



## Lunch Menu

Lunch sized Entrées include selection of 2 vegetable sides

*There is a \$6.00 charge for any shared entrée.*

*There is an 18% gratuity charge for parties of 6 or more*

### Starters

<b>AYIB BEMITMITA</b> fresh farmer's cheese mixed with Ethiopian chili powder	5.95	<b>YE'MISIR SAMBUSSA</b> Two hand-wrapped shells of thin pastry filled with a blend of brown lentils, onions, scallions, peppers & herbs	6.75
<b>KATEGNA</b> rolled strips of injera (Ethiopian bread) coated with Ethiopian pepper & clarified spiced butter (can be prepared with olive oil)	6.75	<b>YE'SIGA SAMBUSSA</b> Two hand-wrapped shells of thin pastry filled with a blend of minced beef, onions, scallions, peppers & herbs	6.75
<b>TIMATIM FITFIT</b> chopped injera mixed with fresh diced tomatoes, onions, garlic, jalapenos, olive oil, lemon juice (served cold)	5.95	<b>SALADS</b>	
<b>AZIFA</b> whole brown lentils seasoned with onions, garlic, jalapenos, olive oil, lemon juice (served cold)	5.95	<b>YE'MESOB SELATA</b> mixed greens with Mesob's special house dressing and baked crisps of injera	8.95
<b>BUTICHA</b> pureed chickpeas seasoned with onions, garlic, jalapenos, olive oil & lemon juice (served cold)	5.95	<b>YE'DINICH SELATA</b> diced potatoes and beets with Mesob's special house dressing	8.95
<b>INGUDAI TIBS</b> portobello mushrooms marinated & sautéed with onions, garlic & fresh tomatoes (can be prepared spicy, medium or mild)	8.95		

**SEE OUR DESSERT & BEVERAGE MENU FOR OUR SELECTION OF DELECTABLE DESSERTS & ICE CREAM, COFFEES, SHAI (TEA), JUICES, SODAS & BOTTLED WATER**

Mesob Ethiopian Restaurant  
515 Bloomfield Ave., Montclair, NJ 07042 973-655-9000  
[www.mesobrestaurant.com](http://www.mesobrestaurant.com)



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### Meat Entrees

#### BEEF

**TIBS WAT / ZIGNEE** 10.95

cubed prime beef sautéed and simmered in a spicy sauce seasoned with spices and fresh herbs (hot)

**MINCHET ABISH KAY WAT** 9.95

finely chopped prime beef sautéed in Ethiopian clarified butter, and simmered in a spicy sauce seasoned with spices and fresh herbs (hot)

**MINCHET ABISH ALETCHA** 9.95

finely chopped prime beef sautéed in Ethiopian clarified butter, and simmered in mild sauce seasoned with spices and fresh herbs (mild)

**KITFO** 20.95

prime beef tartar seasoned with Ethiopian clarified butter & Ethiopian chili powder (can be served raw or lightly sautéed)

**BOZENA SHIRO** 10.95

cubed prime beef simmered in shiro (spicy pureed yellow split peas) (spicy)

#### LAMB

**LEGA TIBS** (made to order) 20.95

cubed boneless leg of lamb marinated & sautéed with onions, garlic, jalapenos, fresh tomato, herbs & spices (can be prepared mild, medium or spicy)

**YE'BEG ALETCHA** 10.95

tender pieces of lamb (boneless & on the bone) simmered in mild sauce seasoned with spiced and fresh herbs. (mild)

**GOMEN BE'SIGA** 9.95

cubed lamb mixed with fresh collard greens & simmered in a mild sauce seasoned with spices and herbs

**MEAT SAMPLER** For 1: 14.95

a combination of Tibs Wat (beef), Minchet Abish Kay Wat (beef), Minchet Abish Aletcha (beef), Ye'Beg Aletcha (lamb), Doro Tibs (chicken) plus any 3 sides from the vegetarian entrees, except Shiro. For 2: 25.95

For 3: 39.95  
Tibs &/or Ye'Shimbra Assa \$3.50 extra

Cont'd



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### Meat Entrees (cont'd)

#### CHICKEN

##### DORO KAY WAT

9.95

two tender chicken legs  
simmered in spicy sauce seasoned with spices & herbs.  
Served with one hard-boiled egg (hot)

##### DORO TIBS

10.95

Scalloped chicken breast marinated & sautéed with red onions, garlic, jalapeno pepper, fresh tomato, herbs & spices  
(Can be prepared hot or mild)

##### DORO ALETCHA

9.95

(mild) two pieces of tender chicken legs simmered in mild sauce. Served with hard-boiled egg (mild)

### Vegetable Entrees

(all vegetable dishes are prepared Vegan style)

##### INGUDAI TIBS (made to order)

10.95

portobello mushroom marinated & sautéed with red onions, garlic, jalapeno pepper, fresh tomato, herbs & spices (can be prepared hot or mild)

##### ATKILT ALETCHA

9.95

fresh green beans & fresh carrots simmered in flavorful mild sauce. (mild)

##### GOMEN

9.95

fresh collard green simmered in mild sauce seasoned with spice and herbs (mild)

##### SHIRO

9.95

pureed split peas cooked with red onions and garlic (spicy)

##### MISIR WAT

9.95

split lentils simmered in spicy hot sauce. (hot)

##### DIFEN MISIR ALETCHA

9.95

Whole brown lentils simmered in a mild sauce seasoned with spices & herbs

Cont'd

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### Vegetable Entrees (cont'd) (all vegetable dishes are prepared Vegan style)

<b>TIKIL GOMEN</b>	9.95	<b>BUTICHA</b>	9.95
cabbage and potatoes simmered in mild sauce (mild)		chickpeas pureed and chilled & seasoned with red onions, garlic, jalapeno pepper, olive oil, fresh lemon juice & spices (served cold)	
<b>KIK ALETCHA</b>	9.95	<b>YE'SHIMBRA ASSA WAT</b>	10.95
yellow split peas simmered in a mild and flavorful onion and herb sauce (mild)		chick pea biscuits simmered in a spicy sauce	
<b>AZIFA</b>	8.95	<b>VEGETARIAN SAMPLER</b>	For 1: 12.00
lentil salad seasoned with red onions, garlic, jalapeno peppers, olive oil, fresh lemon juice, herbs & spices (served cold)		your choice of 6 vegetarian dishes. SHIRO cannot be selected as a side. Add'l charge of \$3.50 each if INGUDAI TIBS &/ or YE'SHIMBRA ASSA are chosen as sides	For 2: 19.95 For 3: 31.95
<b>DINICH WAT</b>	9.95		
potatoes simmered in a spicy sauce seasoned with spices & herbs			

### Seafood Entrees

*Seafood marinated & sautéed with red onions, garlic, jalapeno peppers,  
fresh tomatoes, fresh parsley & spices (can be prepared mild, medium or spicy)*

<b>SHRIMP TIBS</b>	10.95	
<b>TUNA TIBS</b>	25.95	<i>Prices may vary seasonally</i>
<b>SWORDFISH TIBS</b>	25.95	

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