



# **RAS DASHEN**

## **Ethiopian Restaurant**



### **Welcome to the Mountains of Ethiopia**

**Ras Dashen (pronounced Rahs DAH-shen) is the tallest mountain in Ethiopia, and is located in the Simien Mountains National Park. Zenash, the chef at Ras Dashen Ethiopian Restaurant, grew up near these mountains and is proud to offer you traditional home-cooked meals:**

### **Comfort Food from the Mountains of Ethiopia**

**Ras Dashen Ethiopian Restaurant  
5846 N Broadway  
Chicago, IL 60660**

## Appetizers

<b>Mereq</b> <sup>v</sup>	cup	3.95	<b>Ras Dashen Salad</b> <sup>v</sup>	6.95
<i>lentil soup with Ethiopian spices</i>	bowl	4.95	<i>daily mix of our freshest greens and vegetables with a light, tangy dressing</i>	
<b>Sambusa</b>	4 pieces	3.95	<b>Cucumber Salad</b> <sup>v</sup>	5.95
<i>lentil<sup>v</sup>, spinach<sup>v</sup>, shimbera<sup>v</sup> or beef wrapped in pastry and lightly fried</i>			<i>fresh pickles and red onions marinated in Zenash's special dressing</i>	
<b>Zenash's Chickpea Salad</b> <sup>v</sup>		6.95	<b>Qategna</b>	5.95
<i>flavored with caramelized shallots, a touch of vinegar and Zenash's special dressing</i>			<i>6 pieces</i>	
			<i>fresh warm injera spread with kibe, garlic and karya and rolled into finger food</i>	

## How to Order

There are two wonderful things about an Ethiopian meal. First, Ethiopian food is shared by everyone at the table. Second, an Ethiopian meal includes a variety of dishes. Keep these in mind as you order.

Food this fresh takes time to prepare, so please allow at least 20 minutes for your order. Your food will be served in traditional Ethiopian style, on a round of injera, the sour, spongy bread that serves as both your plate and your eating utensil. Each entree is served with a second round (two rolled pieces) of injera. Any additional injera will be \$1 per roll.

Order for your table by choosing one entrée per person. Three sides per table come with your meal; choose from items 1-12 or ask your server to choose sides for you that complement your entrees. Increase the variety by ordering additional sides for \$4 each.

## Sides

*Three sides per table come with your meal; additional sides, \$4; order any side as an entrée for \$11.95*

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|---|--|
| <p><b>1. Komodoro salata</b><sup>v</sup> <i>diced cucumber, tomato, onion and jalapeño salad</i></p> <p><b>2. Ethio salata</b><sup>v</sup> <i>romaine lettuce, green onions, cucumbers, tomatoes and jalapeños</i></p> <p><b>3. Yeqaysur salata</b><sup>v</sup> <i>beet salad served chilled with a tangy dressing</i></p> <p><b>4. Misser salata</b><sup>v</sup> <i>chilled lentils with red onions and colorful bell peppers</i></p> <p><b>5. Tikil gomen alicha</b><sup>v</sup> <i>mildly spiced cabbage, potato and carrot stew</i></p> <p><b>6. Gomen</b><sup>v</sup> <i>chopped greens slow cooked with mild spices</i></p> | <p><b>7. Qosta</b><sup>v</sup> <i>spinach cooked with onions, garlic and spices</i></p> <p><b>8. Diblik atkilt</b><sup>v</sup> <i>green beans, potatoes, zucchini and carrots stewed with tomatoes</i></p> <p><b>9. Ib</b> <i>soft cheese made fresh daily with cultured buttermilk</i></p> <p><b>10. Misser wat</b><sup>v</sup> <i>pureed red lentils in a spicy berbere sauce</i></p> <p><b>11. Kik alicha</b><sup>v</sup> <i>yellow split peas cooked with onions, garlic, ginger and green peppers</i></p> <p><b>12. Yeqay tikil gomen</b><sup>v</sup> <i>sweet and sour <b>red cabbage</b>, Ethiopian style</i></p> |
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## Vegetarian Combos

