

EVENING MENU



**Bdhan Musu!
Welcome to Mu'ooz!**

Mu'ooz, means “tasty and healthy” in ‘Tigrinya’, the language of Eritrea and parts of Ethiopia.

The restaurant is a Brisbane-based not-for-profit social enterprise, established by Eritrean refugee women.

The restaurant offers employment, work experience and formal training to women arriving in Brisbane from many parts of Africa.

Eritrea was colonised by Italy from the 1890's to 1940 and this influence is evident in much of the Eritrean cuisine.

On behalf of Eritrean Australian Women and Family Support Network (EAWFSN), thank you for choosing our restaurant.

Saba Abraham

Restaurant Founder and Director

Entrée

Sambusa Sigha

Crispy filo parcels filled with beef mince, seasoned with Eritrean herbs and spices accompanied by Silsie (3 parcels) **8.50**

Talmia

Chickpeas, garlic, Green chilli, dill and spices served with yoghurt dip (v) (gf) **8.50**

Spring Rolls

A delicious combination of vegetables and lentils, combined with Eritrean herbs and spices, hand wrapped in pastry and served golden brown with Silsie (v) (3 rolls) **8.50**

Enjera and Dips

Sourdough flatbread with an assortment of four homemade vegetable dips including Shiro, Silsie, Salsa and yoghurt, cucumber and garlic (v) **8.50**

Individual Dips

Mu'ooz Salsa 

Sljo

Silsie

Yoghurt, cucumber and garlic

2.50 each



Spicy

(N) Contains Nuts

(V) Vegetarian

(GF) Gluten free

One bill per table - \$1 Credit Card Surcharge - \$2 for Amex

Main Course

All meals are served with Enjera bread which is the staple of the Eritrean diet.
It is a pancake like sourdough bread that is traditionally used as an eating utensil by pulling off a piece and picking up food and then eating.

Meat Dishes

*Barai / *Dorho Zighni (gf) 24.00 / 22.00

A traditional favourite spicy beef or chicken curry flavoured with Berberé, onion, tomato, garlic & Tasame

*Founders Special (gf) (lf) 24.00

Coconut chicken curry with mushrooms, zucchini, garlic and herbs

* Special Asmera Dish (gf) 24.00

The traditional dish of the capital city of Eritrea – Lamb with potatoes, capsicum, Berberé, rich tomato sauce & traditional Eritrean herbs

*Qulwa (gf) 25.00

Tender lamb cubes sautéed in Tasame, red onion, capsicum, garlic, rosemary, green, chilies & fresh tomato

*Beghe Molikya (gf) 24.00

Lamb sautéed with North African spinach, onion, garlic, dill, Berberé and spices

*Mbisi (gf) 24.00

Locally sourced goat, slowly cooked with onion, garlic, capsicum, green chili & herbs

Vegetarian Dishes

*Kantisha (gf) 23.00

A rich mushroom stew flavoured with Berberé, onion, tomatoes and garlic

*Brunn (gf) 19.00

Red lentils stewed with Eritrean spices

*Alicha (gf) 20.00

A mild stew of potatoes, green beans, zucchini and perfumed with turmeric, ginger & herbs

*Duba (gf) 20.00

Pumpkin sautéed in a rich flavour of Berberé in onion, tomatoes and garlic

*Shiro 22.00

Finely ground chickpeas with oil and spices served with stuffed green chilies

Fish

Cottelett (gf) 24.00

Barramundi fillet marinated with traditional herbs, pan fried served with awazo & Mu'ooz salata



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Share Platters

Enjoy our beautiful food in the traditional way by having a share platter.
In Eritrea, a meal is a collective experience whereby family and friends share food from a large platter filled with layers of enjera and topped with a delicious assortment of spicy stews and vegetarian dishes.

Eating involves tearing off a piece of enjera and wrapping it around a portion of food and then eating without the use of cutlery.

