

Lula's

Menu

Ethiopian & Eritrean Cuisine



21 Park End St, Oxford,

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www.lulasethiopianscuisine.co.uk

Events

We also cater for celebrations, birthdays, weddings, anniversaries, and all kinds of special occasions.

Let us take the stress out of the planning with our fuss-free catering packages, delivered to your door in Oxford, Kidlington, and surrounding areas. Enjoy our delicious Ethiopian food with friends and family to create a lasting memory.

Please speak with one of our friendly team members for further information or email your enquiry to ethiopian.cuisinecatering@gmail.com



Save time and scan our QR code to make a reservation.

What is what?

TEFF INJERA

Injera is a sour fermented pancake-like flatbread with a slightly spongy texture, traditionally made of teff flour. Teff flour is naturally gluten free, it has a good source of calcium, vitamin B6, amino acids and zinc and an excellent source of iron and magnesium. Brown teff is an ancient East African cereal grass that originated in Ethiopia circa 4000 BC to 1000 BC. (Fun fact: About 100 seeds are the size of a single kernel of wheat!)

TEJ (Honey Wine)

The production of wine in Ethiopia can be traced to the early centuries of the first millennium A.D. In Ethiopia and Eritrea, Tej is often homemade and served at Tej houses and for special occasions. Served in a flask-like carafe or bottle, called a berele.

Breakfast Menu

Served 10.00-12.00

Enqulal Tibs

Ethiopian scrambled eggs cooked with onion, tomatoes, and chillies.

Served with warm pita bread. £7

Ful

Hearty Eritrean breakfast made with fava beans, red onions, tomatoes, and chillies.

Served with warm pita bread. £7

Vegetable Dishes

(Lunch 12.00-15.00 / Dinner 18.00-22.00)

Choose two vegetable dishes from the following list below.

With rice **£12** or With injera **£14**

Red lentils - (Ve, GF)

Slow cooked in a rich sauce of caramelised onions, garlic, mixed spices and berbere.

Yellow split peas - (Ve, GF)

Mild dish cooked in a broth of garlic and onions with traditional spices. -

Gomen - (Ve, GF)

Cabbage, carrots, and potatoes cooked with onions and ginger, with turmeric.

Fosolia - Ve, GF

Green beans and carrots cooked with onions and ginger, with traditional turmeric.

Shiro - Ve, GF

A rich stew made from powdered chickpeas, spiced with garlic, berbere and enriched by herbs.

Habesha Hamli - Ve, GF

Kale and potatoes cooked in olive oil with onions, garlic, and chili.

Meat dishes

Spicy Chicken & Gomen (GF, DF) with **rice £13 with Injera £15**

Spicy Chicken & Fosolia (GF, DF) with **rice £13 with Injera £15**

Delicious pieces of marinated chicken simmered slowly in a mixture of Ethiopian spices.

Zigni & Gomen (GF, DF) with **rice £14 with injera £16**

Zigni & Fosolia (GF, DF) with **rice £14 with injera £16**

An Eritrean speciality, tender pieces of lamb cooked in a spicy berbere sauce.

Platters to share

Experience traditional Ethiopian cuisine with this sharing platter.

Lula's Gold plate, Vegetable platter

£30 (serving 2 people) £45.00 (serving 3 people)

A mixed combination platter of injera topped with 5 a variety of mildly spiced vegetable dishes (chef's choice).

Lula's Gold Plate, Spicy Chicken Platter

£35.00 (serving 2 people) £52.00 (serving 3 people)

An ample portion of spicy chicken and chef's choice of 4 different vegetarian dishes served with gluten-free injera.

Lula's Gold Plate, Spicy Zigni/Lamb platter

£40.00 (serving 2 people) £60.00 (serving 3 people)

An ample portion Zigni and chef's choice 4 different vegetarian dishes served with gluten-free injera.

Sides

Extra injera Extra vegetable dish (ask for daily special)

Desserts

Locally produced, handmade Ice Cream or sorbet £4.85

Choose 2 scoops from Chocolate, Vanilla, or Mango sorbet

Carrot cake (GF) £4.50

Chocolate and Caramel cake (VE) £4.00

Lemon cake (VE) £4.00

+ add 1 scope ice cream £2.00

Hot Drinks + Cold drinks

Spice Eritrean Tea Single.	£2.70	Pot £5
Earl Grey /Breakfast tea	£2.00	Pot £4
Americano	£2.70	
Latte	£3.15	
Cappuccino	£3.15	
Flat White	£3.20	
Mocha	£3.30	
Hot Chocolate	£3.10	
Ginger beer	£3.95	
Guava juice	£3.50	
Mango juice	£3.50	
Fruit mix juice	£3.50	
Orange juice	£3.25	
Buna (Single)	£2.50	(Double) £3.00
Still Water	£1.75	
Sparkling Water	£1.75	

Alcoholic

Ethiopian Beer £4.50

(Please ask for available brands options)

Ethiopian & Eritrean Honey wine

Tej 13% (Sweet or Dry available)

175ml **£6.50** 250ml **£7.95** Bottle **£23**

White Wine

Sauvignon Blanc, South Africa, Crispy & Fruity 12.5%

175ml **£5.95** 250ml **£7.00** Bottle **£21.00**

Red Wine

Shiraz, South Africa, or Merlot, South Africa 12.5%

175ml **£5.95** 250ml **£7.00** Bottle **£21.00**

Prosecco Italy, 11%

Bottle **£25.00**

Lula's Gold sharing Tej Berele (Honey wine)

(425ml Carafe)

£13 to shar

