

# Introduction

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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.



## Appetizers

### 1. Habesh Ful ሀበሻ ፋል



Beans cooked in tomatoes and onions,  
garlic and fresh tomatoes, with Ethiopian pancakes (Kita)

5.00 €

### 2. Telba ተልባ



Flaxseed sauce with fresh peppers and tomatoes  
on Ethiopian pancakes (Kita)

4.00 €

### 3. Humus ሁሙስ



Ethiopian pancakes (Kita) and homemade humus

4.00 €

### 4. Habesha Gomen ሀበሻ ጎምን



kale spinach dish with onions and garlic,  
hot peppers, leeks and tomatoes, with Ethiopian pancakes (Kita)

5.00 €

## Soups

### 5. Denech-Soup ድኒሻ ሱፐ



potatoes, onions, garlic, ginger and Ethiopian spices  
– served with traditional Ethiopian pancake (Kita)

5.50 €

### 6. Misir-Soup ምስር ሱፐ



dark lentils, potatoes, onions, garlic  
and Berbere  
– served with traditional Ethiopian pancake (Kita)

5.50 €

## Salads

### 7. Keysir Salad የቀይ ስር ሰላጣ



beetroot salad with potatoes, onions, garlic and hot peppers  
– served with traditional Ethiopian pancake (Kita)

6.00 €

### 8. Azifa Salad አዚፋ ሰላጣ



lentil salad with tomatoes, pickles, onions, hot peppers,  
garlic and lemon  
– served with traditional Ethiopian pancake (Kita)

6.00 €

– all salads with vegan homemade dressing –



## So, what's up with these Injera Plates?

We have put together some Injera plates with different sauce combinations on the following pages. All sauces listed below a injera plate name, are served on one plate. This is what a typical Ethiopian injera plate looks like:



It's all about the technique:

1. Take a piece of Injera (size about half the palm of your hand)
2. With the injera piece in hand, take a little of each sauce and wrap it in the injera
3. The small injera portion ("Gursha") is now carefully placed in the mouth

**Select your favorite Injera Plate** 

By the way: all injera plates can be combined to even bigger plates for up to 5 people

## Injera Plates

### 9. Fasika Baal ፋሲካ በዓል

Doro Wot (ethiop.):	berbere spiced chicken sauce with chicken legs and an egg 🌶️
Tibs Key (Yeberere):	roasted beef cubes, prepared in spicy berbere and butter with onions and peppers ( <i>dry</i> ) 🌶️
Gomen:	spiced kale-spinach sauce with onions & garlic
Misir Key:	berbere spiced lentil sauce with onions & garlic 🌶️

For one person 17.00 € | For two 32.00 €

### 10. Gena Baal ገና በዓል

Yeberere Key Wot:	cooked beef cubes, prepared in spicy berbere sauce with onions 🌶️
Tibs Alichia (Yeberere):	roasted beef cubes, prepared in mild curry and butter with onions and peppers ( <i>dry</i> )
Gomen:	spiced kale-spinach sauce with onions & garlic
Denech Alichia:	curry spiced potato sauce with onions & garlic
Misir Key:	berbere spiced lentil sauce with onions & garlic 🌶️

For one person 17.00 € | For two 32.00 €

### 11. Mannheim ማንሐይም

Doro Key:	minced chicken sauce in butter, with onions seasoned in spicy berbere sauce 🌶️
Doro Alichia:	minced chicken prepared in mild curry sauce and butter with onions
Misir Key:	berbere spiced lentil sauce with onions & garlic 🌶️
Denech Alichia:	curry spiced potato sauce with onions & garlic
Atkilt:	carrots and green beans with onions & garlic

For one person 14.50 € | For two 28.00 €

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

## Injera Plates

### 12. Tzom ገም



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

For one person 12.00 € | For two 22.00 €

### 13. Ferenge ፈረንጅ

Gomen:	spiced kale-spinach sauce with onions & garlic
Yebere Alich Wot:	cooked beef cubes, prepared in mild curry sauce and butter with onions
Misir Alich:	curry spiced lentil sauce with onions & garlic
Denech Alich:	curry spiced potato sauce with onions & garlic
Doro Alich:	minced meat sauce with onions, garlic and mild curry sauce

For one person 15.00 € | For two 28.00 €

### 14. Tenama ጠናማ



Shiro:	spicy homogeneous stew made of powdered chickpeas or broad beans, with onions & garlic, served in a clay pot
Gomen:	spiced kale-spinach sauce with onions & garlic
Kareja:	hot peppers stuffed with tomatoes and onions

