



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 ደረቅሽ ፍርፍር £7.50

Dried shredded Injera with steamed with onion, garlic and berbere spice.

Can be served with or without diced meat.

Kinche ቅንጂ ድርጅር £7.50

Cracked wheat or oats cooked with Turmeric and Ethiopian butter.

Dirkosh Firfir with Kinche (50/50) ደረቅሽ ፍርፍር ከ ቅንጂ ዓይነ £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 ገንዶ. £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 ሙጂ-በት በእርት ፍ በቅበ ድርጅር £9.00

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

Shiro Fitfit ሙድ ፍትፍት £8.00

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

Ful ፍል £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 በላ £8.50

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

Scrambled Egg እንቅላል ፍርፍር £6.50

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

Omelette እንቅላል አምላት £6.50

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

Croissant. ከደሰን £1.50

Toast ቅስት £2.00

Two pieces of toast with butter and jam.

Starters

Azifa Roll አዝፏ ሽል £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 በጥቃ ሽል £7.00

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

Suff Fitfit ስፍ 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 አዋዬ £7.50

Ground Flaxseed mixed with Awaze sauce.

Sambusa ስምበሳ £6.00

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

Timatim Selata ተማጥሬ ስላጥ £7.00

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

Kategna ቁጥና £11.00

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

Cooked split lentils fitfit ቅስር ክክ ስላጥ 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 ማሻሻል (በገልግል ወደም በትር) £40.00

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

Vegetarian

Ye-Tsom Beyaynetu ፭፻፭፻ ፭፻፭፻ £14.00

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

Misir Wot Ψάλι Φτι £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 (ብ ቁብ) upon request.

Kik Aliche Wot የኩኩ አልማው ሽላ £11.00

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

Gomen ቴጥን £11.00

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

Shiro Wot Σε φωτιά £12.50

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

Kosta Wot የፋስታ ወጥ ሻ.12.00

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

Fossolia with carrots ፊስልያ በ ካርቶ £12.00

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

Bamya Wot በምኑ ወጥ £8.50

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

Lamb Dishes

(All dishes served with Injera or white rice)

Ghion Tibs ገጋን ጥብስ ባርሳ ሻርጓል ሻርጓል £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 የ በግ ወጥ ቀይ የ በግ ወጥ £14.50

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

Ye- beg Key Wot Fitfit ቀይ የ በግ ወጥ ቁጥጥት ቀይ የ በግ ወጥ £15.00

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

Ye- beg Alica Wot የ በግ አልጻ ወጥ ቀይ የ በግ አልጻ ወጥ £14.50

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

Ye- beg Alica Kikil የ በግ አልጻ ቁቀል ቀይ የ በግ አልጻ ቁቀል £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 አዋዕ ጥብስ ባርሳ ሻርጓል ሻርጓል £15.00

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

Awaze Tibs Fitfit አዋዕ ጥብስ ቁጥ ባርሳ ሻርጓል ሻርጓል £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 ባርሳ ሻርጓል ሻርጓል £15.00

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

Lega Tibs Fitfit ለጋ ጥብስ ቁጥጥት ባርሳ ሻርጓል ሻርጓል £15.50

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

Dulet ውስጥ ባርሳ ሻርጓል ሻርጓል £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 ታብስ £16.00

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

Gored Gored ገረድ ገረድ £16.50

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

Goden Tibs ገደን ታብስ £17.00

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

Kwanta Firfir ቁንታ ፍርፍር £16.00

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

Gomen be Segə ገዢን በ ሽጋ £14.50

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

Kitfo አትራ £12.50 Added Kocho ቅጂ \$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 ገዢን አትራ £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 ልደ አትራ £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 ቅንቃት አብሽ £14.00

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

Zilzil Tibs ካልዕል ታብስ £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 ደሮ 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 ደሮ 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 ካበ ደብ ደብ £15.50

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

Sea Bass Fillet ካበ ፍልት £14.00

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

Salmon Dulet ካልምን ፍልት £11.00

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

Additional Dishes

Spaghetti bolognese ካንናት በ ካርስ ደብ £13.50

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

Minced Beef with Rice ፍል በ ካርስ (ማንጭ) £10.00

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

Mixed vegetables with Rice አታኑልት በ ፍል £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

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



Traditional Ethiopian Coffee Ceremony

For 3 People	£7.00
For 6 People	£10.00

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