

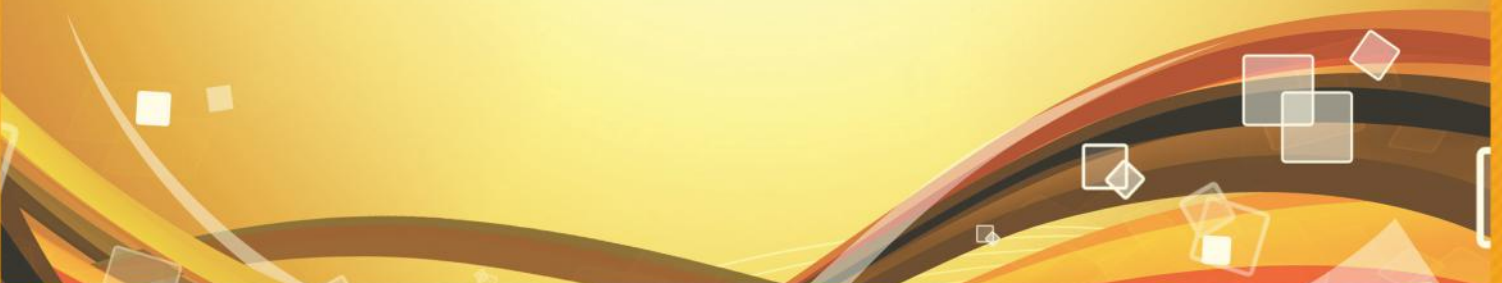


Lalibela Restaurant

www.lalibelaethiopianrestaurant.com
1202 Danforth Ave. 416-645-0486

Lalibela is a small, traditional village in the mountainous northern region of Ethiopia, about 700 kms north of the main city of Addis Ababa. The village is a sacred place of devotion for Ethiopian Christians and is known world-wide for its beautiful, mysterious churches carved out of the region's red volcanic rock. Dating back to the 12th and 13th centuries and arguably one of the 8th wonders of the world, the masterful engineers, architects and builders of the churches of Lalibela are unknown and will forever remain lost to history.

Visiting Lalibela is like landing in a scene in the Old Testament: donkeys laden with goods brought from the surrounding countryside move through the streets among the priests and monks, who are responsible for sustaining and protecting the churches. Some of the most delicious food in Ethiopia comes from this tiny, historical village and we have brought it here to you, at Lalibela Restaurant. All of our spices are lovingly hand dried, roasted, ground and mixed in our home village in Ethiopia and then shipped fresh to here, to our Lalibela in Toronto. So, have a glass of Tej and relax and enjoy!



The coffee plant, *Coffea arabica*, originates in Ethiopia, making Ethiopia the birthplace of Coffee.

According to legend, the 9th-century goat herder Kaldi discovered the coffee plant after noticing the energizing effect the plant had on his flock,



Try Our
Coffee Ceremony \$10.00

Lalibela Dictionary

Alicha: a mild stewing sauce, made of garlic, ginger, turmeric and other mild spices.

Atakilt: cabbage, carrot and potatoes, stewed with alicha.

Awazie: dark, spicy paste used for dipping made from a mix of berbere, garlic and wine.

Ayibe: Ethiopian cheese, similar in texture to crumbled feta. Mild flavour.

Berberere: Ethiopia's version of a 'curry' spice mixture, a hot combination of roasted and ground chili pepper, paprika, garlic, ginger, fenugreek, cardamom, nutmeg, cinnamon, cloves and allspice.

Lalibela's berbere is homemade in Ethiopia and shipped fresh to Toronto.

Dullet: tripe

FirFir: shredded injera mixed or stewed with vegetables or meats.

Gomen: collard greens sautéed with butter, chili and spices.

Gored Gored: cubed beef served rare in berbere sauce.

Injera: a spongy flatbread, made from teff. The flavour of injera is similar to sourdough however, its look and texture is more like a pancake. Injera is eaten with most stews. Gluten free.

Kenche: a steamed grain similar to couscous.

Kesir: beet stew.

Kik: stewed yellow split peas.

Kita: crispy flatbread, made from teff and barley, traditionally eaten for breakfast.

