



BLUE NILE

AFRICAN CUISINE AND CAFE



CAFE & RESTAURANT MENU

Breakfast

Monday - Friday 8am - 12pm

Saturday & Sunday All Day Breakfast

1. Chips Mayai..... \$7.50

French Fry Kenyan omelette with beaten eggs and fries
Serve with a side of mountain bread and chilli tomato sauce

2. Enqal Firfir (Ethiopian Scrambled eggs)..... \$7.50

Scrambled eggs cooked with fresh diced tomato, onion, green chilli and seasoned with traditional butter.
Served with a side of mountain bread or injera

3. Foul..... \$8.00

Fava beans cooked in spicy red sauce topped with scrambled eggs, green peppers and olive oil.
Served with a side of mountain bread

4. Eggs..... \$6.00

Scrambled, fried or poached eggs
Served with toast

5. Toast with butter..... \$3.50

White or wholemeal
Raisin Toast

Spreads

Vegemite/ peanut butter / jam/ butter and honey

6. Grilled Toast

Cheese..... \$4.00

Tomato and cheese..... \$4.50

Sides..... \$2.00

Mushroom/tomato/spinach/hash browns/avocado

Dips (all dips will be serve with mountain bread)

7. Tahini..... \$7.00

Composed of sesame paste, natural yoghurt, lemon juice, ground cumin, topped off with fresh parsley and paprika.

8. Egg plant..... \$7.00

Egg plant cooked with turmeric, coriander, ground cumin and garlic blended with natural yoghurt and olive oil.

9. Lentils..... \$7.00

Lentils cooked with Ethiopian chilli (berbere), onion, fresh garlic and a mixture of spices.

10. Combination Serve (all of above)..... \$10.00

Please advise staff of any specific dietary requirements

Salads

11. Sudanese Tomato Salad (Salata Tomatim Bel Daqua)\$6.50

Diced tomatoes, green onions finely chopped, green chilli pepper, dressed in peanut butter, lemon juice and topped with fresh parsley.

12. Feta Salad.....\$6.50

Peeled cucumbers, fresh mint, feta, lemon juice, vinegar, green onions, dressed with olive oil and fresh ground black pepper.

13. Ethiopian Salata.....\$6.50

Lettuce, cucumber, tomato, red onion, green chilli and olive oil.

14. South Sudanese Salata Aswad be Zabadi.....\$8.00

Eggplants, tomato paste, yoghurt, peanut butter and green pepper, garlic and tomatoes.

Entree

15. Vegetarian Sambusa.....\$8.00

Pastry filled with a mixture of whole lentils, coriander, carrot and other fresh herbs, served with spicy tomatim sauce. (3 per serve)

16. Meat Sambusa.....\$8.00

Pastry filled with a lean minced beef, coriander and other fresh herbs, served with spicy tomatim sauce. (3 per serve)

17. Foul.....\$8.00

Fava beans cooked in spicy red sauce with fresh diced tomato, onion, green peppers and other herbs.
Served with a side of mountain bread

18. Abeba Gomen.....\$8.00

Steamed and immersed in a spicy egg batter and deep fried.
Served with tomatim sauce

Main Meals

Kids Meals

19. Chicken Wedges.....\$6.00
4 pieces per serve

20. Bowl of Hot Chips.....\$6.00

Extras

Mahloul - Mountain bread (2 pieces)\$1.00

Rice - Spicy steamed yellow rice.....\$3.00

Couscous - North - West African.....\$3.00
Finely made wheat grain (Semolina)

Cocunut Rice - East Africian - Wali Wa Nazi.....\$3.00

Injera.....\$1.00

Is a sour dough risen flatbread with a unique, slightly spongy texture.
Traditionally served with most Ethiopian.

Vegetarian

21. Yetakelt Beainetu.....\$15.00
A combination serve of Ethiopian vegetarian dishes. Served with salata & injera.

22. Yetakelt W'at.....\$12.00
Cabbage, potato, carrot cooked with Ethiopian blend of mild herbs and spices.
Served with salata & injera.

23. Mild Misir W'at.....\$12.00
Whole lentil stew cooked with Ethiopian blend of herbs and spices.
Served with salata & injera.