<b>Vegetarian sampler:</b> <i>a sampling of five veggie dishes (1-12)</i>	12.95
<b>Vegetarian dinner for two:</b> <i>slightly smaller than full portions of three entrees (1-17) plus 3 sides (1-12)</i>	25.95

All items marked with <sup>v</sup> are vegan; no meat or dairy products used in prep

18% gratuity may be added to parties of 6 or more

## Ferfer

Add ferfer to any meat dish	\$ 1.00
Berberere Ferfer as a side	\$ 4.00
Telba Ferfer, ask Zenash	\$ 14.95

## Special Vegetarian Entrees

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|---|-------|--|-------|
| <b>13. Diffen misser wat<sup>v</sup></b>  | 12.95 | <b>16. Komodoro fetfet<sup>v</sup></b>   | 12.95 |
| <i>similar to misser wat, but with whole lentils for a different texture</i>    |       | <i>cold tangy salad of injera, vine-ripe tomatoes, garlic, red and green onion and green peppers</i>     |       |
| <b>14. Shimbera asa wat<sup>v</sup></b>   | 13.95 | <b>17. Shirro<sup>v</sup></b>  | 13.95 |
| <i>"vegetarian fish" - ground chick pea dough balls in a rich berbere sauce</i> |       | <i>ground chick peas imported from Ethiopia are the base of this spicy, pureed stew</i>                  |       |
| <b>15. Misserana bowmia<sup>v</sup></b>   | 13.95 | <b>Daily Vegetarian Special<sup>v</sup></b>  | 14.95 |
| <i>lentils and okra in a tasty berbere sauce</i>                                |       | <i>ask your server about Zenash's specials, such as <i>mushroom wat</i> or <i>dupa (pumpkin) wat</i></i> |       |

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## Chicken Entrees

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|--|-------|---|-------|
| <b>18. Doro wat</b>  | 15.95 | <b>19. Doro alicha</b>  | 15.95 |
| <i>chicken and egg cooked in a spicy berbere sauce - the national dish of Ethiopia</i> |       | <i>chicken and egg cooked in a mild, tasty sauce of onions, garlic, ginger, and green peppers</i> |       |

## Lamb Entrees

- |   |       |  |       |
|---|-------|--|-------|
| <b>20. Yebeg tibs</b>   | 23.95 | <b>22. Yebeg dereq tibs</b>  | 23.95 |
| <i>lamb lightly cooked with onions, green peppers and Ethiopian seasonings</i>  |       | <i>lamb tibs pan-fried with onions, garlic, green peppers and rosemary</i> |       |
| <b>21. Yebeg tibs be berbere</b>  | 22.95 | <b>23. Yebeg wat</b>   | 22.95 |
| <i>called simply "spicy juicy" by many of our regulars, this lamb stew has a tomato infused base with bold spices</i> |       | <i>lamb stew in a spicy, dark berbere sauce</i>                            |       |
|   |       | <b>24. Yebeg alicha</b>  | 22.95 |
|   |       | <i>lamb cooked in mild alicha sauce, served with pieces of injera</i>      |       |

## Beef Entrees

- |  |       |  |       |
|--|-------|--|-------|
| <b>25. Sega wat</b>  | 15.95 | <b>28. Kitfo tere</b>  | 16.95 |
| <i>beef stew in a spicy, dark berbere sauce</i>                                |       | <i>Ethiopian steak tartare seasoned with kibe (spiced butter) and mitmita (red pepper blend)</i> |       |
| <b>26. Yeqay ferfer</b>  | 16.95 | <b>29. Kitfo lebleb</b>  | 16.95 |
| <i>beef and injera pieces cooked in a spicy sauce with tomatoes and garlic</i> |       | <i>kitfo slightly cooked</i>   |       |
| <b>27. Lebleb tibs</b>   | 16.95 | <b>30. Zilzil alicha</b>   | 15.95 |
| <i>beef chunks lightly sautéed with onions, green peppers and spices</i>       |       | <i>strips of beef cooked in a tasty sauce with onions, garlic and green peppers</i>              |       |

