



Welcome to

LALIBELA CUISINE

www.lalibelacuicine.com

1214 Danforth Ave. Tel: 416 645 0486

LALIBELA is small, traditional village to 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 about of the region's red volcanic rock. Dating back to the 12th 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 sustain 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 Ethiopian and then shipped fresh to here, to our Lalibela in Toronto. So, have a glass of Tej and relax and enjoy!



The coffee plant, coffee Arabica, originated in Ethiopia, making Ethiopia the birthplace of coffee.

**Try our coffee Ceremony
for 2...\$20 for four ...\$30**

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

Lalibela Glossary of General Terms

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 flavor.

BERBERE: Ethiopian'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 home-made 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: spongy flatbread, made from teff. The flavor 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: steamed grain similar to couscous.

KEYSIR: beet stew.

KIK: stewed yellow split peas.

KITA: crispy flat bread, made from teff and barley, traditionally eaten for breakfast.

KITFO: Ethiopian'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.

TEFF: an ancient northern African grain that is milled into flour and is the base of most Ethiopian bread. 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.

SPECIAL



1. SPECIAL VEGETARIAN COMBO

(ልዩ የጾም በያይነቱ)

For 2 Person **\$38.00**

A sampling of 6 of our most popular vegetarian stews (Split Peas, Red Lentils, Shero, Cabbage, Kale and Beets) served on a platter of injera with tofu.



2. FAMILY PLATTER (የቤተሰብ ገበታ)

For 1 Person**\$28.00**

For 2 Person.....**\$54.00**

Spicy chicken stew, lamb stew, key wot and four popular vegetable dishes, spicy lentils, spinach, yellow split peas and cabbage. Served with injera.



3. MAKE YOUR OWN PLATTER

(እራስዎ ይምረጡ) Choose your plater from seven different dishes. (3 meat and 4 Vegi)

For 1Person**\$33.00**

For 2 Person**\$58.00**



4. LALIBELA SPECIAL

(ሌሊበላ ስፔሻል በመሰብ)

For two..... **\$74.00**

All inclusive (Appetizer, 2 glass of wine and dessert) A combination of spicy chicken, lamb, ground beef, beet, stew, red lentil, cabbage. Served on a platter of injera.

5. LALIBELA PLATTER (ሌሊበላ በያይነቱ)

FOR 1 PERSON **\$28.00**

FOR 2 PERSON..... **\$50.00**

A sampling of 5 of our most popular vegetarian stew (Red Lentils, Cabbage, Split Peas, Beets and Kale) with a spicy chicken, and either beef or lamb served on a platter of injera.



Extra veggi side order **\$7.00** each + TAX | Extra injera **\$2.00**
Gluten Free injera **\$4.00**

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VEGETARIAN MENU



7 VEGETARIAN PLATTER

(የጾም ቢያይነቱ)

For 1 Person (half size)..... \$12.00

For 1 Person \$18.00

For 2 Person.. \$34.00

A sampling of 8 of our most popular vegetarian stews, (Split Peas, Red Lentils, Shero, Cabbage, Kale, Beet, potato

and carrot) served on a platter of injera,

7



8. SHURO WITH KALE (ሸሮ ገመን)

For 1 Person ...\$17.00 For 2 Person... \$29.00

Dried and ground chicken peas mixed with delicious spices served with kale with injera

9. BEETS (ቀይ ስር)..... \$15.00

Fresh beets and potastoes cooked with onions, tomatoes,

9



10. SPLIT PEAS (ክክ ወጥ)..... \$16.00

Steamed peas with onions, Served with Injera.

11. CABBAGE WAT (ገመን ወጥ)\$15.00

Steamed Cabbage with onions served with Injera.

11



12. RED LENTILS WAT (የምስር ወጥ) ... \$16.00

Sewed red lentils. Served with Injera.

13. KALE (ኮላርድ ገመን) \$16.00

Steamed and delicately seasoned with garlic and ginger. Served with Injera.

13



14. SHURO WAT (ሸሮ ወጥ) \$16.00

Dried and ground chickpeas mixed with delicious spices. Served with injera.

CHICKEN AND LAMB DISHES

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CHICKEN DISHES

All dishes served with a side of injera.

