

# MENU



አቡጊዳ  
*A-bu-Gi-da*

**ETHIOPIAN RESTAURANT**

1393 Danforth Avenue, Toronto  
Tel: 647-358-6030

# BREAKFAST

1. ENKULAL SILS (አንቁላል ስልሰ) - \$9
2. ENKULAL BE SIGA (አንቁላል በሰጋ) Scrambled eggs with meat - \$10
3. FOUL (ፋል) Mashed beans sautéed with onion, green pepper, butter or oil and yogurt. - \$7
4. SPECIAL FOUL (ልዩ ፋል) Mashed beans sautéed with onion, green pepper, eggs, butter or oil and yogurt. - \$9
5. CHECHEBSA (ጨጨብላ) - \$8
6. FIRFIR (ፍርፍር) Pieces of Injera soaked in selesi with meat - \$12



# ABOGIDA SPECIALS

7. YEGNA SPECIAL (our special (የኛ ስፔሻል) - \$20 for 1 / \$25 for 2  
Tibs firfir, kitfo, boiled egg, kale and cheese .
8. CHEMBELALA (ጨምበላላ) - for 1 \$21 / for two \$25  
Doro wot, kitfo, gomen be siga and 3 types of vegetarian side dishes of your choice .
9. DESTA (ደስታ) Key wot, gomenbesiga and alichasiga wot - \$18
10. HALF KITFO HALF TIBS (ግማሽ ክትፎ ግማሽ ጥብስ) - \$18
11. MEAT COMBINATION (የፍሰስ በደይነቱ) - for one \$22 / for two \$26  
Kitfo, Gomen besega, Key Wot, Yebeg Leiyu Tibs & Alicha Wot



# VEGETARIAN

12. YE'MESER WOT (የምስር ወጥ) - \$11.00  
spicy or non-spicy split lentils stew in tick mild red sauce seasoning.
13. YE'KIK WOT (የክክ ወጥ) boiled split peas with curry sauce. - \$11.00
14. SHIRO WOT (ሸሮ ወጥ) Imported & Roasted Chickpeas Cooked With Berber Sauce. - \$14.00
15. GOMEN (ጎመን) cooked collard green onions, green peppers, seasoned with garlic . - \$11.00
16. VEGGIE COMBO (የጾም በደይነቱ) for one \$15.00 for two \$21.00  
( a combination of vegetable plate)
17. SHIRO with TUNA SALAD (ሸሮ በሰላጣ) - \$16
18. SHIRO with GOMEN (ሸሮ በጎመን) - \$16
19. TOMATO SALAD (የቲማቲም ሰላጣ) - \$8  
Tomato, onion, green pepper, lemon and olive oil
20. GREEN SALAD (የቲማቲም ሰላጣ) - \$9  
Lettuce Tomato, onion, green pepper, lemon and olive oil
21. VEGETABLE COMBO (NON- SPICY FOR KIDS) - \$8



# POULTRY

22. DORO WOT (ዶሮ ወጥ) Spicy chicken stew with boiled egg and drumstick . - \$15.00
23. DORO FIRFIR (ዶሮ ፍርፍር) - \$15
24. DORO BE RICE ( CHICKEN WITH RICE ) (ዶሮ በፋዝ) - \$15.00

Cubes Of Tender Chicken Breast Stewed With Onion, Garlic, rosemary. Green Pepper And Awaze (Optional).



Gluten free Enjera \$2.50

# LAMB



**25. YE BEG LIYU TIBS (የበግ ልዩ ጥብስ)** optional with rice or enjera - \$17

*Wine or Rum, fired with hot pepper, tomato, onion, rosemary, Garlic*

**26. DULET (ዱለት)** Tripe, Freshly Minced Meat Mixed With Hot Pepper, Onion, Butter, Chilli And Garlic. - \$15

**27. YEBEG TIBES (የበግ ቀይ ጥብስ)** Cubes Of Tender Lamb Sautéed With Onions, Garlic, Pepper & Awaze \$16.00

**28. FIM TIBS (ፍም ጥብስ)** Cubes Of Tender Lamb Sautéed With Onions, slightly fried - \$17.00

**29. TIBES FIRFIR (ጥብስ ፍርፍር)** - \$15.00

*Pieces Of Enjera Soaked In Tibes (Cubes Of Tender Lambs Sautéed With Onion Garlic, Green Pepper And Awaze).*

**30. CHACHA (ቻቻ)** Charbroiled Lamb Tender Seasoned With Spices, Onion, Garlic, Red Pepper, - \$16  
*Green Pepper, Ginger, Rosemary.*

**31. KEYWOT (ቀይ ወጥ)** Spicy Lamb Stew. - \$15.00

**32. ALECHA WOT (አለጫ ወጥ)** Non spicy lamb stew - \$15

**33. KIKIL (ቅቅል)** - \$15.00

*Boiled Bone In Lamb, Seasoned With Onion, Garlic, Ginger, Green Pepper, Butter And Turmeric Served With Injera.*

**34. GOMEN BE SIGA (ጎመን በስጋ)** - \$15

*Kale with cubes of tender lambs ,garlic, green pepper, and onion .*



# BEEF

**35. KITFO (ክትፎ)** - \$16.00

*Freshly Minced, Very Lean Beef Mixed With Mitmita And Butter. Kitfo Is Traditionally Served Raw, (The Butter Has Special Herbs ) That Gives Its Distinct Flavor.*