Kitfo: Ethiopia's version of steak tartare, raw meat is ground or diced and marinated in mitmita.

Mesir: stewed red lentils or yellow split peas. Served Wat (red and spicy) or Kik (yellow and mild).

Mitmita: hot spice mixture, similar to berbere.

Niter Kibbeh: clarified butter infused with ginger, garlic and other fresh spices like cumin, coriander and nutmeg.

Shiro: a staple of Ethiopian cuisine, dried and ground chickpeas are mixed with delicious spices.

Lalibela's shiro is hand made by our family in Ethiopia.

Teff: an ancient northern African grain that is milled into flour and is the base of most Ethiopian breads. *Gluten free.*

Tej: a mild, sweet wine, made of honey and hops.

Tibs: sautéed meat and vegetables.

Wat: Ethiopia's version of spicy curry stew, made with berbere and niter kibbeh.

Yebeg Wat: lamb stew.

Yemesir Wat: stewed red lentils.

Quanta: beef jerky in berbere spices.

Breakfast / ቁርስ

1 Ful / ፋል

A bowl of fava beans sautéed with onions, green pepper and yogurt. Served with white whole wheat bun. \$6.00



2 Firfir Special / ፍርፍር

Your choice of meat or vegetable stew to accompany a rich sauce composed of tender slices of injera simmered in berbere. Served on a platter of injera. \$10.00



3 Quanta Firfir / ቋንጣ ፍርፍር

Air-dried beef simmered with slices of injera in a berbere sauce. Served on a platter of injera with a dollop of yogurt. \$12.00

4 Kenche / ቂንቄ

A hearty bowl of steamed grain, similar to couscous, blended with aromatic butter. \$6.00



5 Kita / ቂጣ

A bowl of crispy, tasty flatbread stewed with aromatic butter, berbere and yogurt. \$8.50

6 Scrambled Eggs / አንቁላል ፍርፍር

Four eggs, scrambled and simmered with onions, tomatoes, and jalapeno peppers. Served with a hearty whole wheat bun. \$ 6.50



7 Breakfast Platter (for one)

A platter of ful, kenche and scrambled eggs. Served with a dollop of yogurt. \$7.00

፩ ገዢ \$8.50

+ TAX

extra Injera \$1.50

Lunch & Dinner / ምሳ እና እራት

Vegetarian Menu

8. Vegetarian Platter Sampler / የጾም በያይነቱ

A sampling of 8 of our most popular vegetarian stews, served on a platter of injera, with iceberg lettuce, tomato and jalapeno salad.

for 1 person: \$12 for 2 people: \$20



8

9. Shiro with Gomen / ሽሮ በጎመን

dried and ground chickpeas are mixed with delicious spices. served with collard greens sautéed with butter, chili and spices.

for 1 person: \$12 for 2 people: \$17



10. Kik Wat / ከክ ወጥ

Steamed Peas with onions served with Injera \$10

11. Cabbage Wat / ጎመን ወጥ

Steamed Cabbage with onions served with Injera \$10

12. Yemisr Wat / የምስሮ ወጥ

Stewed red lentils. Served with Injera. \$10

13. Colard Gren / ኮላርድ ጎመን

Steamed and delicately seasoned with garlic and green chilies. Served with injera. \$10

14. Shuro Wat / ሽሮ ወጥ

dried and ground chickpeas are mixed with delicious spices. served with injera. \$12

15. Bozena Wat / ቦዜና ሽሮ

dried and ground chickpeas are mixed with delicious spices, **cubed beef meat**. served with injera.

for 1 person: \$13 for 2 people: \$17

Extra Vegetarian Side order: \$4 each



9



15

+ TAX

extra Injera \$1.50

Lunch & Dinner / ምሳ እና እራት

Chicken Dishes

All dishes served with Served with a side of injera and our tangy iceberg, tomato and jalapeno salad

16. Chicken Tibs and Shiro / ዶሮ በሽሮ

a hearty bowl of chicken stewed in a berbere, onion, garlic and ginger sauce. Served with a side of injera and iceberg, tomato and jalapeno salad. \$17

