



# ***GHION CAFE***

## **AND RESTAURANT**

### *Menu*

If you have any allergies or dietary requirements,  
please inform the waiting staff.



# Introduction To Ethiopian Cuisine

Injera is a sour fermented flatbread with a soft and spongy texture, making the fundamental basis of most main Ethiopian dishes. When served with an array of Traditional sauces from mild to spicy, this unique bread creates the perfect combination as it soaks up the flavours. In our culture, we eat this with our hands and often place different sauces on to one layer of injera, using the extra rolls to scoop up the sauce for a delicious bite. It is common in our culture to also feed our family or friend a scoop or two with our hand. This is called “Gursha”.



Teff is an extremely nutritious ancient grain and superfood from Ethiopia which is ground into flour and used to make Injera. Other grains also grown by Ethiopian farmers such as Wheat, Barley, Corn or Rice flour is often also combined with or used as a replacement for Teff. The different flours as well as the variety of Teff seeds can make different kinds of Injera ranging from being dark to lighter in colour. Pure Teff Injera is gluten free and available upon request at Ghion to eat- in or Take away.



Berberere is another key ingredient used in many Ethiopian dishes, particularly for the spicy sauces. It is a ground spice mixture usually including chilli, peppers, coriander, garlic, ginger, basil, korarima (Ethiopian cardamom), rue, ajwain, nigella and fenugreek. Another spice similar to this but spicier is called Mitmita, which is often served as a side dip as well as to season the Beef dish called Kitfo. It contains ground African bird's eye chilli peppers, korarima, cloves, salt and sometimes contains, ginger, cinnamon, cumin and ginger. Packaged Berbere is also available for purchase at Ghion Café.





# Starters

## **Azifa Roll አዚፋ ሮል £4.50**

Azifa- cooked whole lentils smashed and mixed with mustard, olive oil, fresh chilli and vegetable oil rolled in Injera and served with fresh lemon.

## **Buticha ቡጥጫ £4.50**

Chickpeas scrambled with olives, cumin, fresh garlic, chilli, onions and olive oil served rolled in toasted bread.

## **Suff Fitfit ሱፍ ፍትፍት £4.50**

Sunflower seed sauce mixed with diced Injera, fresh lemon and tomato.

## **Kinche ቂንጨፎ £5.00**

Cracked wheat or oats cooked with Tumeric and Ethiopian butter.

## **Telba Fitfit ተልባ ፍትፍት £4.50**

Ground Flaxseed sauce mixed with shredded Injera, onion, tomato and fresh lemon.

## **Sambusa ሳምቡሳ £4.00**

Pastry filled with your choice of mince beef or lentil filling.

## **Timatim Selata ቲማቲም ሰላጣ £5.00**

Habesha style tomato salad including fresh tomato, onion, chilli and lettuce. Served with Injera.

## **Cooked split lentils fitfit ምስር ክክ ሰላጣ ፍትፍት £6.50**

Cooked lentils mixed with diced Injera, olive oil, fresh tomato, lemon juice, mustard and green chilli.



# Mains

## Vegetarian

(All dishes served with Injera or white rice)

### **Ye-Tsom Beyaynetu የጾም በያይነቱ £10.00**

A combination platter of mixed vegetables, lentils and split pea.

### **Misir Wot ምስር ዎጥ £8.00**

A medium hot spicy dish of red split lentils cooked with onions, tomatoes, chilli powder, ginger and garlic. Available with additional Ethiopian butter (በ ቅቤ) upon request.

### **Kik Alichu Wot የ ክክ ኣለጫ ዎት £8.00**

A mild dish of split peas cooked with Turmeric, onions, ginger, garlic and chilli.

### **Gomen ጎመን £7.00**

Green/white cabbage cooked with onions, garlic, ginger and green chilli.

### **Shiro Wot ሽሮ ዎጥ £8.50**

A mildly spicy dish of powdered chickpeas cooked with onions, garlic, ginger, tomato and green chilli.

### **Kosta Wot የ ቆስታ ዎጥ £7.00**

Chopped spinach cooked with potatoes, onions, garlic, ginger and mixed peppers.

### **Fossolia with carrots ፎሶሊያ በ ካሮት £7.00**

Green beans cooked with slices of carrots, tomato, onions, garlic, ginger and green chilli.