15. **CHICKEN TIBS (የዶሮ ጥብስ)..... \$23.00**

A hearty bowl of chicken breast stewed in a berbere, onion, garlic and ginger sauce. Served with a side of injera.

15



16. **SPECIAL ETHIO CHICKEN (የሐበሻ ዶሮ)...\$25.00**

Two chicken legs slow-cooked with a mixture of caramelized onions, berbere garlic and ginger. Served with two boiled eggs and two drumstick. Served with injera.

16



17. **CHICKEN FIRFIR OR TIBS FIRFIR**

(የዶሮ ወይንም የጥብስ ፍርፍር).....\$23.00

LAMB DISHES

All dishes served with a side of injera.

18. **SPICY LAMB STEWED (የበግ ቀይ ወጥ)...\$23.00**

Tender lamb slow cooked in a berbere, onion, garlic and ginger sauce

19. **LAMB STEW (የበግ አልጫ ወጥ).....\$23.00**

Slow cooked lamb with curry, ginger and aromatic butter.

20. **KEY TIBS (የበግ ቀይ ጥብስ)..... \$25.00**

Mild spicy slow cooked lamb with curry, ginger, garlic and aromatic butter.

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21. **SPECIAL LAMB TIBS (ልዩ የበግ ጥብስ)...\$23.00**

Lamb slow cooked with onions, ginger. Garlic, jalapenos and aromatic butter.

22. **HALF AND HALF WAT**

(የበግ ቀይና አልጫ).....\$25.00

A platter of half spicy and half mild lamb stew.

22



23. DULLET (ዱለት) Half size\$14
For 1 Person..... \$25.00
 Lamb stomach mixed with beef
 red onion, jalapeno, ginger and garlic.
 Served with injera.



23

24. MAGESTY 4 in 2 (ንጉሥ)
For 2 Person\$52.00
For 4 Person..... \$98.00
 Dulet, Kitfo, Quanta firfir and Cha cha.

25. RIB TIBS (CHACHA) (የቻቻ).....\$25.00
 Bareque cooked cubed tender pieces of lamb
 meat and ribs mixed with onion, garlic,
 ginger and jalapeno pepper.



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26. SPECIAL LAIBELA KITFO Half size\$14
(ልዩ ለሊበላ ክትፎ)..... \$23.00
 Ethiopia's version of steak tartare,
 raw or medium cooked meat is ground or
 diced and marinated in a spicy,
 buttery aromatic sauce.

25

27. QUANTA FIRFIR (ቋንጣ ፍርፍር).....\$25.00
 Air dried beef simmered with
 sliced of injera in a berbere sauce.
 Served on a platter of injera
 with a dollop of yogurt.



28. YAWAZE TIBS LUNCH SPECIAL
(የአዋዜ ጥብስ).....23.00
 Diced cubes of beef or lamb,
 pan fried with jalapeno and onions,
 Served with a side of awaze.

26



29. TITANIC TIBS (ታይታኒክ ጥብስ).....\$23.00
 Beef or lamb barbecued with onions, garlic,
 ginger and jalapeno served with injera.

30. ZILZIL TIBS
(ዝሊዝ ጥብስ).....\$25.00
 Slices of beef or lamb cooked with onions,
 zucchini, carrots and green pepper.

30



BEEF DISHES

31. SHEWA PLATTER (ሸዋ በያይነቱ)

FOR ONE**\$25.00** For two.... **\$48.00**
Your choice of Key tibs. and ketfo or
Dulet or chacha

32. KITFO DULET (ክትፎ ዱለት)....**\$24.00**

Ground beef with red onion, jalapeno. Ginger and garlic. Served with injera.

33. GORED GORED (ጎረድ ጎረድ)....**\$25.00**

Rare beef marinated in awaze and aromatic butter.

34. CORNIS (ኮርኒስ)

FOR 1 PERSON**\$24.00**

FOR 2 PERSON.....**\$34.00**

A combination of quanta firfir, kenche, cottage cheese and kitfo.

