




World Marathon

ETHIOPIAN RESTAURANT
60 University Avenue West, Windsor, ON N9A 5N6

TAKE YOUR TASTE BUDS
TO A NEW WORLD





Marathon Soup

1. Lentil soup.....\$ 3.99
2. Yellow peas soup.....\$ 3.99
3. Mix vegetables soup.....\$ 3.99



Appetizers

1. Marathon Sambusa
(vegetable or meat)
6 pc.....\$ 4.99
12 pc.....\$ 8.99
2. Shiro fit-fit.....\$ 4.99
3. Tomato fit-fit.....\$ 4.99

It will be some of the best finger food you've ever tried. 😊

Lunch Special

1. Marathon Beef Tips

Cubes of selected beef sautéed with onions, tomatoes, garlic &



Ethiopian spices..... \$7.99


2. Meat Combo

One entree, combination of #2, #6 & #8..... \$7.99

3. Vegetarian Combo

Small serving of each kind (#1-6)..... \$6.99





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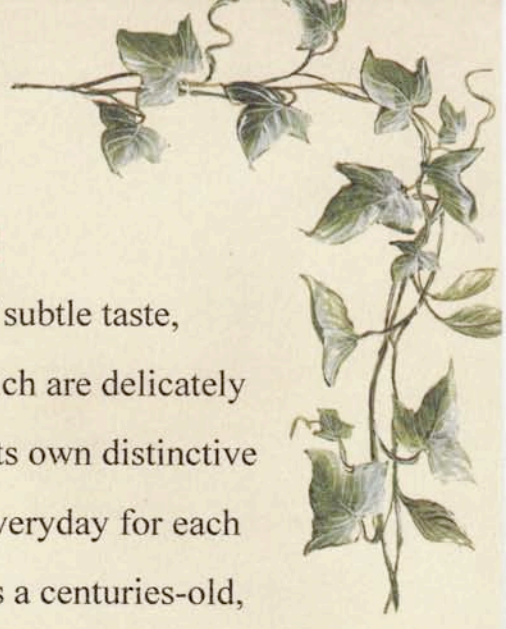

2. Meat Combo

One entree, combination of #2, #6 & #8..... \$7.99

3. Vegetarian Combo

Small serving of each kind (#1-6)..... \$6.99





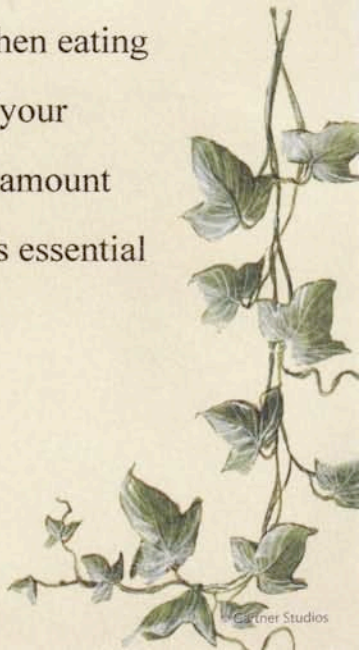
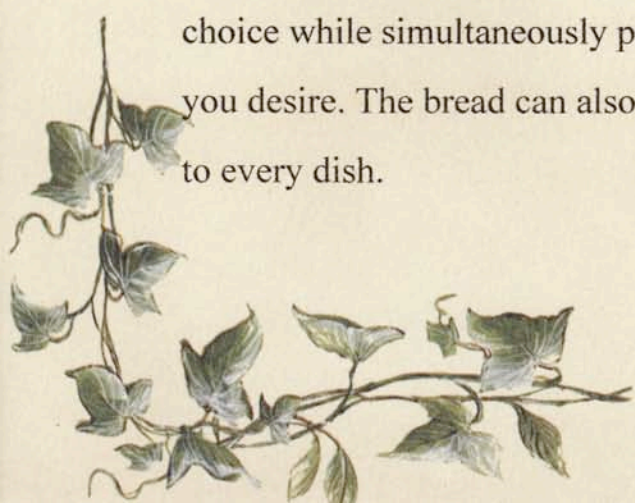
Ethiopian Meal Traditions

World Marathon Ethiopian Restaurant is a combination of subtle taste, fragrant, Pungent and warm spices from all over Ethiopia which are delicately blended to create the dishes we present to you. Each dish has its own distinctive flavor and aroma thanks to the fresh spices that are prepared everyday for each individual dish. The blending and preparation of fresh spices is a centuries-old, exacting craft indispensable to Ethiopian culture.