### **Bamya Wot ባምያ ዎጥ £7.50**

Okra (Ladies fingers) cooked with onions, tomato and potatoes.



## Lamb Dishes

(All dishes served with Injera or white rice)

### **Ghion Tibs ጊዮን ጥብስ £11.00**

A Ghion Café special dish of cubed lamb, shredded onion with mixed peppers, garlic, fresh tomato, soy sauce and Ethiopian butter, served on a sizzling cast iron hot plate.

### **Ye-beg Key Wot ቀይ የበግ ዎጥ £10.00**

Chopped lamb cooked in a spicy Berbere stew with onions, garlic, ginger and Ethiopian butter.

### **Ye- beg Key Wot Fitfit ቀይ የበግ ዎጥ ፍትፍት £11.00**

Chopped lamb cooked in a spicy Berbere stew with onions, garlic, ginger and Ethiopian butter mixed with diced Injera.

### **Ye- beg Alichu Wot የበግ አልጫ ዎጥ £10.00**

Lamb rib chunks cooked with carrot, potato, turmeric, mixed peppers, onions, garlic, leeks and ginger

### **Ye- beg Alichu Kikil የበግ አልጫ ቅቅል £11.00**

Lamb rib chunks cooked with carrot, potato, turmeric, mixed peppers, onions, garlic, leeks and ginger mixed served with or without diced Injera (fitfit).

### **Awaze Tibs አዋዜ ጥብስ £10.00**

Tender lamb cubes fried with spicy Awaze sauce, onions, garlic, Ethiopian butter and fresh chilli.

### **Awaze Tibs Fitfit አዋዜ ጥብስ ፍት £11.00**

Tender lamb cubes fried with spicy Awaze sauce, onions, garlic, Ethiopian butter and fresh chilli mixed with diced Injera.

### **Lega Tibs ለጋ ጥብስ £10.00**

Mildly flavoured tender lamb cubes fried with onion, garlic, ginger and Ethiopian butter.

### **Lega Tibs Fitfit ለጋ ጥብስ ፍትፍት £11.00**

Mildly flavoured tender lamb cubes fried with onion, turmeric, garlic, ginger and Ethiopian butter.

### **Dulet ዱለት £10.00**

Freshly chopped lamb tripe, liver and red meat cooked with Ethiopian butter, mitmita spice, onion, garlic and fresh chilli. Can be served raw, medium cooked or well done.

### **Dulet Be- Awaze ዱለት በአዋዜ £10.00**

Freshly chopped lamb tripe, liver and red meat cooked with Ethiopian butter, garlic, onion, fresh chilli topped with Awaze hot sauce.

### **Bamya Wot be Segu ባምያ ዎጥ በስጋ £8.50**

Okra (Ladies fingers) cooked with lamb, onions, tomato and potatoes.



## *Beef Dishes*

(All dishes served with Injera or white rice)

### **Derek Tibs ደረቅ ጥብስ £13.50**

Cubed beef cooked with shredded onions, green pepper, garlic and Ethiopian butter served on a sizzling cast iron hot plate.

### **Gored Gored ጎረድ ጎረድ £15.00**

Marinated cubed beef raw or medium fried in spicy Awaze sauce and Ethiopian butter.

### **Goden Tibs ጎደን ጥብስ £15.00**

Beef ribs fried with onions and mixed peppers, served with fresh salad.

### **Kwanta Firfir ቋንጣ ፍርፍር £14.00**

Dried beef strips cooked in hot berbere and Ethiopian butter sauce mixed with diced Injera.

### **Gomen be Segal ጎመን በ ስጋ £13.00**

Spring cabbage cooked with onion, garlic, beef ribs, potato, carrot and mixed peppers.

### **Kitfo ክትፎ £13.50 Added Kocho ቆጮ £5.00**

Finely minced tender and lean beef seasoned in Ethiopian butter, corrorima (Black Cardamom), mitmita served raw, rare medium or well done.

### **Ghion Kitfo ጊዮን ክትፎ £14.00**

A Ghion Café special dish of cooked minced beef, mixed with mitmita spice, Ethiopian butter and served with homemade cottage cheese.

### **Special Kitfo ልዩ ክትፎ £15**

Finely minced topside beef seasoned in Ethiopian butter (or olive oil if preferred), Mitmita mixed with mustard, freshly chopped chilli, onion and garlic.