17. Chicken Tibs / የዶሮ ጥብስ

A hearty bowl of chicken stewed in a berbere, onion, garlic and ginger sauce. Served with a side of injera and iceberg, tomato and jalapeno salad. \$15

18. Chicken Firfir / የዶሮ ፍርፍር

pieces of injera soaked in chicken wat.
Served with Yogurt \$14

19. Special Ethiopian Chicken / የሐበሻ ዶሮ

Two chicken legs slow-cooked in a mixture of caramelized onions, berbere, garlic and ginger. Served with soft boiled eggs, cottage cheese, injera and our tangy iceberg, tomato and jalapeno salad. \$16

Lamb Dishes

All dishes served with Served with a side of injera and our tangy iceberg, tomato and jalapeno salad

20. Spicy Lamb Stew / የበግ ቀይ ወጥ

Tender lamb slow cooked in a berbere, onion, garlic and ginger sauce. \$14

21. Lamb Stew / የበግ አልጫ ወጥ

slow cooked with curry, ginger, garlic and aromatic butter. \$13

22. Lamb Tibs / የበግ ጥብስ

slow cooked with curry, ginger, garlic and aromatic butter. \$13

23. Special Lamb Tibs / ልዩ የበግ ጥብስ

Lamb barbecued with onions, garlic, ginger & jalapenos. \$13

24. Half and Half Wat / የበግ ቀይና አልጫ ወጥ

a platter of half spicy and half mild lamb stew. \$17

17



19



21



22



23



+ TAX

extra Injera \$1.50

Lamb Dishes

All dishes served with Served with a side of injera and our tangy iceberg, tomato and jalapeno salad

25. Dulet / ዱሊት

kitfo mixed with red onion, jalapeno, ginger and garlic. Served with injera. \$14

26. Lega Tibs / ሊጋ ቲብስ

lightly sauteed tender cubed pieces of lamb meat. \$14

27. Rib Tibs / ቸቻ

lightly sauteed tender cubed pieces of lamb, and French lamb ribs mixed with onion, garlic, tomatoes, and jalapeno pepper. \$16

25

27

28

Beef Dishes

All dishes served with Served with a side of injera and our tangy iceberg, tomato and jalapeno salad

28. Special Lalibela Kitfo / ልዩ የላሊበላ ክትፎ

Ethiopia's version of steak tartare, raw meat is ground or diced and marinated in a spicy, buttery aromatic sauce \$14

29. Zilzil Tibs / ሂሊሂሊ ቲብስ

slices of beef or lamb sautéed with onions, zucchini, carrots and green pepper. \$20

30. Yewaze Tibs / የአዋዜ ቲብስ

diced cubes of beef or lamb, pan fried with jalapeno and onions. Served with a side of awazie. \$14

31. Titanic Tibs Tibs / የታይታኒክ ቲብስ

beef or lamb barbecued with onions, garlic, ginger and jalapenos served in a decorative plate with a side of rice and awazie. \$14

32. Quanta Firfir / ቋንጣ ፍርፍር

air-dried beef simmered with slices of injera in a berbere sauce. Served on a platter of injera with a dollop of yogurt. \$14

29

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31

+ TAX

extra Injera \$1.50

Beef Dishes

All dishes served with Served with a side of injera and our tangy iceberg, tomato and jalapeno salad

33. ከዚም ካዚያም

ድርቆሽ ፍርፍር ሽር በቋንጣ ጥብስ ዱለት \$28

34. Majesty / ማጀስቲ

a dish eaten by Ethiopian royalty composed of kitfo, quanta firfir, beef tongue, bozena shiro, gommen, cottage cheese and served with injera.

for 1-2 people: \$28 for 3 people: \$38

35. Kitfo Dullet / ከትፎ ዱለት

kitfo mixed with red onion, jalapeno, ginger and garlic. Served with injera. \$14

36. Gored Gored / ጎረድ ጎረድ

Rare beef marinated in awazie and aromatic butter. \$18

37. Cornis / ኮርኒስ

a combination of Quanta firfir, kenché, cottage cheese, kitfo and gommen. Served with a side of injera. \$20

38. Raw Beef / ጥሬ ሥጋ

raw beef cubes served with awazie and mitmita dipping sauces and side of injera. \$15

