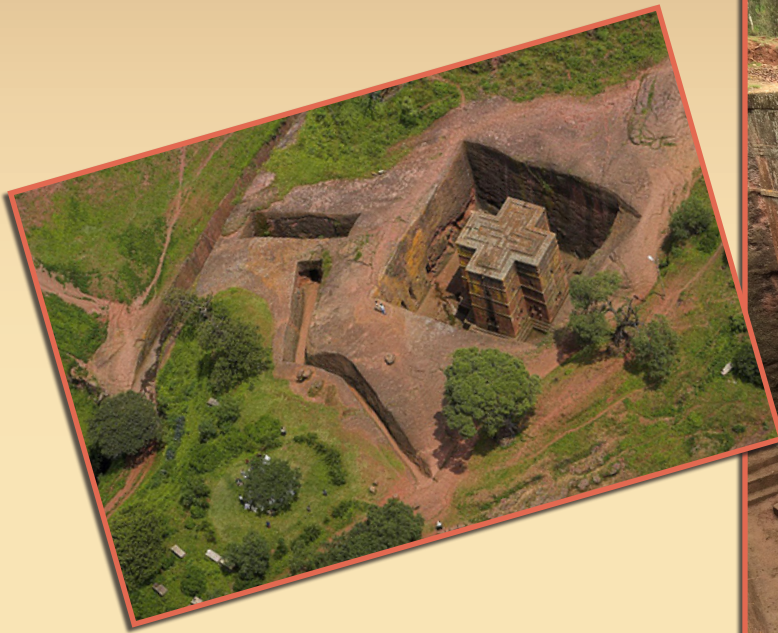


LALIBELA



Monolithic rock-cut St. George church was created in the 12th century in Lalibela, Ethiopia

Welcome to Cafe Lalibela

Enjoy a traditional Ethiopian Restaurant, bringing a taste of Ethiopia to the Heart of Tempe. We serve both vegetarian and non-vegetarian dishes. Delightfully different, we serve award winning, unique and great tasting cuisine. We were voted "Best Vegetarian Restaurant" by the Arizona Republic.

Our traditional Ethiopian cuisine consists of "injera" and "wat". Injera (pronounced in-jeer-ah), is a crepe-like, sourdough tasting bread. It is made from "teff", a grain indigenous to Ethiopia. Wat (pronounced what) is a stew-like sauce, which can be made from vegetables, meat or both. The meal is eaten by tearing a piece of injera with your hands, scooping up some wat with it and enjoying.

In Ethiopia, the meal is served with a piece of injera, which is laid out on a platter. Various types of wats are placed on top of the injera. The platter is placed in the middle of the group for all to share. The traditional Ethiopian etiquette disapproves of licking fingers while eating (even though it may be tempting to do so!).

We welcome any comments you may have regarding how we can serve you better.

Thanks for coming and enjoy!

*For catering, takeout and reservation, please call (480) 829-1939
Or visit us online at www.cafelalibela.com*

SOUP & SALAD

SHORBA

Soup made from lentils, carrots, potatoes, orzo, onion and vegetable stock.

Bowl... 5.55

Cup... 4.55

SELATA

Lalibela garden salad with house dressing.

5.25

ENTREES

A combination of three items is suggested for one serving. All entrees are served with Injera.

Make your own combination from the following list (1-13).

Meat Dishes

Vegan Dishes

- 1 ALICHA SEGA WAT** (*mild beef stew*)
Tender beef cubes simmered in mild sauce kibbeh(spiced clarified butter), onion and turmeric, flavored with various spices. 5.75
- 2 ASA WAT** (*fish stew*)
Shredded tilapia fish stew simmered with spicy berbere (chili powder) sauce, garlic and onion, flavored with various spices. 5.99
- 3 DORO WAT** (*spicy chicken stew*)
Chicken simmered in spicy berbere (chili powder) sauce, kibbeh (spiced clarified butter), and onion, flavored with various spices. The Doro Wat is traditionally served with hard-boiled eggs.(Request for egg.) 5.75
- 4 KEY SEGA WAT** (*spicy beef stew*)
Tender beef cubes simmered in spicy berbere (chili powder) sauce and onion, flavored with various spices. 5.75
- 5 YEBEG ALICHA SEGA WAT** (*mild lamb stew*)
Lamb cubes simmered in mild sauce, kibbeh (spiced clarifiedbutter), onion and turmeric. 5.99