### **Minchet Abish ምንቸት አብሽ £12.50**

Minced beef cooked with onion, garlic, Ethiopian butter, Berbere spice and fenugreek seed water.

### **Zilzil Tibs ጎረዳ ጥብስ £14.00**

Spicy beef strips fried with fresh mixed peppers, herbs, onion and chilli.



## *Chicken Dishes*

(All dishes served with Injera or white rice)

### **Traditional Doro Wot ዶሮ ዎጥ £13.00**

Chicken cooked in a spicy hot stew made from onions, garlic, berbere, Ethiopian butter and ginger, served with boiled egg.

### **Chicken Awaze Tibs የዶሮ ጥብስ £11.00**

Chopped chicken breast fried with onions, fresh mixed peppers, chilli, tomato, awaze sauce and Ethiopian butter.

### **Chicken Kitfo የዶሮ ክትፎ £13.00**

Minced chicken breast cooked with mitmita spice, corrorima (black cardamom), Ethiopian butter.

### **Doro FirFir የዶሮ ፍርፍር £13.00**

Chicken leg and thigh mixed with diced Injera and spicy stew made from onions, garlic, berbere, Ethiopian butter and ginger, served with boiled egg.

## *Fish Dishes*

### **Whole Sea Bass ሲባስ £15.50**

Whole Sea Bass grilled in Ethiopian herbs, served with a combination platter of mixed vegetables.

### **Sea Bass Fillet ሲባስ ፊሌት £14.00**

Sea Bass fillets grilled in Ethiopian herbs, served with mixed vegetables.

### **Salmon Dulet ሳልሞን ዱለት £11.00**

Minced salmon mixed with fresh tomato, green chilli, red onion, mitmita spice and Ethiopian butter.

## *Additional Dishes*

### **Spaghetti bolognaise ስፓጌቲ በ ስጋ ሶስ £11.00**

Spaghetti in a minced beef tomato sauce served with a mixed salad.

### **Minced Beef with Rice ሩዝ በ ስጋ (ማንዲ) £11.00**

Minced beef and spinach served with basmati rice and a side salad.

### **Mixed vegetables with Rice እታክልት በ ሩዝ £10.50**

Mixed vegetables served with basmati rice.



## *Hot Drinks*

Espresso (single)	£2.20
Espresso (double)	£2.80
Cappuccino	£2.50
Coffee	£2.50
Caffè Latte	£2.50
Americano	£2.50
Caffè Mocha	£2.40
Macchiato	£2.00
Ethiopian Spice Tea	£1.50
English Tea	£1.50
Herbal Tea	£1.50
Decaffeinated Coffee	£2.00
Keshir	£1.50
Soya Latte	£2.50
Soya Macchiato	£2.50

## *Traditional Ethiopian Coffee Ceremony*

For 3 People	£7.00
For 6 People	£10.00

## *Cold Drinks*

Still Water	£1.20
Perrier Small	£1.75
Perrier Large	£3.00
Ribena	£1.75
7UP	£1.75
Sprite	£1.75
Coca Cola	£1.75
Coke Zero	£1.75
Diet Coke	£1.75
Fanta	£1.75
Fanta Zero	£1.75
Orange Juice	£2.00
Apple Juice	£2.00
Mango Juice	£2.00
Grapefruit Juice	£2.00
Pineapple Juice	£2.00
Guava Juice	£2.00

## *Cakes & Pastry*

Chocolate Muffin	£2.00
Gingerbread Muffin	£2.00
Apple and Cinnamon Muffin	£2.00
Double Chocolate Orange Muffin	£2.00



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## **ALLERGENS LIST**

<b>ALLERGEN</b>	<b>DISHES</b>
Gluten	Injera (Except Teff only Injera) Pastry and Cakes
Egg	Ful (optional) Doro wot (optional) Tefersho
Fish	Fish Dishes
Soya	Ghion Tibs
Mustard	Any dish with Awaze sauce : Telba Dip Chicken awaze tibs Gored Gored Awaze Tibs Awaze Tibs Fitfit Dulet-be- Awaze
Celery	Ye beg alicha kikil Ye be alicha kilkil fitfit Vegetable and chicken soup