39. Raw Beef Combo / ጥሬ ሥጋ

a dish of raw and a dish of cooked beef served with awazie and mitmita dipping sauces and side of injera.

for 1 person: \$15 for 2 people: \$25

40. Melasena and Sember / ሜላሰና ሰንበር

Beef tripe and tongue cooked in a mild green pepper, onion, garlic, ginger and jalapeno sauce. Served on platter of injera. \$20

36



37



38



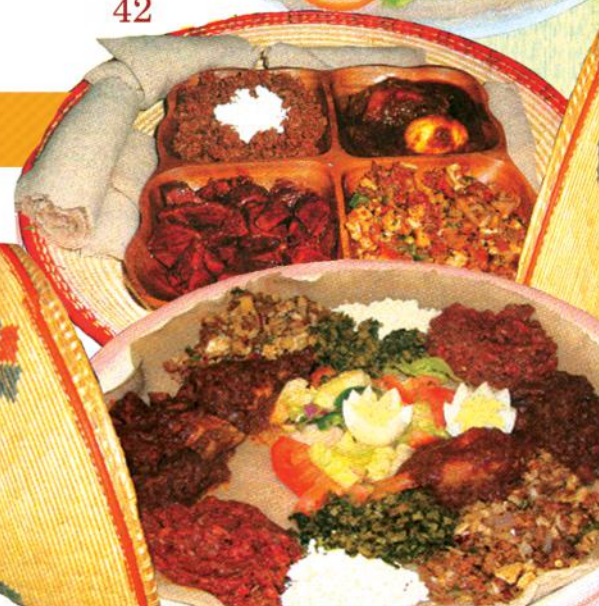
39



40



42



41

DAILY SPECIAL

41. Meat Combo / ስጋ በያየነቱ

Spicy chicken, lamb stew or beef stew, kitfo, dullet with gommen, and cottage cheese.

for 1 person: \$20 for 2 people: \$32

42. Bahelaine / ባህላን

Individual dishes of kitfo, dullet, spicy chicken and gored gored.

for 1 person: \$18 for 2 people: \$28

ባህልዎን እያስታወሱ የሚያጣጥሙት ወደር የሌለው ምግብ

+ TAX

extra Injera \$1.50

Beef Dishes

All dishes served with Served with a side of injera and our tangy iceberg, tomato and jalapeno salad

43. Lalibela Special (for two) / ላሊበላ ስፔሻል

a combination of spicy chicken, spicy lamb, ground beef, kesir and mesir wot. Served with hard boiled eggs.

Served on a platter of injera. \$25

44. Lunch Special (for two) / ልዩ ምላ

Spicy lamb and ground beef served with a side of cottage cheese. Served on a platter of injera. \$20

45. Tibs with Veggie Combo / ጥብስ ከአትከልት ጋር

Lamb stew served a variety of vegetarian stews. Served on a platter of injera \$17

46. Lalibela Platter / ላሊበላ ቦያይነቱ

a sampling of 5 of our most popular vegetarian stews with either beef or lamp stew and spicy chicken stew served on a platter of injera.

for 1 person: \$17 for 2 people: \$30

47. Mama in the Kitchen / እንደ እናቱ

a delicious combination of chicken stew or fish gulash, served with a sampling of five of our most popular vegetarian stews. Served on a platter of injera.

for 1 person: \$17 for 2 people: \$28

Fish Dishes

All dishes served with Served with a side of injera and our tangy iceberg, tomato and jalapeno salad

48. Fish Special / አሳ

your choice of either white fish, or tilapia, lightly fried. Served with bread \$23

49. Fish and Chips / አሳ ከቺፕስ

battered and deep fried white fish, served with a side of fries \$15

50. Asa Gulash / አሳ ጉላሽ

White fish stewed in a mild sauce. \$15

43



44



45



46



48



50



49



extra Injera \$1.50

+ TAX

Ethiopian/Canadian Dishes

51. Lalibela Chicken Burger

with slice of lettuce, and Tomato, side of fries \$8.50

52. Lalibela Double Chicken Burger

with slice of lettuce, and Tomato, side of fries \$8.00

53. Kitfo Sandwich

raw meat is ground or diced and marinated in mitmita served like a sandwich \$8.50