- 6 AZIFAH** (*brown lentils*)
Whole brown lentils blended with onion, jalapeños, fresh lemon and spices. 5.25
SERVED COLD
- 7 FOSOLIA** (*green beans & carrots*)
Lightly spiced green beans cooked with tomatoes, carrots and onion. 5.25
- 8 GOMEN** (*collard greens*)
Chopped collard greens cooked with fresh garlic, ginger and onion. 5.25
- 9 MISIR WAT** (*medium spicy red split lentils*)
Red split lentils cooked with onion, berbere (chili powder) sauce and herbs. 5.25
- 10 SHIRO WAT** (*ground peas*)
Spiced ground peas cooked with, onion and seasoned with garlic and ginger. 5.25
- 11 TIKIL GOMEN** (*cabbage, potatoes and carrots*)
Lightly spiced cabbage, carrots, potatoes and turmeric. 5.25
- 12 YEKIK ALICHA** (*yellow split peas*)
Yellow split peas cooked with onion, turmeric and herb. 5.25
- 13 TIMATIM FITFIT**
Pieces of Injera mixed with chopped onions, tomato, jalapenos and fresh lemon dressing. 5.25
SERVED COLD

Gluten free products may be contaminated with other gluten products.

** Consuming raw or uncooked meats may increase your risk of forborne illness, especially certain medical conditions.*

18% gratuity may be applied for 8 or more guests.

INDIVIDUAL PLATTERS

All individual platters are served with injera and garnished with salad

14 CHEF'S FAVORITE COMBINATION

A combination of Doro Wat (#3), Gomen (#8) and Ayeb (#29). 14.75

15 MANAGER'S CHOICE

A combination of Kye Segä Wat (#4), Tikil Gomen (#11) and Yekik Alichä (#12). 15.95

16 MEAT COMBINATION

Combination of Alichä Segä (#1), Doro Wat (#3), and Kye Segä Wat (#4). 15.95

17 VEGETABLE COMBINATION

A combination of Fosolia (#7), Gomen (#8), Misr Wat (#9) and Tikil Gomen (#11). 15.25

18 SPICY COMBINATION

A combination of Doro Wat (#3), Kye Segä Wat (#4) and Misr Wat (#9). 15.95

19 MILD COMBINATION

A combination of Alichä Segä Wat (#1), Yebeg Alichä Segä Wat (#5) and Fosolia (#7). 15.95



20 KITFO

(ground beef resembling steak tartar)*
Lean tender beef finely chopped and mixed with mitmita, cardamon and kibbeh. Served slightly cooked with Gomen (#8) and Ayeb (#29). 14.95



21 TIBS (mild pan fried beef or lamb cubes)

Lean beef or lamb cubes pan fried with jalapeños, onion and fresh rosemary.
Beef 14.95 Lamb 15.95

22 YAWAZE TIBS

(spicy pan fried beef or lamb cubes)
Lean beef or lamb cubes pan fried with jalapeños, onion and fresh rosemary with awaze sauce.
Beef 15.95 Lamb 16.95

23 YAWAZE YEBERE TIBS FIRFIR

Pieces of Injera mixed in pan fried beef cubes with awaze sauce, onion and jalapeño. 15.95



Glossary of General Terms

Awaze	A spicy past made from berbere.
Berbere	A mixture of red chili powder and spices.
Kibbeh	Clarified butter mixed with various spices.
Mitmita	Bird's eye chili powder blended with spices.
Wat	A stew like sauce made from a variety of ingredients such as vegetables, beef, chicken, lamb or fish

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SUGGESTED COMBINATIONS

Suggested combinations are served with injera and garnished with salad.



