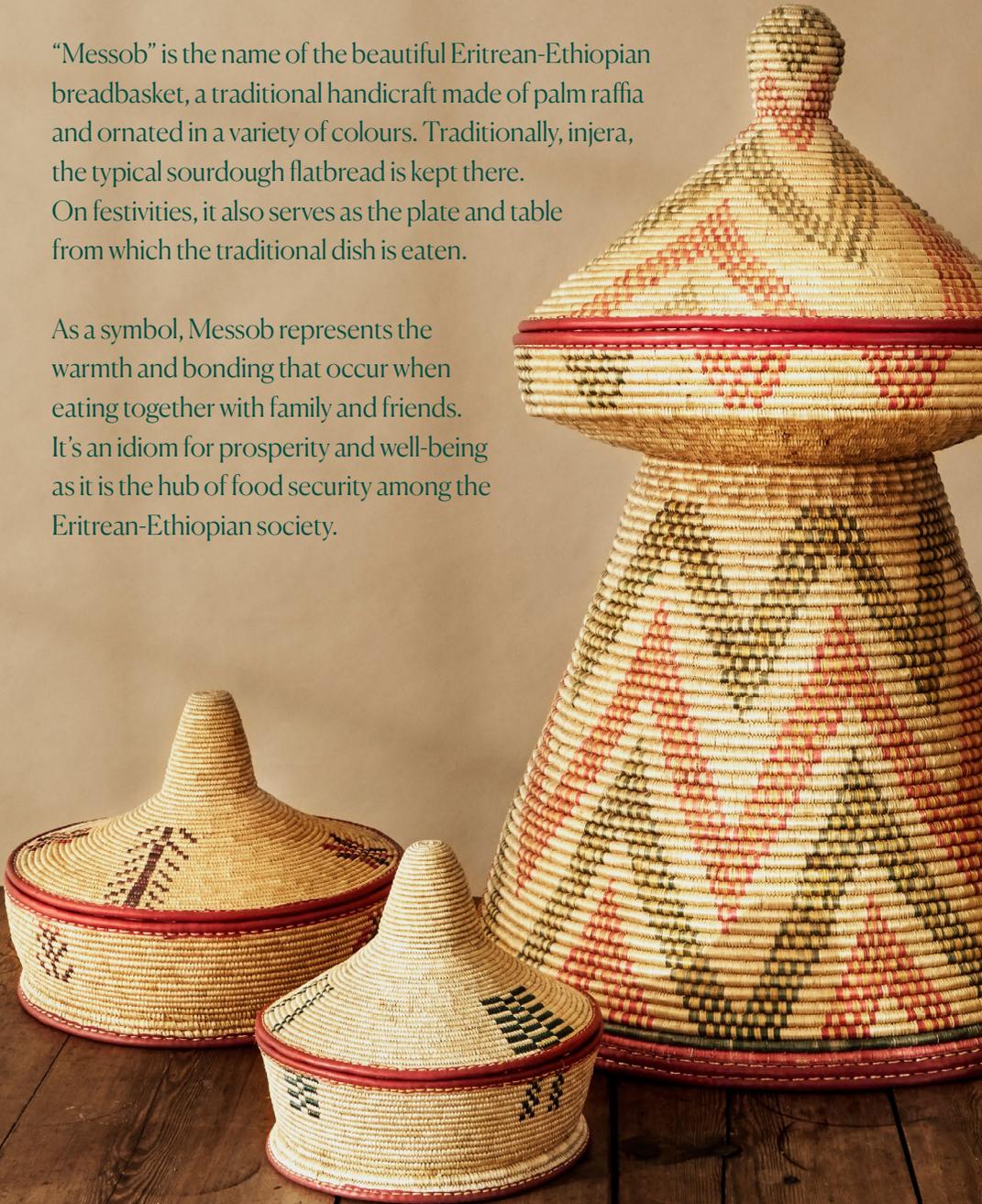


# Messob

“Messob” is the name of the beautiful Eritrean-Ethiopian breadbasket, a traditional handicraft made of palm raffia and ornated in a variety of colours. Traditionally, injera, the typical sourdough flatbread is kept there. On festivities, it also serves as the plate and table from which the traditional dish is eaten.

As a symbol, Messob represents the warmth and bonding that occur when eating together with family and friends. It’s an idiom for prosperity and well-being as it is the hub of food security among the Eritrean-Ethiopian society.





### *The restaurant*

Messob Restaurant is a family-run restaurant. It was founded by the two brothers Kaleb and Eyasu Kifleyesus together with their mother, Genet. It was Genet who carefully created the recipes and prepared the meals.

In 2019 they received the Uppsala Nya Tidning's honorary prize "Guldkajan" for their well-tasting and well-cooked traditional dishes from Eritrea and Ethiopia.

Since 2019, Messob Restaurant is run by the Weldemicael family with the same recipes and the same ambition to serve their guests with the highest quality of traditional Eritrean-Ethiopian dishes.



### *The dishes*

The dishes consist of different types of stews, some with meat, others vegan. They are served on injera, the traditional pancake formed sourdough flatbread. Instead of cutlery, you may use pieces of injera to pick up bites of food; we happily explain to you how to enjoy your meal in this traditional manner to eat and kindly remind you to wash your hands before the meal. Do you have any allergy? Then, please ask us about the ingredients.