Our presentations, as we prefer to call our dishes, are rooted in the soil of Ethiopia and are authentically prepared in our restaurant, exactly as in our homes.

We hope you will find this a truly different and exciting dining experience. Breaking the same bread and eating from the same plate has social significance in the Ethiopian culture. It strengthens the bonds of friendship and personal loyalty. It is said that people who eat from the same plate will never betray one another. The cuisine of Ethiopia is based on an exotic blend of spices both robust and subtle. To help you make a choice, we offer these descriptions.

Apart of every entree is the traditional bread of Ethiopia, "Injera". This large, flat, slightly tangy pancake is both the serving platter and your utensil when eating Ethiopian style. Break a small piece of Injera and place it on the stew of your choice while simultaneously pinching it with your fingers to pick up the amount you desire. The bread can also be used to soak up the savory sauce that is essential to every dish.





Vegetable Dishes served with Injera

1. Tikil Goman

Cabbage cooked with onion, garlic & green pepper\$7.99

2. Goman Wat

Spinach cooked with garlic, onions, green pepper & tomato.....\$7.99

3. Kik Aliche

Mild yellow peas cooked with onions, garlic, turmeric & salt.....\$7.99

4. Meser Wat

Red lentil cooked with onions, garlic & Berbere.....\$7.99

5. At-kelt Wat

Carrot, potatoes, onions & garlic cooked in turmeric.....\$7.99

6. Aziffa

Cooked green lentil mixed with onions, green chilies, olive oil
& Marathon dressing served cold.....\$7.99

7. Shiro Wat

Ground pea cooked with onion, tomatoes, garlic & Berbere\$9.99

8. Mixed Vegetables

Eggplant & zucchini cooked with onion, garlic, tomato paste & Marathon spices.....\$10.99

9. Vegetarian combo

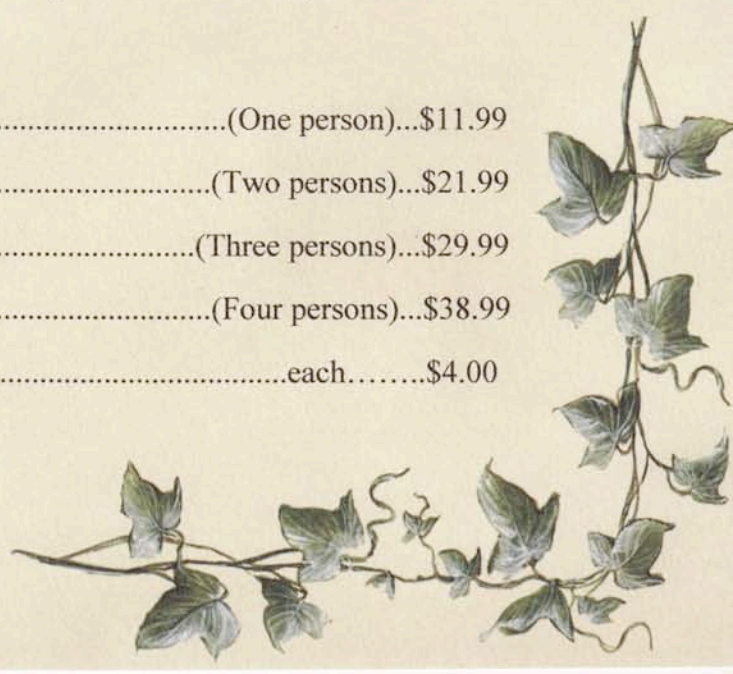
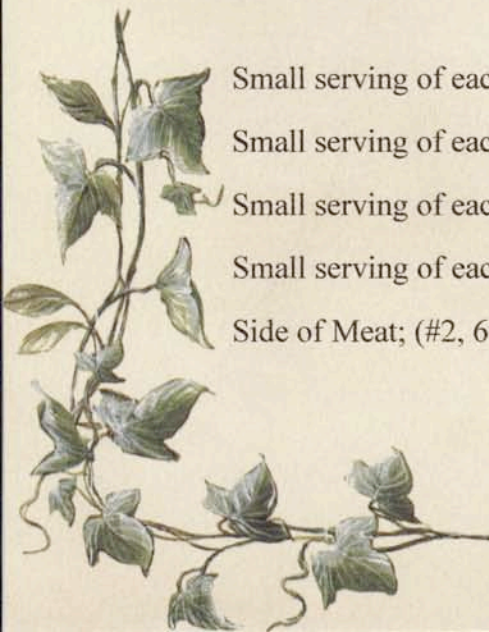
Small serving of each kind from above; (#1-6).....(One person)...\$11.99



