



GHION CAFE

AND RESTAURANT

Menu

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

Breakfast

(Served Until 10:30am)

Dirkosh Firfir ድረቆሽ ፍርፍር £7.50

Dried shredded Injera with steamed with onion, garlic and berbere spice.
Can be served with or without diced meat.

Kinche ቁንጩ £7.50

Cracked wheat or oats cooked with Turmeric and Ethiopian butter.

Dirkosh Firfir with Kinche (50/50) ድረቆሽ ፍርፍር ከ ቁንጩ ጋር £8.00

A mixture of both dried shredded Injera with steamed with onion, garlic and berbere spice as well as cracked wheat or oats cooked with Turmeric and Ethiopian butter.
Can be served with or without diced meat.

Genfo ገንፎ. £8.50

Barley and oats powder cooked into a porridge meal with a hole in the middle filled with a mixture of melted Ethiopian butter and Berbere spice. Served with fresh yoghurt.

Chechebsa ጨጨብሳ በእርሳ ና በቅቤ £9.00

Diced pieces of freshly baked flat bread cooked with Berbere, Ethiopian butter and served with natural yogurt and honey.

Shiro Fitfit ሽሮ ፍትፍት £8.00

Fresh chickpea powder mixed with diced Injera, olive oil, fresh tomato, lemon juice and green chilli. Served cold.

Ful ፉል £6.00

Fava beans cooked with olive oil served with mixed salad and your choice of bread.
Can also be served with boiled egg and/or cottage cheese upon request.

Bula ቡላ £8.50

False banana root powder cooked with milk, Ethiopian butter and Mitmita spice into a porridge-like meal.

Scrambled Egg እንቁላል ፍርፍር £6.50

Scrambled egg cooked with tomato and green chilli. Served with Injera or bread.

Omelette እንቁላል ኦምሌት £6.50

Omelette cooked with fresh tomato, mixed peppers and green chilli.
Can be served with cheese on request.

Croissant. ኮርሶን £1.50

Toast ቶስት £2.00

Two pieces of toast with butter and jam.

Starters

Azifa Roll አዚፋ ሮል £7.00

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 £7.00

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

Suff Fitfit ሱፍ ፍትፍት £7.00

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

Telba Fitfit ተልባ ፍትፍት £7.50

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

Telba Dip ተልባ በ አዋዜ £7.50

Ground Flaxseed mixed with Awaze sauce.

Sambusa ሳምቡሳ £6.00

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

Timatim Selata ቲማቲም ሰላጣ £7.00

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

Kategna ቃተኛ £11.00

Toasted Injera served with melted Ethiopian butter and berbere alongside fresh yogurt.

Cooked split lentils fitfit ምስር ክክ ሰላጣ ፍትፍት £9.50

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

Mains

(All dishes served with Injera or white rice)

Mahaberawi ማሕበራዊ (በአገልግል ወይም በትሪ) £40.00

A combination of five to six main Ethiopian dishes such as Doro Wot with boiled egg, Tibs, Kitfo, Gomen, Alichia FitFit, Ye Beg Wot or Minchet Abish and Ayeb (dry cottage cheese)

Vegetarian

Ye-Tsom Beyaynetu የፆም በያይነቱ £14.00

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

Misir Wot ምስር ወጥ £11.00

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 Alichia Wot የ ክክ አልጫ ወጥ £11.00

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

Gomen ጎመን £11.00

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

Shiro Wot ሽሮ ወጥ £12.50

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

Kosta Wot የ ቆስታ ወጥ £12.00

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

Fossolia with carrots ፎሶሊያ በ ካሮት £12.00

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

Bamya Wot ባምያ ወጥ £8.50

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

Lamb Dishes

(All dishes served with Injera or white rice)

Ghion Tibs ጊዮን ጥብስ £15.50

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 ወጥ £14.50

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

Ye- beg Key Wot Fitfit ቀይ የበግ ወጥ ፍትፍት £15.00

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 ወጥ £14.50

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

Ye- beg Alichu Kikil የበግ አልጫ ቅቅል £15.00

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 £15.00

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

Awaze Tibs Fitfit አዋዜ ጥብስ ፍት £15.50

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

Lega Tibs ለጋ ጥብስ £15.00

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

Lega Tibs Fitfit ለጋ ጥብስ ፍትፍት £15.50

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

Dulet ዱለት £13.50

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.

Beef Dishes

(All dishes served with Injera or white rice)

Derek Tibs ደረቅ ጥብስ £16.00

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

Gored Gored ጎረድ ጎረድ £16.50

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

Goden Tibs ጎደን ጥብስ £17.00

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

Kwanta Firfir ቋንጣ ፍርፍር £16.00

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

Gomen be Segal ጎመን በ ስጋ £14.50

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

Kitfo ክትፎ £12.50 **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. Kitfo dishes can be served with additional Kocho flatbread made from Enset plant.

Ghion Kitfo ጊዮን ክትፎ £16.00

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 £16.00

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 £14.00

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

Zilzil Tibs ጊረጊረ ጥብስ £17.00

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 ወጥ £14.50

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

Doro FirFir የ ዶሮ ፍርፍር £12.00

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 ዲሊት £11.00

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

Additional Dishes

Spaghetti bolognese ስፓጌቲ በ ስጋ ሶስ £13.50

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

Minced Beef with Rice ሩዝ በ ስጋ (ማንዲ) £10.00

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

Mixed vegetables with Rice አታክልት በ ሩዝ £9.50

Mixed vegetables served with basmati rice.

Hot Drinks

Espresso (single)	£2.50
Espresso (double)	£3.00
Cappuccino	£3.00
Coffee	£2.75
Caffè Latte	£3.00
Americano	£2.75
Caffè Mocha	£2.50
Macchiato	£2.50
Ethiopian Spice Tea	£1.50
English Tea	£1.50
Herbal Tea	£1.50
Decaffeinated Coffee	£2.00
Decaffeinated Tea	£2.00
Keshir	£1.50
Soya Latte	£3.00
Soya Macchiato	£2.75



Traditional Ethiopian Coffee Ceremony

For 3 People	£7.00
For 6 People	£10.00

Soft Drinks & Juices

Still Water	£1.50
Perrier Small	£2.00
Perrier Large	£3.50
Ribena	£2.00
7UP	£2.00
Sprite	£2.00
Coca Cola	£2.00
Coke Zero	£2.00
Diet Coke	£2.00
Fanta	£2.00
Fanta Zero	£2.00
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

Tiramisu	£2.50
Cacao cream filled cake	£2.50
Banana Cake	£2.50
Apricot Biscuit	£2.50
Chocolate Stick Biscuit	£2.50
Coconut Biscuit	£2.50
Iced Pastry	£2.50
Almond Biscuit	£2.50