

TEFF

ERITREAN & ETHIOPIAN
cuisine

84 WEST PARK PLACE
STAMFORD, CT 06901
203.998.7474 | TEFFSTAMFORD.COM

Stamford Summer Restaurant Week

DINNER FOR TWO \$55

WED-SAT: 5:00PM TO 9:30PM

SUN: 5:00PM TO 8:30PM

Vegan Dinner for Two

SERVED ON GLUTEN-
FREE INJERA

SELECT ONE APPETIZER

KOMIDERE FITFIT

Chopped injera mixed with diced tomatoes, red onions, garlic, jalapeños, olive oil & lemon juice

FUL - fava beans simmered with garlic and cumin with red onions, tomatoes and jalapeños, topped with olive oil and berbere spice (medium)

TEFF DIPS CHOOSE ONE SERVED WITH INJERA CHIPS

AZIFA - Cold lentils slow cooked in ethiopian mild curry and spices (mild)

KEYSIR - Flavorful beets slow-cooked in garlic, ginger and mitmita (medium)

KATENGA

Rolled strips of injera coated with berbere and clarified spiced butter or olive oil for vegan option (medium)

MAIN ENTREE

For the vegan tasting for two people, select four items from the list below that will be portioned for two persons

ATKILT | አታክልት (AHT-KILT)

a medley of cabbage, green beans, potatoes and carrots simmered in a ethiopian curry sauce (mild)

BIRSIN | ቢርሲን (BEER-SIN)

whole brown lentils simmered in a sauce of ethiopian curry and herbs (mild)

GOMEN | ጎመን (GO-MEN)

collard greens simmered in a mild sauce seasoned with spices and herbs (mild)

DINICH | ድንቸ (DIN-ITCH)

potatoes and roasted okra simmered in berbere with ethiopian flaxseeds and herbs (spicy)

KEYSIR | ቀይስር (KAY-SIR)

beets slow-cooked in garlic, ginger and berbere (med)

SHIRO | ሻሮ (SHE-ROO)

pureed fava beans, chickpeas and split peas with red onions, garlic and berbere (mild/medium)

FUL | ፉል (FULL)

fava beans simmered with garlic and cumin with red onions, tomatoes, and jalapeños. topped with olive oil, berbere spice (medium)

KIK ALETCHA | ክክ አልጫ (KICK-AH-LEECH-AH)

yellow split peas simmered in a mild flavorful garlic, onion and ethiopian curry sauce (mild)

TIMTUMO | ቲምቱም (TIM-TOO-MO)

red split lentils simmered in a berbere (med/spicy)

INGUDAI TIBS

እንጉዳይ ጥብስ

(IN-GOO-DAI TIBS)

portobello mushrooms sauteed red onions, garlic, jalapeno peppers, tomatoes, herbs and spices. Choose spice level: mild, medium, spicy

If you select ingudai tibs as one of the four vegan options, it will be an upcharge of \$10

+\$10
upcharge



Meat Dinner for Two

Main Entree Only

SELECT TWO STEWED DISHES

SIGA WAT | ሲጋ ዋት (SI-GAH WAHT)

cubed top-round beef slow-simmered in a berbere stews with clarified spiced butter, olive oil & seasoned with spices and dried herbs (spicy)

DORHO WAT | ዶሮ ዋት (DOOR-HO WAHT)

cubed top-round beef slow-simmered in an ethiopian curry stew with clarified spiced butter, olive oil and seasoned with spices, rosemary and herbs (mild)

SIGA ALETCHA | ሲጋ እልጫ (SI-GAH AH-LEECH-AH)

cubed top-round beef slow-simmered in an ethiopian curry stew with clarified spiced butter, olive oil and seasoned with spices and herbs (mild)

DORHO ALETCHA | ዶሮ እልጫ (DOOR-HO AH-LEECH-AH)

cubed top-round beef slow-simmered in an ethiopian curry stew with clarified spiced butter, olive oil and seasoned with spices, rosemary and herbs (mild)

Speciality meat options are +\$10 upcharge each

BEY'GEY ALETCHA | በገ እልጫ (BAY-GAY AH-LEECH-AH)

cubed chunks of lamb slow-simmered in an ethiopian curry stew with clarified spiced butter, olive oil and seasoned with spices, rosemary and herbs (mild)

TEL WAT | ቴላ ዋት (TELL - WAHT)

cubed chunks of goat slow-simmered in a berbere stew with clarified spiced butter, olive oil and seasoned with spices and dry herbs (spicy)

SELECT THREE VEGAN OPTIONS FROM THE OTHER SIDE TO INCLUDE WITH THE MEAT TASTING

Wine for Two

ONE GLASS PER PERSON

BY THE GLASS

reds

PIPENO 'AUPA'

2021 | Pais/Carignan | Maule Valley, Chile

PASAEI BLEND

2019 | Karasakiz, Cabernet, Çalkarası | Istanbul, Turkey

whites

MOUNT RILEY

2022 | Sauvignon Blanc | Marlborough, New Zealand

RAVINES

2020 | Dry Reisling | Finger Lakes, New York

ROSE SANGRA