For one person 12.00 € | For two 22.00 €

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

## Injera Plates

### 15. Zedey (cold) ፀደይ



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
Habesha Gomen:	kale spinach dish with onions and garlic, hot peppers, leeks and tomatoes
Humus:	homemade humus

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For one person 12.00 € | For two 22.00 €

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### 16. Yebere Tibs የበሬ ጥብስ

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

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For one person 13.50 € | For two 25.00 €

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### 17. Yebeg Tibs የበግ ጥብስ

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

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For one person 14.50 € | For two 27.00 €

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

## Dessert

18. Kinche be Banana ቁንጨፍ በሙዝ



bulgur in banana mousse and agave syrup

5.00 €

19. Kinche be Ergo ቁንጨፍ በእርጎ



bulgur in yogurt or soy yoghurt and agave syrup

5.00 €

20. Eis-Buna አይስኮፊን

vanilla-flavored vanilla flavored coffee in Ethiopian coffee

4.50 €



## Hot drinks

One Jebena (5 mocha cups) of fresh roasted Ethiopian coffee	10.50 €
A mocha cup of freshly roasted Ethiopian coffee ቡና	3.50 €
Tea	2.20 €
Black ♦ Mint ♦ Roibusch ♦ Ginger	

## Water and soft drinks

Tafelwasser Odenwald Quelle (soda/medium/still)	(0.25 l) 1.80 €	(0.75 l) 5.50 €
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Coca-Cola <sup>[1][3][9]</sup> ♦ Coca-Cola light <sup>[1][3][9][11][12]</sup> ♦ Fanta <sup>[1][3]</sup> ♦ Sprite <sup>[1][2][3]</sup>	(0.2 l) 2.80 €	(0.4 l) 3.60 €
Spezi <sup>[1][3][9]</sup> ♦ Schweppes Bitter Lemon <sup>[10]</sup> ♦ Schweppes Ginger Ale <sup>[1]</sup>		

## Juices and nectar

Apple juice ♦ Orange juice ♦ Maracuja nectar	(0.2 l) 2.40 €	(0.4 l) 3.80 €
Tart cherry nectar		

Apple juice spritzer ♦ Orange juice spritzer	(0.2 l) 2.20 €	(0.4 l) 3.60 €
Maracuja nectar spritzer ♦ Tart cherry nectar spritzer		

## Homemade

Pineapple Lemonade ♦ Mango Lemonade	(0.4 l) 4.80 €
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## Ethiopian Beer

Bedele Special Export (5.5 % vol. alc.) በጸላ ♦

(0.33 l) 4.00 €

Habesha Cold Gold (strong and velvety) ህበሻ

## African Beer

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

(0.33 l) 4.00 €

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

## Beer

Eichbaum Hefeweizen (optionally non-alcoholic)

\*(0.3 l) 3.00 €\* (0.5 l) 4.00 €

Eichbaum Kristallweizen ♦ Eichbaum Dark Weizen, yeast-clouded

Eichbaum Export Eichbaum Pils ♦ \*Eichbaum Pilsener Premium\* ♦ Radler

## Ethiopian Honeywine

Begena Gojo Tej Mes (mellow) ጠጅ

(0.25 l) 6.50 € (0.75 l) 19.00 €

## South African wine

Shiraz 2011 – redwine dry (winery: Cape Dreams)

(0.2 l) 6.00 € (0.75 l) 20.00 €

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

Chardonnay 2017 – Weißwein trocken (winery: Cape Dreams)

Colombar 2016 – Weißwein halbtrocken (winery: Cape Dreams)

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

South African wine spritzer

(0.2 l) 4.50 €

## White wine

Donner & Doria – Riesling dry

(0.2 l) 5.00 € | (1 l) 19.00 €

Donner & Doria whitewine spritzer

(0.2 l) 3.50 €

## Sparkling wine

Donner & Doria – Riesling extra dry

\*(0.2 l) 4.50 €\* | (0.75 l) 18.00 €

\*Rotkäppchen Sekt – half dry\*

## Shots

Begena Katikala classic አሬቅ ♦ Ouzo

(2 cl) 2.50 €

[5] = sulphuretted      [1] = with colorant      [2] = with preservative      [3] = with antioxidant      [4] = with flavor enhancer  
 [6] = blackened      [7] = with phosphate      [8] = with milk protein      [9] = with caffeine      [10] = with quinine  
 [11] = with sweetener      [12] = contains phenylalanine