

BAHLINA

RESTAURANT & BAR



FLAVORS FROM THE
EASTAFRICAN KITCHEN

STATIONSGATAN 6, NYBERGS TORG
SUNDBYBERG

BAHLINAS

STARTERS

SAMBUSA

4st Sambusas

Beef or vegetarian.

Fried pastry with ground beef and herbs filling or with brown lentils. Comes with a side of Awaze sauce

75 KR

QUATENA

Warm injera with a spread of savoury butter and spanish chilipepper

50 KR

THE KITCHENS FAVOURITES

The perfect alternatives for the one who want to experience a little bit of everything from the Eritrean and Ethiopian kitchen

1. BAHLINA'S VEGETERIAN MIX

The vegetarian mix consists of 6 carefully selected dishes from Eritrea and Ethiopia. This mix is also suitable for vegans as all dishes on our vegetarian menu is also vegan

230 KR

2. BAHLINA'S MIX

Bahlinas mix consists of 6 vegetarian dishes, 2 meat stews and 1 chicken stew.

400 KR

3. BAHLINA'S MEATMIX

Choose 3 of our most popular meat dishes:
Tsebhi dorho, Zigni (hot or mild), Kitfo or Gored Gores

250 KR

4. BAHLINA MINIMIX

For those of you who would like to have a mixed platter for yourself,
2 vegetarian dishes, Tsebhi dorho and Zigni

235 KR

VEGETARIAN

ALL DISHES ARE ALSO SUITABLE FOR VEGANS

5. SHIRO

150 KR

Grounded chickpeas cooked with Spanish chili pepper, garlic and the kitchens own spice mix. Mild.

6. FOSOLIAS ALLITCHA.

150 KR

Potatoes, carrots, peppers and green beans cooked in a herb-infused sauce.

7. CABBAGEALLITCHA

150 KR

Cabbage and shredded carrots cooked with herbs and garlic. Mild

8. TIMTIMO

150 KR

Yellow lentils cooked with onions, garlic and herbs. Mild

9. ALLITCHA TIMTIMO

150 KR

Lentils cooked in a mix of spices; turmeric, onions, garlic and herbs.

10. SILSI / TSOM WOT

150 KR

Tomato and berberesauce cooked with the kitchens spice mix
Semi-spicy.

11. HAML

150 KR

Fresh spinach cooked in oil, garlic and the kitchens spice mix. Mild

All dishes are served with Injera - The traditional sourdough flatbread
For gluten-free options, we have Injera made with the grain Teff
Berbere is a traditional spice-blend with eg,pepper, chilli, garlic & onions

BEEF, LAMM & CHICKEN

- 12. ZIGNI** **180 KR**
Beefstew cooked in berberesauce and the kitchens savoury butter.
Semi-spicy
- 13. TSEBHI DORHO** **180 KR**
Chicken legs, slow cooked with onions and berbere sauce served
with hard boiled egg. Semi-spicy
- 14. KULWA / TIBS - MILD** **185 KR**
Pan-fried beef cooked with onions and the kitchens savoury butter.
Mild
- 15. KULWA / TIBS** **185 KR**
Pan-fried beef cooked with onions, green peppers, berbere and the
kitchens savoury butter. Spicy
- 16. KULWA A BEIGE - MILD** **220 KR**
Pan-fried lamm cooked with onions and the kitchens savoury
butter. Mild
- 17. KULWA A BEIGE** **220 KR**
Pan-fried lamm cooked with onions, green peppers, berbere and
the kitchens savoury butter. Spicy
- 18. ZILZI KULWA** **250 KR**
Panfried beef cooked in the kitchens savoury butter. Mild
- 19. CHACHE** **250 KR**
Cubed beef cooked and served on a hotplate with fresh tomatoes
and chili. Semi-spicy

All dishes are served on and with Injera - The traditional sourdough flatbread
For gluten-free options, we have Injera made with the grain Teff
Berbere is a traditional spice-blend with eg,pepper, chilli, garlic & onions

THE KITCHENS SPECIALTIES

20. TSOM SILSI FITFIT	150 KR
Shredded injera with vegetarian berberesauce.	
21. QANTA FITFIT	200 KR
Beef jerky cooked in berberesauce and served with shredded injera	
22. BOZONA SHIRO MS TSMI	170 KR
Shiro and meatmix cooked with savory butter	
23. ZIGNI FITFIT	180 KR
Shredded injera mixed with berberesauce and savoury butter.	
24. DORHO FITFT	180 KR
Shredded injera mixed with chicken-stew cooked in berberesauce and savoury butter.	
25. KITFO	240 KR
Steak tartare mixed with savoury butter and mitmita	
26. WETA GEBA	240 KR
Lightly seared beef cooked in savoury butter	
27. GORED GORED	240 KR
Seared beef cooked with savoury butter and awaze.	
KITCHA FITFIT	
Shredded flatbread cooked with one of the alternatives:	
28. Savoury butter	150 KR
29. Silsi	155 KR
30. Kulwa (beef)	185 KR
31. Kulwa (lamb)	220 KR
32. Quanta	200 KR

EXTRAS

HOMEMADE INJERA	8 KR
TEFF INJERA (*GF)	30 KR
EXTRA SIDE DISH, VEGETERIAN	50 KR
XTRA SIDE DISH, MEAT	70 KR
SIDE DISH WITH INJERA	80 KR

DESSERT

STICKY CHOCOLATE CAKE	50 KR
(MAY CONTAIN TRACES OF ALMONDS AND HAZELNUTS)	
CHEESECAKE RASPBERRY	50 KR
Gluten free, Lactose free and without gelatin	
(MAY CONTAIN TRACES OF ALMONDS AND HAZELNUTS)	

DRINKS

NON ALCOHOLIC

Soda	27
Mariestad	41
Briska	47
RedBull	37
Coffee	25
ERI/ETH Coffee (for 2)	75
Thé	25
sanbitter (Aperitivo)	19
The house white wine	90

BEER

Asmara Beer (ERI)	67
IPA	53
Mariestad	63
Heineken	52
Norrlands Guld	62
Krusovice (Czech)	57
Newcastle	55
Sol	51

CIDER

Briska Pear	52
Briska Apple	52
Smirnoff	52

WINE

The House White	68/290
The House Red	68/290
The House Rosé	68/290

TAP BEER

Grängesberg	46
IPA	55
Pitcher (Grängesberg)	160

SHOTS

	4 cl	6 cl
Jägermeister	81	115
Ozou	81	115
Asmera Areki (ERI)	81	115
Fireball	81	115
Fernet-Branca	81	115
Plantation	81	115
Tequila	81	115

WHISKEY

	4 cl	6 cl
Chivas	75	110
Red Label	75	110
Black Label	75	110
Famous Goose	75	110
Jack Daniels	75	110

SPIRITS

Baileys	75	110
Amarula	75	110
Gordon Gin	75	110
Asmera Gin (ERI)	75	110
Bacardi	75	110
Captain Morgan	75	110