

# 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

**70 KR**

### **QUATENA**

Warm injera with a spread of savoury butter and spanish chilipepper

**50 KR**



# THE KITCHENS FAVOURITES

The perfect alternatives for a party of two or more 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

**200 KR**

## 2. BAHLINA'S MIX

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

**370 KR**

## 3. BAHLINA'S MEATMIX

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

**230 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

**210 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.** **140 KR**  
Potatoes, carrots, peppers and green beans cooked in a herb-infused sauce.
- 7. CABBAGEALLITCHA** **140 KR**  
Cabbage and shredded carrots cooked with herbs and garlic. Mild
- 8. TIMTIMO** **140 KR**  
Yellow lentils cooked with onions, garlic and herbs. Mild
- 9. ALLITCHA TIMTIMO** **140 KR**  
Lentils cooked in a mix of spices; turmeric, onions, garlic and herbs.
- 10. SILSI / TSOM WOT** **140 KR**  
Tomato and berberesauce cooked with the kitchens spice mix  
Semi-spicy.
- 11. HAMLI** **140 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**

**165 KR**

Beefstew cooked in berberesauce and the kitchens savoury butter. Semi-spicy

## **13. TSEBHI DORHO**

**170 KR**

Chicken legs, slow cooked with onions and berbere sauce served with hard boiled egg. Semi-spicy

## **14. KULWA / TIBS - MILD**

**175 KR**

Pan-fried beef cooked with onions and the kitchens savoury butter. Mild

## **15. KULWA / TIBS**

**175 KR**

Pan-fried beef cooked with onions, green peppers, berbere and the kitchens savoury butter. Spicy

## **16. KULWA A BEIGE - MILD**

**200 KR**

Pan-fried lamm cooked with onions and the kitchens savoury butter. Mild

## **17. KULWA A BEIGE**

**200 KR**

Pan-fried lamm cooked with onions, green peppers, berbere and the kitchens savoury butter. Spicy

## **18. ZILZI KULWA**

**220 KR**

Panfried beef cooked in the kitchens savoury butter. Mild

## **19. CHACHE**

**220 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** **140 KR**  
Shredded injera with vegetarian berberesauce.

**21. QANTA FITFIT** **180 KR**  
Beef jerky cooked in berberesauce and served with shredded injera

**22. BOZONA SHIRO MS TSMI** **165 KR**  
Shiro and meatmix cooked with savory butter

**23. ZIGNI FITFIT** **170 KR**  
Shredded injera mixed with berberesauce and savoury butter.

**24. DORHO FITFIT** **170 KR**  
Shredded injera mixed with chicken-stew cooked in berberesauce and savoury butter.

**25. KITFO** **200 KR**  
Steak tartare mixed with savoury butter and mitmita

**26. WETA GEBA** **220 KR**  
Lightly seared beef cooked in savoury butter

**27. GORED GORED** **220 KR**  
Seared beef cooked with savoury butter and awaze.

**KITCHA FITFIT**  
Shredded flatbread cooked with one of the alternatives:

28. Savoury butter **140 KR**

29. Silsi **140 KR**

30. Kulwa (beef) **175 KR**

31. Kulwa (lamb) **200 KR**

32. Quanta **180 KR**



# EXTRAS

HOMEMADE INJERA	8 KR
TEFF INJERA (*GF)	30 KR
EXTRA SIDE DISH, VEGETERIAN	40 KR
XTRA SIDE DISH, MEAT	60 KR
SIDE DISH WITH INJERA	70 KR



# DRINKS

## NON ALCOHOLIC

Soda	26
Mariestad	39
Briska	45
RedBull	37
Coffee	25
ERI/ETH Coffee (for 2)	75
Thé	25
sanbitter (Aperitivo)	19

## BEER

Asmara Beer (ERI)	65
IPA	52
Mariestad	60
Heineken	49
Norrlands Guld	59
Krusovice (Czech)	55
Newcastle	55
Tap beer Grängesberg	44
Sol	47
Pitcher (Grängesberg)	150

## CIDER

Briska Pear	49
Briska Apple	49
Smirnoff	49

## WINE

The House White	65/240
The House Red	65/274
The House Rosé	65/240

## SHOTS

	4 cl	6 cl
Jägermeister	79	113
Ozou	79	113
Asmera Areki (ERI)	79	113
Fireball	79	113
Fernet-Branca	79	113
Plantation	79	113
Tequila	79	113

## WHISKEY

	4 cl	6 cl
Chivas	70	105
Red Label	70	105
Black Label	70	105
Famous Goose	70	105
Jack Daniels	70	105

## SPIRITS

Baileys	70	105
Amarula	70	105
Gordon Gin	70	105
Asmera Gin (ERI)	70	105
Bacardi	70	105
Captain Morgan	70	105