

Enjoy one of the world's most unique cuisines.

Reservations are accepted for parties of 8 or more.
130 S. Highland Ave. ♦ Pittsburgh, PA 15206
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www.abayrestaurant.com



ABAY
ETHIOPIAN CUISINE

Selected by Pittsburgh Magazine as one of the best 25 restaurants.

Tuesdays–Thursdays 5pm – 10pm
Fridays 5pm – 11pm
Saturdays 11am – 3pm, 5pm – 11pm
Sundays 11am – 3pm, 5pm – 10pm
Closed Mondays

DINNER MENU

APPETIZERS

BEEF SAMBUSSA የሥጋ ሳምቦሳ

Two thin shells hand-wrapped and stuffed with a blend of minced beef, peppers and herbs. **\$3.5**

SPICY CHICKEN SAMBUSSA የሚያቃጥል ጥቂት ሳምቦሳ

Two thin shells hand-wrapped and stuffed with a blend of minced chicken breast, peppers and mitmita. **\$3.5**

VEGETARIAN SAMBUSSA የምስክር ሳምቦሳ

Two thin shells hand-wrapped and stuffed with a combination of lentils, onions, peppers and herbs. **\$3.5**

SOUPS AND SALADS

PUMPKIN SOUP የጽባ ሾርባ

Creamy blend of pumpkin, herbs and Ethiopian spices. Cup **\$4** Bowl **\$5.5**

CHICKEN SHORBA የጥቂት ሾርባ

Soup prepared with diced chicken breast, lentils, carrots, potatoes and onions in a chicken-based broth. Cup **\$4** Bowl **\$5.5**

VEGETARIAN SHORBA የእንክልት ሾርባ

Soup prepared with lentils, carrots, potatoes and onions in a vegetable-based broth. Cup **\$4** Bowl **\$5.5**

ABAY HOUSE SALAD የአገጽ ሰላጣ

Leaf lettuce, string beans, red onions, tomatoes and peppers in a dressing of olive oil and fresh lime juice. **\$5** Topped with Doro or Zilzil Tibs **\$9**

TOMATO SALAD የፔጥጫ ሰላጣ

Diced tomatoes tossed with onions and peppers in a dressing of olive oil and fresh lime juice (seasonal). **\$4.5**

POTATO SALAD የቁንጅ ሰላጣ

Potatoes, peppers, onions and a touch of cinnamon in a special house dressing. **\$4.5**

SIDES

AYIB ለደብ - **\$3**

RICE ራዥ - **\$1.5**

INJERA እንጾራ - **\$1.5**

VEGETARIAN ሽንገልት - **\$5**

CHICKEN የጥቂት - **\$6**

BEEF የበረ ሥጋ - **\$6**

AWAZE ሰዋዜ - **\$1.5**

MITMITA ሚጥሚጥ - **\$1.5**

S Spicy **V** Vegan

*This dish can be made mild upon request.

COMBINATION PLATTERS

VEGETARIAN SAMPLER ሽንገልት በየጾይቱ

Choose a combination of any four vegetarian entrees. **\$12** (for 1 person) **\$23.5** (for 2 persons) **\$35** (for 3 persons) **\$46.5** (for 4 persons)

COMBINATION SAMPLER በየጾይቱ

Choose a combination of any four meat and vegetarian entrees. **\$14.5** (for 1 person) **\$28** (for 2 persons) **\$42** (for 3 persons) **\$56** (for 4 persons)

ENTREES

All entrees are served on injera or with a side of rice.

BEEF ENTREES.....\$14.5

KAY WAT ቀደ ወን

Lean, chopped beef slowly simmered with berbere and a combination of seasonings.

ALITCHA WAT አልጫ ወን

Lean, chopped beef slowly simmered in a mild and flavorful herb sauce.

ZILZIL TIBS ዘልዘል ንብስ

Strips of tender, lean beef sautéed with homemade awaze, peppers, onions and herbs.

MINCHET ABISH ምንቱ አበሽ

Finely minced beef simmered in a berbere stew.

GOMEN BESIGA ጎመን በሥጋ

Lean, cubed beef slow-cooked and blended with kale, peppers, ginger, garlic and onions.

CHICKEN ENTREES.....\$14.5

DORO WAT ጥቂት ወን

Drumsticks marinated with fresh lemon and simmered in berbere and a combination of seasonings.

DORO ALITCHA ጥቂት አልጫ

Drumsticks marinated with fresh lemon and simmered in a mild and flavorful herb sauce.

DORO TIBS ጥቂት ንብስ

Strips of boneless, skinless chicken breast sautéed with homemade awaze, peppers, onions and herbs.

DORO MINCHET ABISH ጥቂት ምንቱ አበሽ

Boneless, skinless chicken breast diced and simmered in a berbere stew.

VEGETARIAN ENTREES.....\$12

INGUDAY WAT እንጉዳይ ወን

Fresh mushrooms and brown lentils simmered in a spicy berbere sauce.

KAY SIR DINICH ቀደስር ዳንቲ

Potatoes and fresh beets stewed and blended with garlic, ginger and onions.

AYIB BE GOMEN ለደብ በጎመን

Fresh collard greens blended with Abay's homemade cheese.

AZIFAH አዘፋ

Whole brown lentils blended with diced onions, green peppers, cumin and a touch of fresh lime juice (served cold).

MISIR WAT ምስክር ወን

Red split lentils simmered in a spicy berbere sauce.

SHIRO WAT ሽቦ ወን

Finely ground split peas, lentils and chickpeas simmered in berbere and a combination of seasonings.

KIK ALITCHA ክክ አልጫ

Yellow split peas simmered in a mild and flavorful herb sauce.

BUTECHA ቡጥጫ

Ground chickpeas mixed with olive oil, diced onions and green peppers (served cold).

FOSOLIA ፍሶሊያ

String beans lightly spiced and sautéed with carrots, onions and potatoes.

TIKIL GOMEN ትካል ጎመን

Lightly spiced cabbage, carrots and tomatoes stewed in a mild sauce.

YE' ABESHA GOMEN የእበሽ ጎመን

Kale, peppers, ginger, garlic and onions slow-cooked in a mild sauce.

DESSERTS

DAILY SPECIALS የሥላሳ ስፔሻል

Please ask your server about today's dessert selections.

BEVERAGES

COFFEE ቡና

Ethiopian coffee brewed from Yirgacheffe beans with a dash of cloves. **\$2.5**

YEKEMEM SHAI የፋመም ሻይ

Naturally decaffeinated tea brewed with cinnamon, cardamom and cloves (served hot or iced). **\$2.5**

SODA ለስላሳ ማሽን - **\$1.75**

ICED TEA ቀዝቃዛ ሻይ - **\$1.75**

JUICE ግጥራ - **\$2.5** per glass