24. Hot Misir W'at.....\$12.00
Red lentil stew in beriberi (Ethiopian red pepper) and other fresh herbs.
Served with salata & injera.

25. Shiro W'at.....\$12.00
Black eyed and split peas, roasted and ground, cooked with garlic,
red onion and traditional spices. Served with salata & injera

26. Ater Kik W'at.....\$12.00
Mild stew of split beans cooked with an Ethiopian blend of herbs and spices.
Served with salata & injera.

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Seafood

- 27. Barramundi.....** \$22.00
Grilled barramundi fillet marinated in mixed spices, served with salata & yellow rice.
- 28. Coconut Curry Barramundi.....** \$22.00
Barramundi fillet, coconut oil, coconut cream, coriander leaves, green chilli served with salata & coconut rice.

Meat

- 29. Kay W'at.....** \$15.00
Beef stew in berberi and other fresh herbs. Served with salata & injera.
- 30. Banya W'at.....** \$15.00
Lamb and Okra stew in red peppers, served with salata & yellow rice.
- 31. Kitfo.....** \$15.00
Ethiopian tarter steak finely chopped lean topside beef seasoned with mitmitta and traditional butter served raw or slightly cooked and a side of Ethiopian homemade Eyeb (cottage cheese). Served with salata & injera.
- 32. Derek Tibs.....** \$15.00
Dry, deep fried beef marinated inn Ethiopian spices, sautéed with rosemary, onions and green peppers. Served with salata & injera.
- 33. Beg Tibs.....** \$15.00
Lamb marinated in Ethiopian spices sautéed with rosemary, onions, tomato and green peppers. Served with salata & injera.
- 34. Doro Tibs.....** \$15.00
Boneless Chicken marinated in a mixture of Ethiopian spices sautéed with basil, onions, tomato and green peppers. Served with salata & yellow rice.
- 35. East African Chicken Curry.....** \$15.00
Diced chicken, cooked in curry, potato, green peas, onion, lemon grass and coconut cream. served with salata & coconut rice.
- 36. Doro W'at available (Pre-order).....** \$15.00
Chicken stew in Ethiopian chilli (beriberi) with hardboiled egg. Served with salata & injera.
- 37. Gomen Be Segá (Sat & Sun Only).....** \$13.00
Silverbeet and lamb cooked in traditional herbs and spices, served with salata and injera.
- 38. Alecha W'at (can be made without meat).....** \$14.00
Lamb stew cooked with potato, carrot, tumeric, onion, spinach, and traditional spices.

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39. Gored - Gored.....\$15.00
 Diced rump steak seasonal with mitmita and berbere. Lightly cooked in kibe with onion, green chilli and spices. Served with salata and injera.

40. Dulet.....\$15.00
 Finely minced topside beef, lamb tripe and liver. Lightly roasted in garlic, onion, green chilli, kibe (traditional butter) and mixed spices. Served with salata and injera.

Banquet

\$20	\$25	\$30
Dips	Dips	Dips
Main Meal	Entree	Entree
Salata	Main Meal	Main Meal
Tea or Coffee	Salata	Salata
	Tea or Coffee	Dessert
		Tea or Coffee

NOTE: It is recommended for 2-4 people. A larger range of dishes can be provided for larger groups and the balance of meat/vegetarian can be negotiated.

Dessert

41. Sweet Couscous..... \$7.00
 Cinnamon, couscous, sugar, rose water, sprinkled slivered almond and served with vanilla ice cream.

42. Sundaes..... \$7.00
 100's and 1000's
 Sprinkles
 mNm's
 Caramel sauce
 Chocolate sauce
 Strawberry sauce

43. Ice Cream..... \$5.00
 One o the top quality ice creams all natural ingredients.
 Ask your waiter or waitress for flavours.