### Meat Combo 19.95

Half portions of two entrees (18-30) +3 sides  
(lamb, add \$2)

### Omnivore Dinner for Two 38.95

Slightly smaller than full portions  
of three entrees (13-30), + 3 sides,  
(lamb, add \$2)

*To maintain prompt service, please do not order these combos at tables of 4 or more guests*

**Gluten free teff injera available with 24 hr notice  
(773) 506-9601**

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## Special Beef Entrees

<b>31. Qelulu</b>	18.95	<b>33. Gored Gored</b>	21.95
<i>premium quality steak cut into small pieces and slow cooked in its own juices with shallots, garlic, ginger, berbere and spices</i>		<i>tender beef brisket lightly cooked with shallots, spiced butter, garlic, awaze and a splash of cognac, served medium rare</i>	
<b>32. Kwanta ferfer</b>	17.95	<b>34. Zilzil tibs</b>	19.95
<i>peppery dried beef jerky with injera, tomatoes &amp; berbere sauce</i>		<i>strips of beef sauteed with peppers, served with special berbere sauce</i>	

## Fish Entrees

<b>35. Asa wat</b>	16.95	<b>36. Asa tibs</b>	16.95
<i>boneless tilapia fillet in a dark berbere sauce made from roasted, ground flax seed</i>		<i>marinated, boneless tilapia fillet pan-seared in ginger and black pepper and served with fresh-cut sauteed vegetables</i>	

## Meat Specials

<b>37. Grilled zilzil tibs</b>	24.95	<b>38. Awaze tibs</b>	20.95
<i>beef or lamb (add \$3) strips grilled over an open flame and served with salad and Zenash's special hot sauce</i>		<i>beef or lamb (add \$3) tibs sautéed with onions in a spicy awaze sauce</i>	

### Beverages

<b>Ethio Chai</b>	2.00
<i>black tea enhanced with Ethiopian spices</i>	
<b>Qezqaza Chai</b>	2.50
<i>Ethiopian Iced Tea</i>	
<b>Soft Drinks</b>	1.75
<i>Coke products, ginger ale, rootbeer, orange</i>	
<b>Bottled Juices</b>	2.25
<i>Assorted flavors - ask your server</i>	
<b>Mineral Water</b>	
<i>Perrier</i>	2.25
<i>San Pellegrino (500ml)</i>	3.00
<b>Snapple Mango</b>	2.50

### Espresso Bar

<b>Espresso</b>	3.00
<i>made from freshly ground, Ethiopian coffee</i>	
<b>Cappuccino</b>	4.00
<i>espresso and frothy steamed milk</i>	
<b>Macchiato</b>	4.00
<i>espresso layered with foamed milk</i>	
<b>Americano Nebeb</b>	3.00
<i>one shot of espresso and hot water</i>	
<b>Americano Samuel</b>	3.50
<i>two shots of espresso and hot water</i>	
<b>Americano John</b>	4.00
<i>three shots of espresso and hot water</i>	

The coffee plant is endemic to Ethiopia, so coffee has a special place in Ethiopian society. We roast organic, fair trade Ethiopian coffee beans fresh every day in a ceremony repeated daily in Ethiopian households around the world. Be sure to try our traditional Ethiopian coffee, boiled in a clay pot called a jebena over an open flame.

<b>Buna be jebena</b>	Individual	3.95	per person (2 or more)	2.95
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**Bagged organic, fair trade coffee beans are on sale for 11.95/lb**

**Buy injera to take home!  
1.00 per round**