54. Grilled Chicken Sandwich

with slice of lettuce, and Tomato, side of fries \$10.00

55. Chicken Nuggets

served with a side of fries \$6.00

56. Chicken Wings

Garnished with green leaf, carrot and celery blue cheese deep. choice of Hot sauce or Honey Garlic \$10

57. Spaghetti

served with your choice of vegetable, beef, or tuna \$12

58. Chicken Soup Noodle \$5.50

59. Lentils Soup

green lentils, carrots, spinach, and onions served with bread.\$5.50

60. Rice with Chicken \$13

61. Rice with Fish \$13

62. Rice with Tibs \$13

51



52



53



54



55



57



TAKE-OUT

Beef / Lamb / Chicken Wat

Small \$10 Large: \$13

Vegetable Wat

Small \$8 Large \$11



56



59



+ TAX

63. **Rice with Chicken**.....\$12.00
 64. **Rice with Fish**.....\$13.00
 65. **Rice with Tibs**.....\$13.00

63



SALADS

1. **Tomato Salad** \$6.00
 Chopped Tomato, Onion, Green chili in Oil and Lemon dressing.
 2. **House Salad**..... \$5.00
 Cheese tomato, Lettuce Olive Oil in house dressing.
 3. **Greek Salad**.....\$7.00
 4. **Caesar Salad**..... Small \$5.70
 Large \$7.00

1



2



3



4



DESSERTS

1. **Fruit Salad** served in plate Small ...\$6.00
 Large.....\$10.00
 2. **Carrot Cake** (Vanilla or Chocolate)....\$4.00
 3. **Baklava**\$4.00
 4. **Ice Cream** bowl or cup \$3.50
 (Vanilla or Chocolate)

1L



1S



2 chocolate



3



2 vanilla



4



+ Tax

LIQUOR & BEVERAGES

WINE.....(6oz) WHITE & RED

1. L'Ambiance A glass \$8.00
1/2 liter wine..... \$18.00 750ml..... \$35.00
1 liter..... \$40.00
2. Leonardo - chianti red..... \$9.00
1/2 liter wine \$22.00 750 ml..... \$45.00
3. Merlot Donini A glass (7oz)..... \$8.00
1/2 liter..... \$20.00 750ml..... \$30.00
1Liter..... \$36.00
4. Rosemount state 1Liter..... \$36.00
5. Vidal Ice wine Bottle..... \$60.00
6. Partager A glass (7oz)..... \$9.00
1/2 liter.....\$22 1Liter..... \$36.00
7. Maria Christina A glass.....(6oz)..... \$8.00
1/2 liter..... \$18 750ml..... \$28.00
1 Liter..... \$30 1.5 Liter..... \$40.00
8. Plat D'or A glass(6oz)..... \$8.00
1/2 liter wine..... \$18 750ml..... \$30.00
1 liter..... \$35 1.5 Liter..... \$44.00
9. Valpolicella A glass(6oz)..... \$10.00
1/2 liter wine..... \$25 750ml..... \$40.00
1 liter..... \$50
10. Black Tower (Germany) A glass..... \$9.00
1 liter..... \$35
11. Yellow Tail Shiraz (Australia)A glass..... \$9.00
1/2 liter wine.....\$22 750ml..... \$40.00
12. Yellow Tail Marlot (Australia)A glass..... \$9.00
1/2 liter wine.....\$22 750ml..... \$40.00
13. Shiraz South Australia Glass of wine..... \$10.00
750ml..... \$60.00
14. Montecillo (Spain) A glass...\$9.. 750ml..... \$40.00
15. Chateau (France) A glass ...\$9.. 750ml..... \$47.00
16. Hatzimichalis (Greece) A glass.\$8 750ml..... \$40.00
17. Two Ocean (South Africa) A glass..... \$8.00
Bottle..... \$35.00

BOTTLE OF CHAMPAGNE

1. Domestic 1 Liter \$35.00
2. Premium Champagne..... \$100.00

BEER

1. Domestic \$4.50
2. Premium \$6.00
3. Imported \$5.00
4. Smirnoff Ice \$6.00
5. Tusker Kenyan beer \$8.00

COGNAC ----(1oz)

