



Vegetarian

17	Shimbira Asa (chick Peas)	\$13
	Chick peas flour made as crunchy pastry and braised and sautéed in a berbere sauce favourite Ethiopian seasoning.	
18	Yater Kik Alichia (split peas)	\$13
	Split peas cooked and seasoned with onions, pepper, turmeric powder, fresh ginger and garlic. (mild)	
19	Yemisir Kik Wat (split red lentils)	\$13
	Split red lentils cooked in Berbere sauce (favourite Ethiopian seasoning based on hot and red peppers), onion, fresh garlic and fresh ginger.	
20	Cabbage and Carrots	\$13
	Cabbage and carrot delicately sauteed with turmeric powder, onion, fresh ginger and garlic. (mild)	
21	Azifa (uncracked lentils)	\$11
	Fresh lentils, red onions, hot African mustard and hot green peppers.	
22	Ful	\$10
	Kidney beans with chopped fresh tomato, hot green peppers and red onions in a special butter and home-made cheese. (hot or mild)	
23	Shiro	\$13
	Chick pea flour simmered in a slowly cooked onion and garlic and berbere Sauce (Ethiopian seasoning).	
24	Spinach and Potatoes	\$13
	Chopped spinach cooked with chunks of potatoes and braised in to onion and vegetable oil.	
25	Inguday Tibs	\$13
	Portobello mushroom marinated and sautéed with red onion, and jalapeno pepper.	

Combination (Individual)

26	Combo 1 (Meat)	\$18
	Doro Wat #7/#8, Kitfo #11, Yebeg wat #9, Siga be carrot #15 with homemade cheese.	
27	Combo 2 (vegetarian)	\$17
	Yater Kik Alichia Yatkilt Alichia#18, Yemisir Kik Wat #19, Yatkilt Alichia #20, with Yetimatim Fitfit #6.	

House Specialty Combination Platters

28	A combination of beef, lamb, chicken and vegetarian assortments arranged on a traditional platter	
	One person	\$20
	Two person	\$39
	Three or more (per person)	\$18
29	Vegetarian House Specialty on a traditional platter	
	One person	\$20
	Two person	\$39
	Three or more (per person)	\$18

Beverages

Soft Drinks	\$2.50
Pierre water (small bottle)	\$2.50
Juice - Mango	\$3.00
Juice - Orange, apple or cranberry	\$2.50
Iced Tea	\$2.50
Tea and Coffee	
Marathon Tea (special tea with Cinnamon and Cardamom)	\$2.50
Tea - Earl gray or Red Rose	\$2.50
Ethiopian Coffee (strong) served in a traditional manner (per person)	\$3.00

Dessert

Baklava	\$4.00
Ice Cream - chocolate, vanilla, strawberry	\$4.00
Tiramisu	\$4.00
Cheesecake	\$4.00

Marathon Ethiopian Restaurant



130 - 10 St NW
403 283-6796

Open 5:30 - 10 pm, 7 days a week

Delivery available

Lunch Buffet Monday to Friday from 11.30 AM - 2.30 PM
serving varieties of vegetarian, lamb, chicken and beef

We will provide you with a unique traditional
Ethiopian dining experience, with the finest
Ethiopian cuisine

Catering available for any occasion

Private parties—graduation, birthday parties
and others

Gift certificates also available

Reservations:

(403) 283-6796 or reservations@marathonethiopian.com





Welcome to Marathon Ethiopian Restaurant

We hope you will find this a truly different and exciting dining experience. For thousands of years, Ethiopians make traditional Ethiopian bread called **Injera**. When eating an Ethiopian meal, Injera serves both as your platter and utensil. Break a small piece of Injera and place it on the Wat of your choice (Wat literally means stew), while simultaneously pinching your fingers to pick up the amount you desire.

The cuisine of Ethiopia is based on an exotic blend of spices. Some of these healthy dishes date back to the time of the Queen of Sheba. These dishes are distinctive for their use of **Berberé**, a favorite Ethiopian seasoning based on hot and red peppers. Berbere is combined with **Niter Kibeh**, a herb butter, onions, and numerous other spices to give these dishes an unforgettable flavor. Alichas are the more delicately seasoned dishes, without Berbere, but flavored mainly with Niter Kibeh and other more subtle spices.

For some 200 days a year, millions of Ethiopians are strictly vegetarians. To meet this need, their ancient culture produced and refined a score of vegetarian dishes with great delicacy of flavorings.

Ethiopians have communal dining traditions. People eat from a common platter, which symbolized the bonds of friendship and personal loyalty.

**Note—We use organic peas and lentils.
No nuts of any kind.**

Appetizers

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| 1 | Sambusa with Vegetables
Pastry shells stuffed with lentils, fresh onion and jalapeno | \$5 |
| 2 | Sambusa with Meat
Pastry shells stuffed with seasoned ground beef, fresh onion and jalapeno | \$5 |

Side Orders

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| 3 | Small Garden Salad
Lettuce tomato, onion and jalapeno served with dressing | \$5 |
| 4 | Inculal Firfir
Cooked eggs with onions, tomatoes and hot green peppers | \$8 |
| 5 | Ayib bawaze
Cheese made out of butter milk served with special berbere sauce | \$6 |
| 6 | Yetimatim Fitfit
Chopped Injera mixed with tomato, green pepper, onion and vegetable oil | \$6 |

Entrees

All entrees include Injera or rice and salad

Poultry

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| 7 | Doro Wat
Chicken breast cubes marinated in lemon juice, then sautéed in spiced butter and seasoned with garlic, onions, fresh ginger and is coated in berbere sauce (a favorite Ethiopian seasoning) based on hot and red peppers. (hot) | \$16 |
| 8 | Doro Alich
Chicken breast cubes marinated in lemon juice then sautéed with turmeric, garlic, and fresh ginger in an Ethiopian mild seasoning | \$16 |

Lamb

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| 9 | Yebeg Wat
Lamb cubes marinated and braised in an Ethiopian special Berbere sauce | \$16 |
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Beef

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| 10 | Yegurage Kitfo
Lean ground beef exclusively blended and spiced with special butter and Gomen (collard green) and Ayeb (home made cheese) (hot or mild) (an Ethiopian version of steak tartar - rare, medium rare or well done) | \$17 |
| 11 | Marathon Special Tibs
Cubes of beef fried with pepper, rosemary, onion, spiced butter and fresh tomatoes served with salad. (hot or mild) | \$17 |
| 12 | Lega Tibs
Chunks of beef fried in a delicate Ethiopian butter (Nitre Qibie), with fresh onion and jalapeno peppers (mild) | \$17 |
| 13 | Gored Gored
Tender beef cubes served rare or medium rare in hot Berbere sauce. Favorite Ethiopian seasoning based on hot red pepper | \$17 |
| 14 | Key Wat
Lean beef cooked in hot Berbere sauce. Favorite Ethiopian seasoning based on hot red peppers | \$16 |
| 15 | Siga Becarrott
Lean beef sautéed with stripes of carrot sticks and simmered with turmeric based Mild Ethiopian seasoning | \$16 |
| 16 | Cornis
Kitfo, ayib and spinach topped up and covered in Injera Firfir (pieces of injera braised with keywat#12) | \$16 |