* (0,2 l) 4,50 €*

(0,75 l) 18,00 €

Donner & Doria – Riesling extra dry

Rotkäppchen Sekt – half dry

Shots

(2 cl) 2,50 €

Begena Katikala classic አሬቁ ♦ Ouzo

[1] = with colorant

[6] = blackened

[5] = sulphuretted

[2] = with preservative [3] = with antioxidant [4] = with flavor enhancer

[7] = with phosphate [8] = with milk protein [9] = with caffeine

[10] = with quinine

[11] = with sweetener [12] = contains phenylalanine