

BREAKFAST: Served 9.30 till 11.00.

Enqual Tibs

Ethiopian scrambled eggs cooked with onion, tomatoes and chillies.

Served with warm pita bread **£9.90**

Ful

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

Served with warm pita bread. **£9,90**

Croissant and Americano or English breakfast tea **£4.99**

VEGETABLE DISHES:

**Choose two vegetable dishes from the list below. Served with rice £16.80
or injera £19.20**

- ❖ **Red Lentils** *Slow cooked in a rich sauce of caramelised onions, garlic, mixed spices and berbere.*
- ❖ **Yellow Split Peas** *Mild dish cooked in a broth of garlic and onions with traditional spices.*
- ❖ **Gomen** *Cabbage, carrots and potatoes cooked with onions, ginger and turmeric.*
- ❖ **Fosolia** *Green beans and carrots cooked traditionally with onions, ginger and turmeric.*
- ❖ **Shiro** *A rich stew made from powdered chickpeas, spiced with garlic, berbere and enriched by herbs.*
- ❖ **Habesha Hamli** *Kale and potatoes cooked in olive oil with onions, garlic and chilli.*
- ❖ **Lula's Favart firfer with Rice £13 or with injera £16.80**
Rice or injera mixed with deferent vegetables, olive oil and garlic.

All Vegetable Dishes are suitable for vegan and gluten free diets.

SIDES

- Extra injera **£3**
- Extra side dish **£5.50**
- Habesha Salad **£5.50**
- Spicy Chicken portion **£11**
- Zigni portion **£13**

MEAT DISHES:

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

Spicy Chicken & Gomen with rice **£18** or injera **£20.40**

Spicy Chicken & Fosolia with rice **£18** or injera **£20.40**

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

Zigni & Gomen with rice **£19.20** or injera **£21.60**

Zigni & Fosolia with rice **£19.20** or injera **£21.60**

LULA'S GOLD PLATTERS:

Experience traditional Ethiopian cuisine with our sumptuous sharing platters.

❖ Vegetarian Tasting Plate for One £21

A mixed combination platter of injera topped with our chef's choice of 4 vegetable dishes.

❖ Lula's Gold Plate – Vegetable Platter for 2 people £40.50

A mixed combination platter of injera topped with our chef's choice of 5 vegetable dishes.

❖ Lula's Gold Plate – Vegetable Platter for 3 people £69.00

A mixed combination platter of injera topped with our chef's choice of 7 vegetable dishes and extra 2 injera

❖ Lula's Gold Plate – Spicy Chicken Platter For 2 people £46.20

An ample portion of spicy chicken and our chef's choice of 4 different vegetable dishes.

❖ Lula's Gold Plate – Spicy Chicken Platter for 3 people £75.00

An ample portion of spicy chicken and mixed combination platter of injera topped with our chef's choice of 6 vegetable dishes and extra 2 injera

❖ Lula's Gold Plate – Spicy Zigni Platter for 2 people £52.80

An ample portion of tender lamb cooked in a spicy berbere sauce or mild sauce with our chef's choice of 4 different vegetable dishes.

❖ Lula's Gold Plate – Spicy Zigni Platter for 3 people £79.20

An ample portion of tender lamb cooked in a spicy berbere sauce or mild sauce with our chef's choice of 4 different vegetable dishes.

Our injera is naturally gluten free.

LULA'S

★★★★★
Ethiopian & Eritrean Cuisine



ALCOHOLIC DRINKS:

Ethiopian Beer

Please ask for our current selection. **£4.99**

Ethiopian & Eritrean Honey Wine Tej

A traditional drink made from fermented honey and gesho. Sweet (11% ABV) and dry (13% ABV) available.

175ml **£7.80** 250ml **£8.85** Bottle **£27.60**

Sauvignon Blanc, South Africa

12.5% ABV

175ml **£7.80** 250ml **£8.00** Bottle **£25.00**

Shiraz or Merlot, South Africa

12.5% ABV

175ml **£7.80** 250ml **£8.00** Bottle **£25.00**

Prosecco, Italy

11% ABV

Bottle **£30.00**

Lula's Gold Sharing Tej Berele

Share a 425ml carafe of sweet or dry honey wine served in a traditional glass berele.

12.5% ABV

425ml **£17.40**

SOFT DRINKS:

Still water	£1.99	Ginger beer	£4.74
Sparkling water	£1.99	Guava juice	£4.99
Diet Coke	£3.50	Mango juice	£4.99
7Up	£3.50	Fruit mix juice	£4.99
Fanta	£3.50	Orange juice	£3.90

HOT DRINKS:

Spiced Eritrean Tea	<i>single</i> £2.80	<i>pot</i> £6	
Earl Grey or Breakfast Tea	<i>single</i> £2.80	<i>pot</i> £6	
Americano	£3.60	Mocha	£3.80
Latte	£3.50	Hot Chocolate	£3.60
Cappuccino	£3.50	Buna - <i>single</i>	£2.80
Flat White	£3.40	Buna - <i>double</i>	£3.20

DESSERTS:

Locally produced, handmade Ice Cream

Two scoops of chocolate, vanilla, or mango sorbet **£5.40**

Trillionaire's Tart £7.00

Biscoff Cheesecake

Vegan **£6.99**

Carrot Cake

Gluten free. Contains nuts. **£5.00**

Chocolate and Caramel Cake

Vegan. **£4.99**

Lemon Cake

Vegan **£4.99** +Add a scoop of ice cream **£ 2.50**

Areki

A traditional Eritrean digestif (38% ABV)
25ml **£3.99**

ABOUT LULA'S FOOD:

Teff Injera

Injera is a sour fermented pancake-like flatbread with a slightly spongy texture, traditionally made from naturally gluten-free teff flour. Brown teff is an ancient East African cereal grass that was first domesticated in Ethiopia between 4000 and 1000 BC. Teff a good source of calcium, vitamin B6, amino acids and zinc, and an excellent source of iron and magnesium. Fun fact: about 100 teff 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 AD. This traditional drink is made from fermented honey and gesho leaves, a shiny-leaf buckthorn which functions similarly to hops in beer. In Ethiopia and Eritrea, Tej is often homemade and served at Tej houses or on special occasions. Traditionally, Tej is served in a flask-like carafe or bottle known as a berele.

Our Coffee

Our traditional Ethiopian coffee is sourced from the finest Yirgacheffe beans, offering a deep, rich flavour that's unlike any other. Each sip takes you on a journey through the heart of Ethiopian culture, where coffee is a symbol of friendship and respect.



Please scan the QR codes to leave a review – we would love to know about your experience!