### *Beer and wine*

Messob proudly presents a long list of African beers, featuring brews from all of Africa, from Marocco in the North to South Africa in the South. They have been carefully selected to provide an authentic African experience. Our wines are offered exclusively at Messob and are not available at Systembolaget. We import them directly from South Africa. Our very own sommelier has handpicked the best South African wines.

### *Coffee and tea*

Ethiopian coffee is the national drink in both Eritrea and Ethiopia, an incomparable strand in social life and the heartbeat of Ethiopia's agricultural economy. At Messob you can enjoy the rich, fruity flavour of what many consider the world's best coffee.

We hope that you will enjoy your meal along with good company and a stimulating conversation, here with us at Messob.

*Warm wishes*  
*The Weldemicael family*



*Starters*

**Sambussa (3st)**

87 SEK

Pastry filled with spiced beef, green chili pepper and onion.  
Served with our house yoghurt.

**Vegan Sambussa (3st)**

87 SEK

Pastry filled with brown lentils, green chili pepper and onion.  
Served with our house yoghurt.



### *Main dishes*

All main dishes are served with injera – the traditional sourdough flatbread made of water, yeast, and several grains, including teff.

### *Mix dishes*

Our popular mix dishes give you the opportunity for tasting a little bit of several dishes from the Eritrean/Ethiopian cuisine. You may choose either two meat stews and two vegetable stews or four vegetable stews from the single dishes on the following pages.

Instead of eating from single plates, several people can enjoy the meal the traditional way – by sharing. Then the meals are served on one large shared platter.

### **Messob mix**

You may choose two meat stews and two vegetable stews from the single dishes on the following pages.

Separate plates	245 SEK/pers.
Shared plate (2-5 pers)	239 SEK/pers.

### **Messob vegan mix**

You may choose four vegetable stews from the separate dishes on the following pages. All vegetable stews are vegan.

Separate plates	235 SEK
Shared plate (2-5 pers.)	229 SEK/pers.

*Do you have any allergies? Feel free to ask us about the content of the food*



### Single dishes

All single dishes are served with injera either as main dishes on their own or as included in the Messob mix and Vegan mix (see previous page).

#### Beef

### Zigni/Key Wot 175 SEK

Beef stew, cooked in berbere\* sauce with Messob's homemade spiced butter. *Medium hot.*

Local meat from Lövsta Kött. 

### Minshetabish 175 SEK

Traditional beef stew with a taste of East African spices & our homemade spiced butter. Served with Hamli. *Mild.*

Local meat from Lövsta Kött. 

### Tibs/Kulwa 189 SEK

Shredded beef, stir-fried with onion, fresh tomatoes, green chili pepper, garlic & our homemade spiced butter. *Mild.*

Local meat from Lövsta Kött. 

#### Chicken

### Dorho Tsebhi/Doro Wot 175 SEK

Stew of bone-in chicken, cooked in berbere\* sauce with Messob's homemade spiced butter. Garnished with hard-boiled egg. *Medium hot.*

Swedish chicken from Kronfågel. 

\* Berbere is a traditional spice blend with powdered chili pepper, garlic and onion.



*Vegan*

<b>Mixed Allitcha</b>	155 SEK
Vegetarian stew. A blend of boiled potato wedges, carrots, pepper and green beans in a mildly seasoned herb sauce. <i>Mild.</i>	
<b>White cabbage Allitcha</b>	132 SEK
White cabbage, stir fried with mild herbs and garlic. <i>Mild.</i>	
<b>Timtimo/ Misir</b>	155 SEK
Yellow lentils cooked with onion, garlic & herbs. <i>Mild.</i>	
<b>Shiro</b>	155 SEK
The East African farmer's traditional meal. Ground chickpeas cooked in a mild berbere sauce*. <i>Mild.</i>	
<b>Chickpea stew</b>	155 SEK
Chickpea in berbere sauce with onion, cooked with Messob's spice blend. <i>Medium hot.</i>	
<b>Silsi/Tsom wot</b>	155 SEK
Berbere* sauce with onion, cooked with Messob's spice blend. <i>Medium hot.</i>	
<b>Green lentil stew</b>	155 SEK
Green lentil cooked with onion, garlic and herbs. <i>Mild.</i>	
<b>Hamli/ Gomen</b>	160 SEK
Fresh spinach cooked in oil, mild herbs & a touch of garlic. <i>Mild.</i>	
<b>Soya stew</b>	160 SEK
Soya meat in Silsi/Tsom wot. <i>Medium hot.</i>	
<b>Ground Soya Stew</b>	160 SEK
Stew with ground soya, stir-fired with onion, garlic & herbs. <i>Mild.</i>	

\* Berbere is a traditional spice blend with powdered chili pepper, garlic and onion.



*Sideorders*

**Ayib**

30 SEK

Traditional crumble cheese.

An excellent pairing with the medium hot meals.

**Komidere/Timatim selata**

75 SEK

Traditional salad of fresh tomatoes, onion,  
green chili pepper, fresh lime juice, oil and herbs.