1. Courvoisier \$7.00
2. Remy Martini..... \$8.00
3. Hennessy \$7.00

+ Tax

LIQUOR(1oz)

1. Johnny Walker (Red Label) \$7.00
2. Johnny Walker(Black Label) \$7.00
3. Ray..... \$7.00
4. Chivas regal..... \$7.00
5. Canadian Club \$7.00
6. Brandy \$6.00
7. Vodka \$6.00
8. Gin \$6.00
9. Ouzo \$6.00
10. Sambuca \$6.00
11. Bacardi \$6.00
12. Rum \$6.00
13. Tequila \$7.00
14. Kahlua..... \$7.00
15. Bailleurs \$7.00
16. B52 \$7.00
17. Grand Mariner..... \$7.00
18. Grey Goose Vodka..... \$7.00
19. Martini \$7.00

Any choice of Cocktail\$8.50

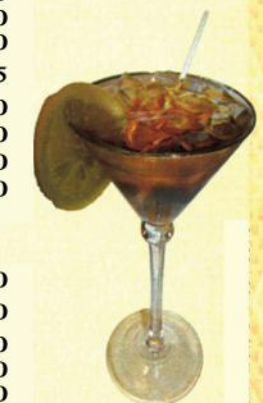
BEVERAGES

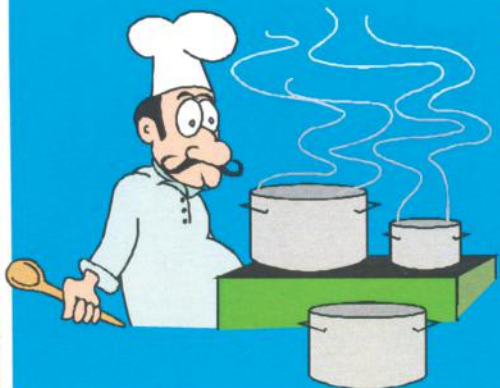
1. Assorted Juice \$3.75
2. Apple Juices..... \$2.50
3. Mango..... \$3.00
4. Guava \$3.00
5. Cranberry \$2.50
6. Mango with Cranberry..... \$3.75
7. Mineral Water \$3.00
8. Perrier \$3.00
9. Pop Drinks \$2.50
10. Ice Tea \$2.50

HOT DRINKS

1. Special Hot Tea..... \$2.50
2. Fresh Ginger Tea \$3.00
3. Regular Tea \$2.50
4. Milk \$2.00
5. Coffee \$2.50
6. Espresso \$2.75
7. Cappuccino \$2.50
8. Café Late \$2.75
9. Special Café Late \$3.50
10. Macayto \$2.50

Ethiopian
Honey (Tej)
glass \$9.00,
bottel
\$35.00





Kids MENU Kids!

Have you tried
Ethiopian delicious foods?
It's yame! It tastes good.
Try it



1. Chicken Burger with Fries, Ketchup slice tomato \$6.00
2. Chicken Wings \$9.99
3. Tibs Kids size \$9.99
4. Kitfo Kids size \$9.99
5. Doro Tibs kids size \$9.99
6. Dullet kids size \$9.99
7. Alich Wat \$9.99

Daily special for Kids

8. Tibs, Kito, Alich wat and Cabbage \$10.00
9. Maccaroni cheese \$6.00
10. French Fries (small size) \$4.00
11. Grilled chicken Sandwich \$6.50
12. Kitfo sandwich \$4.50
13. Habesha steak (Beef Tung Tibs) \$7.00

No Salad for children's Ice Cream

14. Ball of Ice Cream \$3.00
Vanilla or chocolate

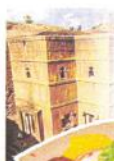


We have a
Gift Certificate
for Family & Friends
a Value of different price



LALIBELA
Restuarant
Gift Certificate
Record

Value of \$ _____
Date: _____
Number: _____



Gift Certificate

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LALIBELA
Restaurant
869 Bloor St. West
Toronto, On. M6G 1M4
Tel: 416 535 6615



Value of \$ _____
Number: _____