**36. DENGESA KITFO (ደንጌሳ ክትፎ)** - \$20

*Freshly minced, lean beef mixed with butter and chilli pepper. ( cottage cheese mixed with butter on the side and kale mixed with butter on the side.)*

**37. ABOGIDA KITFO (አቡጌዳ ክትፎ)** - \$18

*Freshly Minced Meat Mixed With Butter, Chilli Pepper Powder, Spinach And Cottage Cheese And Kocho Firfir. (Served Raw Or Cooked With Injera)*

**38. KITFO DULET (ክትፎ ዱለት)** Kitfo Mixed With Chopped Hot Pepper And Onion. - \$15.00

**39. LEGA TIBES WITH (ለጋ ጥብስ)** Tender Beef Sautéed With Onion, Green And Red Pepper . - \$16

**40. DEKAK MEREK TIBS (ደቃቅ መረቅ ጥብስ)** - \$17

*Finely chopped Beef Lamb Sautéed With Onions Garlic, Pepper And Awaze.*

**41. QUANTA FIRFIR (ቋንጣ ፍርፍር)** A Cube of dry beef meat and pieces of Injera soaked in wat - \$15.00

**42. GORED GORED (ጎረድ ጎረድ)** |Cubs of tendering tips served with raw or very rare in awaze and butter dip - \$17.00

**43. RAW MEAT (ጥሬ ስጋ)** Raw Beef Surd With Butter, Chilli And Spices (Awaze) - \$20.00

# PASTA

# 42 & 43 Saturday and Sunday Only

Spaghetti with

★ Tomato or meat sauce - \$14

★ RICE (ሩዝ) with lamb, chicken or beef. \$14

★ KIDS (የልጆች) Mac and cheese \$6



Gluten free Enjera \$2.50

# DRINKS

## Liquor.....(1oz)

- 1. Johnny Walker (Gold) .....\$11.00
- 2. Johnny Walker (Black )..... \$7.00
- 3. Johnny Walker (Red Label)..... \$6.50
- 4. Chivas Regal..... \$7.00
- 5. Jameson..... \$7.00
- 6. Canadian Club..... \$6.00
- 7. Brandy..... \$6.00
- 8. Vodka (absolute)..... \$6.50
- (Grey goose).....\$7:00
- (Belvedere) ..... \$8.00
- 9. Gin (Different Kinds)..... \$6.50
- 10. Sambuca..... \$6.50
- 11. Bacardi..... \$6.50
- 12. Rum..... \$6.50
- 13. Tequila..... \$7.00
- 14. Tequila (Patron)..... \$12.00
- 15. Jagermeister..... \$7.00
- 16. Kahlua..... \$6.50
- 17. Disaronno (Amaretto)..... \$6.50
- 18. Baileys..... \$6.50
- 19. Jack Daniel..... \$6.50
- 20. Grand Marnier..... \$6.50



## Beer

- 1. Beer (Domestic)..... \$4.50  
Canadian, Budweiser
- 2. Beer (Imported)..... \$5.00  
Heineken, Becks, Corona, Guinness,

## Draft

### AMSTERDAM

- 1. 3 Speed .....\$5.00
- 2. Downtown brown.....\$5.00

## Wine (Glass 5oz)

- 1. Maria Christina .....\$8.85
- 2. Yellow Tail..... \$8.85
- 3. Barefoot ..... \$8.85
- 4. Larry Charubino Pedestal.....\$8.85
- 5. Woodbridge..... \$8.85
- 6. Cusmano.....\$8.85



## Wine (Bottle)

- 1. Maria Christina .....\$38.00
- 2. Yellow Tail.....\$38.00
- 3. Barefoot .....\$20.00
- 4. Larry Charubino Pedestal.....\$39.00
- 5. Woodbridge.....\$35.00
- 6. Cusmano.....\$35.00

## Cognac..... (1oz)

- 1. Courvoisier..... \$7.00
- 2. Remy Martin..... \$9.00
- 3. Hennessy..... \$7.00
- 4. Hennessy (VSOP)..... \$9.00
- 5. Courvoisier (VOSP)..... \$9.00



## Coffee & Tea

- 1. Regular Coffee..... \$2.00
- 2. Espresso..... \$2.00
- 3. Cappuccino..... \$3.50
- 4. Tea..... \$2.00
- 5. Green Tea..... \$2.00
- 6. Organic Ginger Tea..... \$3.50
- 7. Special Tea (Spiced)..... \$2.00
- 8. Cafe Late..... \$3.50

## Soft Drinks

- 1. Assorted of Soft Drinks..... \$2.00
- 2. Orange Juice..... \$3.00
- 3. Spring Water..... \$2.00
- 4. Perrier Water..... \$3.00
- 5. Cranberry Juice..... \$3.00

## Traditional Coffee Ceremony

Fresh roasted Ethiopian Coffee beans served in a traditional way. - \$15.00 (enough for four to six people)

**Remember:** If you attend a coffee ceremony wave the steam to wards you and sniff the aroma as the coffee is passed around

