

# MARATHON RESTAURANT & BAR MENU

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193 A CALEDONIAN ROAD  
LONDON N1 0LS  
Tel. 0207 837 4499  
Fax. 0207 837 2288

**OPEN MIDDAY TILL LATE HOURS EVERYDAY**  
**TAKE AWAY AVAILABLE**  
**NO SMOKING AREA**

## **STARTERS**

- 1.1 LAMB SAMBUSA** (WHEAT PASTRY FILLED WITH LAMB  
FLAVOURED WITH SPICES INCLUDING GARLIC AND CUMIN)  
.....£3.50
- 1.2 VEGETARIAN SAMBUSA** (WHEAT PASTRY FILLED WITH  
LENTIL AND BULLET SPICED CHILLI WITH GARLIC AND  
CUMIN).....£3.50
- 1.3 SPRING ROLLS** .....£3.50
- 1.4 SALAD** (LETTUCE, TOMATOES, ONIONS MIXED WITH OLIVE  
OIL, BASIL AND BALSAMIC VINEGAR) .....£3.50

## **SIDE DISHES (VEGETARIAN)**

- 2.1 AZIPHA** (WHOLE LENTIL, COOKED WITH CHILLI PEPPER, GARLIC AND OTHER SPICE.....£3.50
- 2.2 MISSER WOT** (CRACKED LENTIL HOT WOT) .....£3.50
- 2.3 CABBAGE WOT** (CABBAGE COOKED WITH SLICES OF POTATOES AND CARROTS.....£3.50
- 2.4 AYIB BEGOMEN** (COTTAGE CHEESE MIXED WITH SPINACH AND SIMMERED WITH SPICED BUTTER) .....£3.50
- 2.5 SPINACH WOT** (SPINACH COOKED WITH SPICED BUTTER) .....£3.50
- 2.6 FOSOLIA** (WHOLE BEANS COOKED WITH SLICES OF CARROT AND SPICE) .....£3.50
- 2.7 SHIRO SIDE** .....£3.00

## **WOT DISHES**

- 3.1 DORO WOT** (HOT) CHICKEN COOKED WITH SPICY ETHIOPIAN SAUCE(WOT) .....£8.00
- 3.2 DORO ALICHA WOT** (MILD CHICKEN COOKED WITH SPICY ETHIOPIAN SAUCE) .....£8.00
- 3.3 BEG WOT** ((HOT) LAMB SAUCE PREPARED WITH TRADITIONAL BERRBERE (ETHIOPIAN SPICED PEPPER POWDER) SPICES) ...£8.00
- 3.4 ALICHA BEG WOT** (MILD FRIED BEEF SAUCE WITH SPICES) .....£8.00
- 3.5 BOZENA SHIRO** (GROUND SPLIT PEAS SIMMERED IN A SPICY BERBERE LAMB SAUCE .....£8.00

- 3.6 SHIRO** (GROUND SPLEAT PEAS SIMMERED IN A SPICY BERBERE SAUCE) .....£7.00
- 3.7 FISH** WITH SALAD, POTATOES, CARROTS AND BEETROOT.....£8.50
- 3.8 Tsome Beye-Aynetu** (AN ASSORTMENT OF DISHES CONSISTING OF SPICY LENTILS, SPLIT PEAS AND OTHER VEGETABLE SAUCES).....£7.00
- 3.9 Gomen Besiga** SPINACH WITH LAMB .....£8.00
- 3.10 Atikilt Wot** (FRIED CUBES OF POTATOES WITH TRADITIONAL MILD MIXED VEGETABLES SAUCE MADE WITH CABBAGE AND CARROTS SEASONED WITH ETHIOPIAN SPICES) .....£7.00

### **FIR FIR**

- 4.1 Doro Fir Fir** (A SPICY CHICKEN SAUCE MIXED WITH SMALL PIECES OF INJERA) .....£8.00
- 4.2 Alicha Fit Fit** (MILD SPICY LAMB STEW MIXED WITH SMALL PIECES OF INJERA) .....£8.00
- 4.3 Quanta Fir Fir** (SPECIALLY PREPARED DRIED MEAT COOKED WITH SPICY SAUCE AND MIXED WITH SMALL PIECES OF INJERA) .....£8.00
- 4.4 Wot Fir Fir** (LAMB SAUCE PREPARED WITH TRADITIONAL BERBERE (ETHIOPIAN SPICED PEPPER POWDER), SPICES AND MIXED WITH SMALL PIECES OF INJERA) .....£8.00

## **TIBS**

- 5.1 “MARATHON” SPECIAL TIBS** (SMALL STEAK OF LAMB COOKED IN RED WINE WITH ONION, GREEN BULLET CHILLI TOMATO, ROSEMARY AND BLACK PEPPER) .....£10.50
- 5.2 ZIL ZIL TIBS** (FRIED STRIPS OF BEEF COOKED WITH ONION, BLACK PEPPER AND GARNISHED WITH GREEN CHILLI) .....£9.00
- 5.3 AWAZE TIBS** (FRIED CUBES OF LEAN LAMB COOKED WITH ONION, GREEN CHILLI, BLACK PEPPER AND BERBERE (ETHIOPIAN SPICED PEPPER POWDER) WITH RICE ....£8.50
- 5.4 LEGA TIBS** (FRIED CUBES OF LEAN LAMB COOKED WITH ONION, GREEN BULLET CHILLI, ROSEMARY AND BLACK PEPPER) WITH RICE .....£8.50
- 5.5 GODEN TIBS** (FRIED LAMB TIBS COOKED WITH ONION, GREEN BULLET CHILLI AND ROSEMARY) .....£9.00
- 5.6 DEREK LAMB** (FRIED LEAN LAMB COOKED WITH ONION, ROSEMARY UNTIL CRUNCHY, GARNISHED WITH GREEN CHILLI) .....£9.00

## **KITFO**

- 6.1 “MARATHON” SPECIAL KITFO** (LEAN BEEF CHOPPED FINELY, COOKED WITH TRADITIONAL SPICED BUTTER AND SERVED WITH HOME MADE CHEESE AND SPINACH) .....£9.50
- 6.2 KITFO** (LEAN BEEF CHOPPED FINELY, COOKED WITH TRADITIONAL SPICED BUTTER) .....£8.00

## SUNDRIES

**7.1 GORED GORED** (CUBED BEEF COOKED IN  
AWAZE TRADITIONAL BEVERE SAUCE) .....£9.00

**7.2 DULET** (FINELY CHOPPED LAMB TRIPE AND  
LIVER COOKED WITH SPICED TRADITIONAL BUTTER, ONION AND  
CHILLI PEPPER) .....£7.50

**7.3 MAHIBERAWI** (AN ASSORTMENT OF MANY DISHES INCLUDING  
KITFO, DORO WOT,LEGA & AWAZA TIBS, CHEESE AND TSOME  
BEYE-AYNETU.....£25.00

## CHOICE OF DISHES FOR ASSORTMENT

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|---------------------------|-------------------|
| 1. <u>AWAZE TIBS</u>      | -----HALF PORTION |
| 2. <u>KITFO</u>           | -----HALF PORTION |
| 3. <u>LEGA TIBS</u>       | -----HALF PORTION |
| 4. <u>BEG WOT</u>         | -----HALF PORTION |
| 5. <u>ALICHA BEG WOT</u>  | -----HALF PORTION |
| 6. <u>DORO WOT</u>        | -----HALF PORTION |
| 7. <u>DORO ALICHA WOT</u> | -----HALF PORTION |

PRICE FOR ANY TWO DISHES FOR ASSORTMENT  
.....£9.00