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Coffee

	Small	Large
Ethiopian Black Coffee.....	\$3.00	
Short Black or Long Black.....	\$2.00	
Short Macchiato.....	\$3.00	
Piccolo.....	\$3.00	\$4.50
Double Espresso.....	\$3.00	
Long Macchiato.....	\$3.00	
Mocha.....	\$3.00	\$4.00
Decaf Coffee.....	\$3.00	\$4.00
Chai Latte.....	\$3.00	\$4.00
Hot Chocolate.....	\$3.00	\$4.00
Latte.....	\$3.00	\$4.00
Cappucino.....	\$3.00	\$4.00
Flat White.....	\$3.00	\$4.00
Coffee Syups.....	\$0.50	\$0.50
Hazelnut, Caramel, Vanilla		

Traditional Ethiopian coffee ceremony (Pre-request)..... \$30.00

This coffee ceremony is offered during festivities and used as a common staple. The first round of coffee "awel", the second round "Kalei", and the last round

Tea

	Small	Large
English breakfast.....	\$3.00	\$4.50
Earl Grey.....	\$3.00	\$4.50
Green.....	\$3.00	\$4.50
Peppermint.....	\$3.00	\$4.50
Chamomile.....	\$3.00	\$4.50
Black Ginger.....	\$3.00	\$4.50
White Ginger.....	\$3.00	\$4.50

Tea Pots

	Small	Medium	Large
African chai in pot.....	\$4.00	\$6.00	\$8.00
Moroccan green.....	\$4.00	\$6.00	\$8.00

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Cold Drinks

Sparkling Mineral Water.....	\$3.00
Water.....	\$2.00
Coke.....	\$2.00
Diet Coke.....	\$2.00
Lemonade.....	\$2.00
Lemon Squash.....	\$2.00
Sunkist.....	\$2.00
Coke Zero.....	\$2.00
Iced Tea: Lemon and Peach.....	\$3.00
Orange Juice.....	\$3.00
Orange & Mango Juice.....	\$3.00

Iced Drinks

Iced Coffee.....	\$5.00
Iced Moccha.....	\$5.00
Iced Chocolate.....	\$5.00

Milkshakes

All milkshakes made with double scoop vanilla ice-cream **\$5.00**
chocolate, strawberry, vanilla or caramel

Origin of Coffee

In the Ethiopian highlands, where the legend of Kaldi, the goatherd, originated, coffee trees grow today as they have for centuries. Though we will never know with certainty, there probably is some truth to the Kaldi legend.

It is said that he discovered coffee after noticing that his goats, upon eating berries from a certain tree, became so spirited that they did not want to sleep at night.

Kaldi dutifully reported his findings to the abbot of the local monastery who made a drink with the berries and discovered that it kept him alert for the long hours of evening prayer. Soon the abbot had shared his discovery with the other monks at the monastery, and ever so slowly knowledge of the energizing effects of the berries began to spread. As word moved east and coffee reached the Arabian peninsula, it began a journey which would spread its reputation across the globe.

Today coffee is grown in a multitude of countries around the world. Whether it is Asia or Africa, Central or South America, the islands of the Caribbean or Pacific, all can trace their heritage to the trees in the ancient coffee forests on the Ethiopian plateau.

Source: <http://www.ncausa.org/>

Blue Nile History



The "blue" part of the Blue Nile was first adopted because of the rivers muddy colour due to the huge amount of fertile soil it erodes from the Ethiopian highlands. Blue Nile has a total length of 1,450 kilometres which, 800 km are in Ethiopia. The source of the Blue Nile is Lake Tana, located in the heart of Bahir Dar. At the source the river enters a canyon about 400 km long. This gorge is a tremendous obstacle for travel and communication from the north half of Ethiopia to the southern half. The power of the Blue Nile may best be appreciated at Tis Issat Falls (the Blue Nile falls), which are 45 metres high, the second largest waterfall in Africa.



How To Eat Injera

1. Wash your hand
2. Use your right hand, tear some Injera
3. Use the Injera to scoop whichever w'at you like to eat.
4. Put the scoop of food in mouth and enjoy.

Try it, it's fun and remember to wash your hand afterwards.



PH: 86786515
MOB: 0426 890 404
EMAIL: BLUENILECUISINE@GMAIL.COM
WEBSITE: WWW.BLUENILECUISINE.COM.AU
3/115 MAIN STREET
BLACKTOWN NSW 2148