35. RAW BEEF COMBO

(ግማሽ ጥሬ ግማሽ ለጋ ጥብስ)

FOR 1 PERSON **\$22.00**

FOR 2 PERSON..... **\$39.00**

A dish of raw and a dish of cooked beef served with awaze and mitmita dipping sauce and side of injera.

36. MELASENA SEMBER

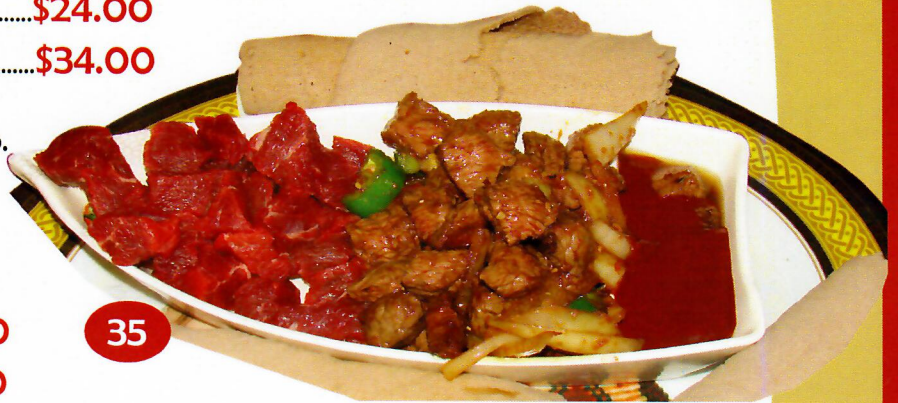
(ምላስና ሰንበር).....**\$25.00**

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

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37. MEAT COMBO (የሥጋ በያይነቱ)

FOR 1 PERSON \$28.00

FOR 2 PERSON..... \$56.00

A combination of 5 popular meat spicy chicken, spicy beef, lamb stew, kitfo and dullet with spinach Served with a platter of injera.

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38. BAHELAINE (ባህሌን)

FOR 1 PERSON..... \$25.00

FOR 2 PERSON..... \$45.00

Individual diehes of beef, dullet, chicken kitfo and sliced raw beef.

38



39 LALIBELA SPECIAL (ላሊበላ ስፔሻል)

FOR 2 PERSON..... \$42.00

A combination of spicy chicken, lamb, ground beef, beet, stew, red lentil, cabbage served on a platter of injera.

40. TIBS WITH VEGE (ጥብስ ከጾም ምግብ ጋር)

FOR 1 PERSON..... \$25.00

FOR 2 PERSON..... \$45.00

A combination of tibs with Vege served on a platter of injera.

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41. BOZENA SHURO (ቦዛና ሻሮ)

For 1 Person ...\$17.00 For 2 Person...\$29.00

Dried and ground chickpeas mixed with delicious spices. Cubed beef meat. Served with injera.

43. MAMA IN THE KITCHEN

(እንደናቴ ጓዳ) FOR 1 PERSON\$23.00

FOR 2 PERSON.....\$42.00

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

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44. FISH SPECIAL (ልዩ ዓሳ).... \$26.00

Your choice of either white fish or tilapia, lightly fried. Served with bread.

44



45. FISH AND CHIPS(ዓሳ በድንቻ)..\$20.00

Battered and deep fried white fish, served with a side of fries.

46. ASA GULASH (ዓሳ ጉለሽ)..... \$25.00

White fish stewed with mild sauce served with injera.

ETHIOPIAN CANADIAN DISHES

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47. LALIBELA CHICKEN BURGER

(ለሊበላ የጾሮ በርገር)..... \$15.00

With sliced of lettuce, and tomato fries at the side.

48. KITFO SANDWICH (የክትፎ ሳንድዊች) \$15.00

Ground raw beef is marinated in a hot pepper (mitmita). Served as a sandwich. (Rare or well done)

49. GRILLED CHICKEN SANDWICH\$20.00

With a slice of lettuce and tomatoes, side of fries.

50. CHICKEN WINGS \$20.00

Garnished with green leaf, carrot and celery blue cheese deep, choice of hot sauce or honey garlic.

51. SPAGHETTI \$22.00

Served with your choice of vegetable, beef or tuna

52. CHICKEN SOUP NOODLE \$10.00

53. LENTILS SOUP \$10.00

Green lentils, carrots, spinach and onions. Served with bread.