Small serving of each kind from above; (#1-6).....(Two persons)...\$21.99

Small serving of each kind from above; (#1-6).....(Three persons)...\$29.99

Small serving of each kind from above; (#1-6).....(Four persons)...\$38.99

Side of Meat; (#2, 6 or 8).....each.....\$4.00





Meat Dishes with Injera

1. Marathon Lamp Tips

Cubes of selected Lamp sautéed with onions, tomatoes, garlic & Ethiopian spices.....\$12.50

2. Marathon Beef Tips

Cubes of selected Beef sautéed with onions, tomatoes, garlic & Ethiopian spices.....\$9.99

3. Ye-awaze Tibs

Cubes of selected Beef sautéed with onions, green pepper, garlic,
hot red pepper paste & Ethiopian spices.....\$9.99

4. Ye-awaze Tibs Fer-Fer

Injera mixed with #3.....\$9.99

5. Zelzel Tips

Tender beef strips seasoned with Ethiopian spices, garlic, onion, red pepper & wine
(Can be ordered Spicy or Mild).....\$9.99

6. Doro Tips

Boneless pieces of chicken sautéed with onions, tomatoes, garlic,
hot pepper paste & Ethiopian spice.....\$12.50

7. Banatu

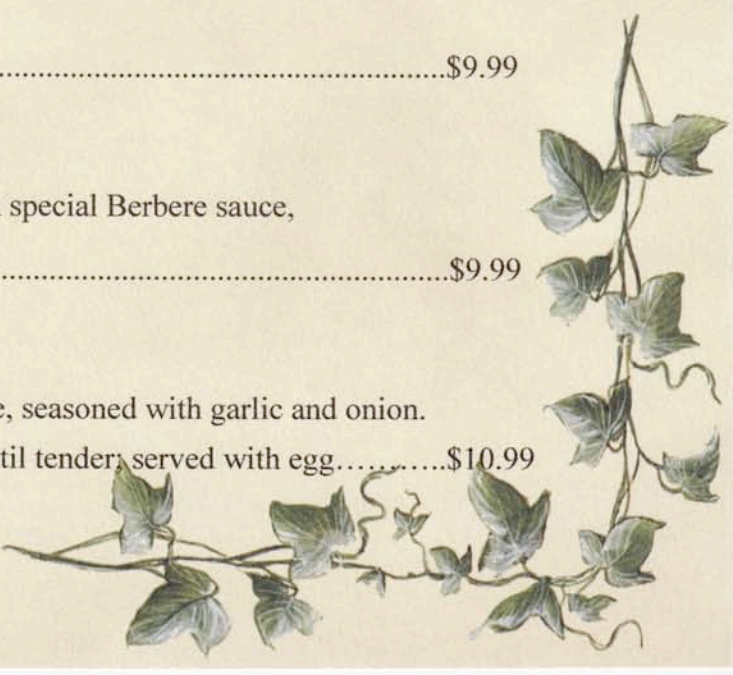

Injera mixed with #8.....\$9.99

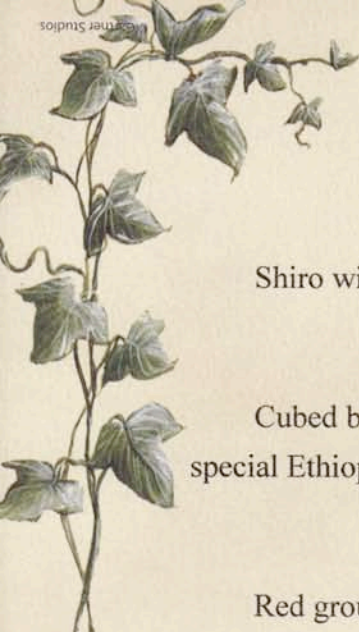
8. Ye-bere Wat

Cubed Beef cooked gently until tender in Ethiopian special Berbere sauce,