24 LALIBELA EXCLUSIVE

A combination of:

Alich Segwa Wat (#1), Asa Wat (#2), Doro Wat (#3),
Key Segwa Wat (#4), Yebeg Alich (#5), Fosolia (#7),
Gomen (#8), Misir Wat (#9), Shiro Wat (#10)
Tikil Gomen (#11), Yekik Alich (#12)
Beef Tibs (#21) and Ayeb (#29)
56.95



25 VEGAN EXCLUSIVE

A combination of:

Azifah (#6), 2x Fosolia (#7), 2x Gomen (#8),
2x Misir Wat (#9), Shiro Wat (#10),
2x Tikil Gomen (#11), Yekik Alich (#12)
and Timatim Fitfit (#13)
51.95

For Parties of 2

26 LALIBELA DELUXE

A combination of:

Alich Segwa Wat (#1), Doro Wat (#3),
Key Segwa Wat (#4), Yebeg Alich (#5),
Fosolia (#7), Gomen (#8), Misir Wat (#9),
Tikil Gomen (#11) and Yekik Alich (#12)
35.95

27 VEGAN DELUXE

A combination of:

Azifah (#6), Fosolia (#7),
Gomen (#8), Misir Wat (#9) Shiro Wat (#10),
Tikil Gomen (#11), and Yekik Alich (#12)
31.95

SIDE ORDERS

28 INJERA

(Ethiopian bread)

A crepe like sourdough bread made from
a mixture of teff and wheat flour. 1.25

29 AYEB

(Homemade cheese)

Freshly made mild, crumbly cheese used
for enhancing flavor. 4.25

30 RICE

1.50

31 GLUTEN FREE INJERA

(Ethiopian bread)

A crepe like sourdough bread made from
teff flour. 1.99

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Served Monday - Friday

11am to 4pm

\$9⁷⁵
EACH

WEEKDAY LUNCH SPECIALS

1

SOUP AND SALAD

Bowl of lentil soup
and garden salad.

2

SAMPLER

A combination of any three
items from the following
(1-9), served with injera
(Ethiopian bread), or rice or
half rice/half injera.

3

SPICY WRAP

A combination of any two
items from the following,
wrapped in a tortilla and
served with your choice of
lentil soup or garden salad.

Meat Dishes

1. KYE SEGA WAT (*spicy beef stew*)

Tender beef cubes simmered in spicy berbere sauce and onion, flavored with various spices.

2. ALICHA SEGA WAT (*mild beef stew*)

Tender beef cubes simmered in mild sauce, kibbeh (spiced clarified butter), onion, and turmeric, flavored with various spices.

3. DORO WAT (*spicy chicken stew*)

Chicken simmered in spicy berbere sauce, kibbeh (spiced clarified butter) and onion, flavored with various spices.

Vegetarian Dishes

4. MISR WAT (*medium spicy lentils*)

Red split lentils cooked with onion, berbere sauce and herbs.

5. FOSOLIA (*green beans & carrots*)

Lightly spiced green beans cooked with carrots and onions.

6. TIKL GOMEN (*cabbage, potatoes & carrots*)

Lightly spiced cabbage, carrots, potatoes and tumeric.

7. GOMEN (*collard greens*)

Chopped collard greens cooked with fresh garlic, ginger and onion.

8. AZIFAH (*brown lentils*)

Whole brown lentils blended with onion, jalapeño, fresh lemon and spices. SERVED COLD.

9. YEKIK ALICHA (*yellow split peas*)

Yellow split peas cooked with onion, turmeric and herbs.



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BEVERAGE LIST

Sodas & Juices

COKE, DIET COKE, SPRITE, PINK LEMONADE, FANTA ORANGE, ROOT BEER, RASPBERRY ICED TEA, FRESH BREWED ICED TEA.....	2.25
MANGO JUICE, CRANBERRY JUICE, APPLE JUICE, ORANGE JUICE.....	2.95
PERRIER (Mineral Water).....	2.50
BOTTLED WATER.....	1.75

Coffee & Ethiopian Teas

REGULAR COFFEE / DECAF COFFEE.....	2.50
TRADITIONAL ETHIOPIAN COFFEE (served in clay pot)Small	6.95
Large	11.95
YEKEMEM SHAI - Black tea made with cinnamon, cardamom & cloves. (Served hot or iced)	2.50
TOSSIGN - Refreshing herbal tea from the highlands of ETHIOPIA. Great for colds & flu. (Served hot or iced.).....	2.50
KORANTI - Hot tea mixed with a heavy splash of ouzo (a Greek Liquor)	3.50