54. RICE WITH CHICKEN \$22.00

55. RICE WITH FISH \$23.00

56. RICE WITH TIBS \$23.00

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SALADS AND APPETIZERS

APPETIZERS

1. **SAMBUSA**..... \$8.00
(Veggie)
2. **SHERO, TOMATO & ONION**... \$8.00
(Mild or Hot)
3. **Spring Rolls** \$8.00
(Veggie)



SALADS

1. **TOMATO SALAD** \$10.00
Chopped tomato, onion, green chilli in olive oil and lemon dressing
2. **HOUSE SALAD** \$10.00
Tomato, lettuce olive oil in house dressing.
3. **GREEK SALAD**..... \$11.00
With a slice of lettuce and tomato fetta cheese.
4. **MIXED SALAD**..... \$11.00
5. **CHICKEN SALAD** \$13.00



TAKE-OUT

BEEF / LAMB / CHICKEN WAT

SMALL \$13.00 LARGE \$16.00

VEGETABLES WAT

SMALL \$13.00 LARGE \$16.00

Tax not included

KIDS MENU

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KIDS DISH

1. CHICKEN BURGER with Fries,
Slice Tomato + Ketchup \$10.00
2. CHICKEN WING \$11.99
3. DURO TIBS KIDS SIZE..... \$11.99
4. ALICHA WAT..... \$11.99



DAILY SPECIAL FOR KIDS

5. CHICKEN NUGGETS..... \$9.00
6. MACARONI CHEESE (Small size)....\$8.00
Large \$10.00
7. FRENCH FRIES (Small size)... \$6.00
(Large)..... \$8.00
8. KITFO SANDWICH..... \$10.00
9. FISH STICKS..... \$10.00
10. Icecreame \$10.00



Tax not included

መጠጠን Liquor & Beverages

WINE

Merlot	8 OZ. \$12,	12 OZ.. \$15	1/2 \$22,	750 ML \$30
Yellow Tail (Red or White)....	8 OZ. \$12,	12 OZ... \$15,	1/2 \$22,	750 ML \$35
Two Ocean (Red or White)...	8 OZ. \$12,	12 OZ... \$15,	1/2 \$22,	750 ML \$35
Rosemount (Red or White)	8 OZ. \$12,	12 OZ... \$15,	1/2 \$22,	750 ML \$35
Chianti (Red)	8 OZ. \$13,	12 OZ... \$16,	1/2 \$22,	750 ML \$35

BEER

Heinken	\$7.00
Stella	\$7.00
Corona	\$7.00
Guinness	\$7.00
Canadian	\$7.00
Upper Canada	\$7.00
Bud	\$7.00
Coors Light	\$7.00
Red Stripe	\$7.00
Mill Organic	\$7.00

COGNAC (1 OZ)

Hennessy	\$8.00
Courvoisier	\$8.00
Remy Martini.....	\$10.00
Chivas regal.....	\$8.00
JohnnyWalker Black.	\$8.00
Vodka	\$7.00
Gin	\$7.00
Sambuca	\$7.00
Rum	\$7.00
Tequila	\$7.00
Kahlua.....	\$7.00
Baileys	\$7.00
Grey Goose	\$8.00

HOT DRINKS

Special Hot Tea	\$3.50
Fresh Ginger	\$4.00
Fresh Gingertea with Honey.....	\$4.50
Milk	\$2.50
Coffee	\$3.50
Espresso	\$3.50
Cappuccino	\$4.00
Café Late	\$4.50
Special Café Late.	\$5.00
Macchiato	\$4.00

SOFT DRINKS

Apple Juice	\$4.00
Mango.....	\$4.00
Guava	\$4.00
Cranberry	\$4.00
Mango with Cranberry	\$4.50
Pop Drinks	\$3.50
Perrier Water.....	\$4.00
Orange Juice	\$4.00

ETHIOPIAN HONEY WINE (ጠጅ)

Glass	\$12.00
Bottle	\$40.00



Special Ethiopian Coffee Ceremony

WHOLE POT
for 2 \$20.00
for four.... \$30.00



Tax not included