How it works

1. All share platters come with a complementary share entrée of **Enjera and Dips (v)**, which is a sourdough flatbread with an assortment of 4 homemade vegetable dips including Shiro, Silsi, salsa & yogurt, cucumber & garlic (normally 7.90 per person)
2. Choose your selection of dishes for your table from any marked with an **asterix *** on the menu.
3. All dishes are served with Enjera & Mu'ooz salata
Rice may be ordered as a replacement to Enjera or as an extra side dish

Maximum of 8 dishes per table

(for table of 8 people or more, please speak with your food attendant)

Platter for 2 – choose any 3 dishes
Platter for 3 – choose any 4 dishes
Platter for 4 – choose any 5 dishes
Platter for 5 – choose any 6 dishes
Platter for 6 – choose any 7 dishes
Platter for 7 – choose any 8 dishes

Platter per person

All vegetarian 24.00

Mixed or all meat 26.00

Side Dishes

Gu'e S'nigh - Fresh green chilies filled with a tomato and red onion salsa (gf) (v) (vg) 3.90

Mu'ooz Salata - Fresh salad of lettuce, tomato, red onion, cucumber and capsicum with a homemade vinaigrette dressing (gf) (v) (vg) 6.90

Enjera 1.50

Kitcha Fit Fit side - 7.90, Full - 11.90

Rice 3.90

Hot Chips 4.90



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Banquet Options

Minimum of 2 people

Banquet Option One 35.00 per person

Spring roll and Sambusa
Dorho Zighni, Brusn, Alich
Enjera and salad
Busbusa

Banquet Option Two 39.00 per person

Spring roll and Sambusa
Barai Zighni, Shiro, Duba, Alich
Enjera, rice and salad
Busbusa

Banquet Option Three 42.00 per person

Spring roll, Sambusa and Talmia
Beghe Molikya, Barai Zighni, Alich, Brusn
Enjera, rice and salad
Busbusa
Traditional coffee or tea

Banquet Option Four 45.00 per person

Spring roll, Sambusa and Talmia
Qulwa, Barai Zighni, Kantisha, Brusn,
Enjera, rice and salad
Busbusa
Traditional Coffee or tea

Glossary

Enjera: is a traditional savoury pancake, soft & sour like bread used to pick up the food. It is a mix of maize, sorghum, ragi, flours, & roasted & ground fenugreek seeds, fermented for up to 24hrs.

Silsie: A traditional Eritrean sauce often used as a base in many dishes, especially meat dishes.

Berberé: Traditional hot pepper seasoning used to flavour many traditional Eritrean dishes

Tasame: Clarified butter flavoured with Eritrean herbs and spices including garlic, red onion and roasted fenugreek seed

Fufu or Ugalie: A staple food of many African countries, made with maize flour it resembles a rich porridge

Awazo: Berberé, whole seeded mustard, garlic, ginger with a hint of chili

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Children's Meals

All 11.00

Fish & chips
Hamburger
Roasted Chicken Drumettes

All meals served with chips and salad

Desserts

Bushusa	8.00
Traditional African semolina cake served warm with fresh berry fruit coulis & vanilla ice cream	
African Donuts	8.50
Traditional African drop donuts drizzled with an orange glaze	
Meklil	7.90
Sweet pastry crust containing a creamy filling made from milk, flour, sugar & eggs, sprinkled with cinnamon & served with ice cream	
Mkhrti Duba – Pumpkin Cake (gf) (vg)	7.90
A light cake of pumpkin & coconut milk, served with berry fruit coulis	

Traditional Eritrean Coffee

At the end of an Eritrean meal fresh African coffee beans are roasted and guests are offered to smell the strong aroma of the coffee. The beans are then ground and put in a traditional clay vessel called a 'Jebena' and boiled. The coffee is traditionally served black in a small espresso cups.

Small Jebena (serves 1 to 2)	6.00
Jebena for 3 to 5	12.00
Jebena for 6 to 8	22.00
Extra-large Jebena (serves 15)	33.50

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