*Desserts*

**The Happy Giraffe**

72 SEK

Tropical ice cream combination of passion and mango.

Vegan friendly. Organic certified from Kalas Glass.



**Tartufu Chocolate**

82 SEK

Chocolate ice cream with a core of Italian zabaglione cream\*, covered with Hazelnuts and cocoa.

**Tartufu Lemon**

82 SEK

A core of Limoncello cream covered with lemon ice cream and finely chopped meringue.

**Messob Avec**

155 SEK

Choose amongst our spirits (4cl), with Coffee and chocolate truffle.

**Chocolate truffle**

25 SEK

Dark chocolate truffle.

*\*Zabaglione crème is an Italian dessert made from egg yolks, sugar and sweet liqueur.*



## Beverages

### Hot

Ethiopian coffee	32 SEK
Espresso single	27 SEK
double	32 SEK
Ethiopian Chai-tea	32 SEK
Rooibos, red tea	32 SEK
Mint, green tea	32 SEK

### Ale

Morocco Ale

*Rich with spicy aromas of  
cardamom and ginger.*

50 cl, 5,5% 109 SEK

### Cold

Soda	30 SEK
Iced tea, mango	30 SEK
Tropical juice	30 SEK
Orange juice	30 SEK
Sparkling water, lemon	30 SEK
Alc. free/light beer	35 SEK

### Stouts

Guinness, Foreign Extra

*Character of roasted malt  
and dark berries.*

Nigeria, 33 cl, 7,5% 89 SEK

Lion Stout

*Rich, strong with elements of  
coffee and cocoa.*

33 cl, 7,5% 89 SEK

Owusu dark, Benin

*Fruity flavours of citrus,  
papaya and mango*

33 cl, 6,5% 89 SEK



## Beers

Asmara Lager, Eritrea

*Aromas of sugar and honey, with hints of citrus.*

33 cl, 5,0% 87 SEK

Casablanca Premium, Morocco

*Slight bitterness with taste of barley and caramel.*

33 cl, 5,0% 87 SEK

Habesha Beer, Etiopien

*Smooth with bitterness of hops.*

33 cl, 5,0% 87 SEK

Gulder Premium, Nigeria

*Brewed from Durra, a Nigerian type of grass, with pleasant sweetness.*

60 cl, 5,2% 124 SEK

Star Premium Lager, Nigeria

*Light malty flavour with a hint of herbs.*

60 cl, 5,1% 124 SEK

St. Georges Beer, Etiopien

*Fruity with a little bitterness.*

33 cl, 4,5% 87 SEK

Windhoek Lager, Namibia

*Slightly sweet with hints of bitterness of hops.*

33 cl, 4,0% 87 SEK

Tusker, Kenya

*Refreshing with flavours of citrus.*

50 cl, 4,2% 107 SEK

## Semi-Dark

Akosombo, Premium Lager,

Ghana

*Heavier with hints of orange.*

33 cl, 5,5% 89 SEK

## Special

Coconut-Beer, Ghana

*Fresh taste of citrus with a pleasant undertone of coconut.*

33 cl, 5,5% 89 SEK

Serengeti-Beer Mango,

Tanzania

*Light sweetness combined with hints of citrus and mango.*

33 cl, 5,1% 89 SEK



## Wines

### Red Wines

Cellar Road, Shiraz

Western Cape, South Africa

*Soft and round. Scent of wild berries and spices Fruity taste of dark plums and cherries with appropriate tannin content and a pleasant aftertaste.*

82/320 SEK

Darling Cellars Cabernet-Merlot

Western Cape, South Africa

*Comprehensive all-around wine with blueberries, Forest halls and light chocolate. Good for our vegan dishes and as a company's wine.*

320 SEK

Darling Cellars Premium

Pinotage

Darling, South Africa

*Elegant and tasty with hints of smoke and roasted barrels and hints of blackberries. Suitable for our starters and less spicy main courses*

335 SEK

### White Wines

Darling Cellars Chenin Blanc-Sauvignon Blanc

West Coast, South Africa

*Fruity and balance with tones of yellow apples, grass and lime. Fits both as aperitif and to the vegetarian dishes.*

82/320 SEK

Cellar Road, Chardonnay

Western Cape, South Africa

*Initially a subdued bouquet opens up to aromas of tropical fruit such as waterlemon skin, passion fruit and pineapple. Goes best alongside with the vegan dishes.*

330 SEK

### Sparkling

Pongrácz, Brunt

Western Cape, South Africa

*A crispy & dry sparkling wine with notes of citrus. Wonderful as an aperitif, but is also an excellent pairing with our vegan dishes.*

390 SEK





## Guldkajan's Honorary Award 2019

*was awarded to Messob with the motivation:*

“To enter the restaurant is to travel a long way but without the cost of a flight. Well-cooked and tasty traditional dishes that go with the times are served with care. Messob's genuine food has for many years given the people of Uppsala a chance to taste and experience Ethiopia and Eritrea with all of their senses.”



The Kifleyesus and Weldemicael families at the award ceremony

*Photo: Staffan Claesson*