An Eritrean Menu

We have included some of the most famous and popular dishes from Eritrea.

In our cooking we use:

* meats such as chicken, lamb, goat and beef
* a selection of vegetables
* variety of rice dishes and vegetables
* soft flat bread

***Starters***

* *Frittata - egg with bread , onion, oil, tomatoes*
* *Soup with rice*

***Main courses***

* *Shiro ( famous food from Eritrea) – variety of beans with chilli, onion, tomatoes, garlic, oil and hot water – cooked on the stove and eaten with Tayta Cinzerra ( soft flat bread)*
* *Zgni and shro – onion, potato, tomato, beef, chilli, lentils, salt and oil*
* *Alcha – onion, carrot, potato, pepper, cabbage and oil*
* *Chicken & beef pasta*
* *Tibsi – onions, green pepper, meat and oil*
* *Pasta, onion, tomato, oil and salt*
* *Special cheese sandwich*
* *Beans, onion, tomatoes and chilli*
* *Panino – bread, egg, onion, lettuce, tomato, oil and salt*

***Desserts***

* *Doughnuts*
* *Mixed fruit salad*
* *Selection of fruit*