

MENU

MONDAY MENU £6.00

- SPICED LENTIL
- STEAMED YELLOW PEAS
- COLLARD GREENS WITHOUT MEAT
- HOT SALAD

SOUP OF THE DAY

LENTIL SOUP £3.50

TUESDAY MENU £6.00

- STEAMED YELLOW PEAS
- WHOLE GRAIN LENTIL
- GERMAN CABBAGE
- SPICED LENTIL

LENTIL SOUP £3.50

WEDNESDAY MENU £6.00

- WHOLE GRAIN LENTIL
- GERMAN CABBAGE
- HOT SALAD
- SPICED LENTIL

MIXED VEG SOUP £3.50

THURSDAY MENU £6.00

- WHOLEGREEN LENTIL
- SPINACH OR COLLARD GREENS
- SPICED LENTIL
- GREEN BEANS

MIXED VEG SOUP £3.50

FRIDAY MENU £6.50

- BEEF COLLARD GREENS
- SPECIAL BEETROOT
- SPICED LENTIL
- HOT SALAD

CARROT SOUP £3.50

SATURDAY MENU £6.50

- FRIED BEEF
- HOT SALAD
- BEETROOT
- POWDERED CHICK PEAS SAUCE

CARROT SOUP £3.50

WITH YOUR MEAL YOU CAN CHOOSE PITTA BREAD, TORTILLA BREAD, OR ETHIOPIAN TRADITIONAL FLAT BREAD (ENJERA).

ALSO, BY ADDING £1.50 YOU CAN HAVE ONE BOWL OF RICE WITH YOUR CHOICE OF DISH.

TIBKA SPECIAL DISH

- DIPPED FRIED CAULIFLOWER WITH CUCUMBER CHIVE SALAD £7.50
(THIS DISH IS NOT A SALAD BAR)
- STUFFED FRENCH PEPPER £1.50

Personal Description

Hi, my name is Tibka and I am from Ethiopia (East Africa). And I am a mother of one lovely daughter. Cooking has always been my main hobby. I learned most of my cooking skills from my talented mother. People who has tasted my foods has always encouraged me to start my own food business. Because of this I have teamed up with Artfix to provide for customers some of my delicious dishes with a reasonable price in a relaxing atmosphere.

Food Contents

I use very healthy ingredients in all my dishes. For example; Lentils has a variety of very useful nutritional benefits such as, improves blood flow and carries oxygen and nutrients throughout the body. Foods such as Chick Peas has a high source of Protein, Carbohydrate and Fibre. Also, Green Beans has rich vitamin A, C, K, B6 which are all very beneficial for our general wellbeing. And also, all of my main dishes are not fried. I also make a traditional bread, which is made with Ethiopian whole grain called Teff flour.

Tibka Tadesse