seasoned with fresh garlic & onion.....\$9.99

9. Doro Wat

Chicken marinated in lemon juice, sautéed in spice, seasoned with garlic and onion.
It is coated with red pepper sauce and cooked gently until tender; served with egg.....\$10.99





10. Bozena

Shiro with meat cooked in Ethiopian spice & Berbere.....\$9.99

11. Nach Tips

Cubed beef cooked with onions, green pepper, garlic and special Ethiopian spices.....\$9.99

12. Kitfo

Red ground beef sautéed with Mitmita, salt, Kororima & spiced butter.....\$10.99

13. Kitfo Dulat

Red ground beef sautéed with Mitmita, salt, Kororima, spiced butter, garlic onions & green chilies.....\$10.99

14. Kilkil

Lamb meat, garlic & curry prepared as a soup mixed with pieces of Injera.....\$12.50

15. Marathon Beef Steak

8 OZ, New York steak prepared and cooked Ethiopian style with garlic, onion, tomato, red pepper, salt, wine & special Marathon spice. Served with mixed vegetable and salad, rice or Injera (Can be ordered Spicy or Mild).....\$18.99

16. Meat Combo

One entree, combination of #2, 6 & 8:

One person.....\$13.99

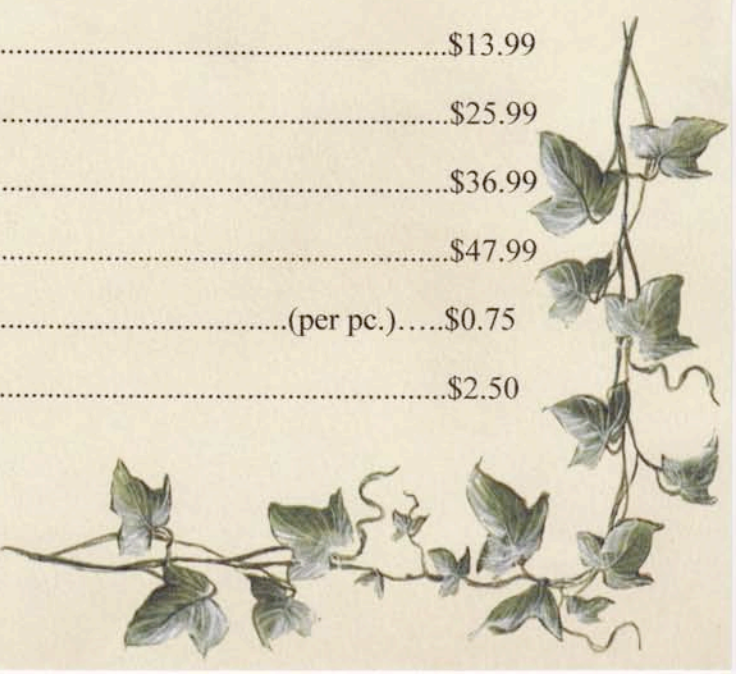
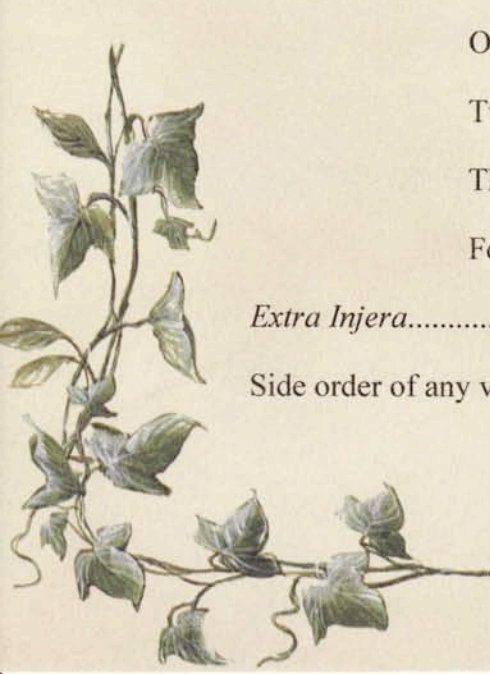
Two persons.....\$25.99

Three persons.....\$36.99

Four.....\$47.99

Extra Injera.....(per pc.).....\$0.75

Side order of any vegetables from #1-6.....\$2.50





Vegetable Dishes served with Basmati Rice

1. Tikil Goman

Cabbage cooked with onion, garlic & green pepper..... \$6.99

2. Goman Wat

Spinach cooked with garlic, onions, green pepper & tomato.....\$6.99

3. Kil Alichu

Mild yellow peas cooked with onions, garlic, turmeric & salt\$6.99

4. Meser Wat

Red lentil cooked with onions, garlic & Berbere\$6.99

5. At-kelt Wat

Carrot, potatoes, onions & garlic cooked in turmeric.....\$6.99

6. Aziffa

Cooked green lentil mixed with onions, green chilies, olive oil

& Marathon dressing served cold\$6.99

7. Mixed Vegetables

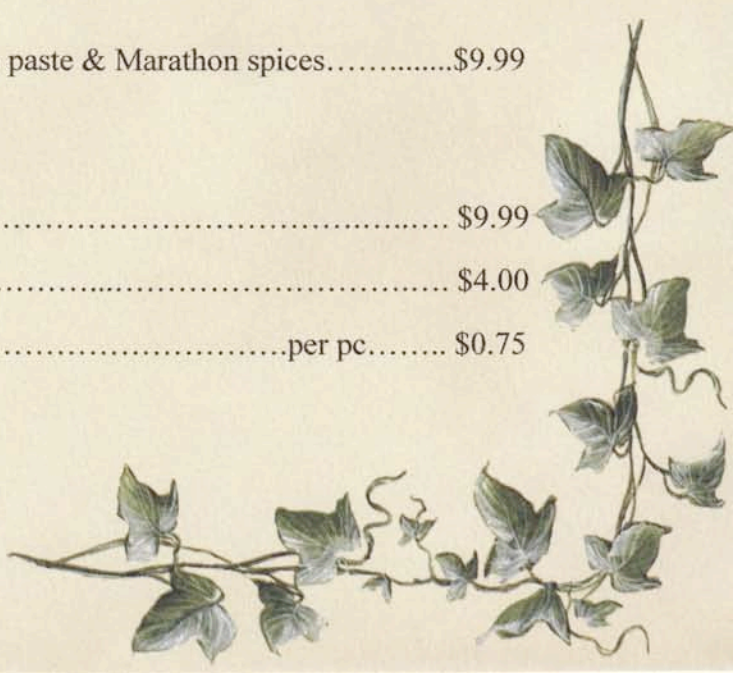

Eggplant & zucchini cooked with onion, garlic, tomato paste & Marathon spices.....\$9.99

8. Vegetarian Combo

Small serving of each kind from above, (1-6)..... \$9.99

Side order of any meat (#2, 6 & 8)..... \$4.00

Extra Injera.....per pc..... \$0.75





Meat Dishes with Basmati Rice

1. Marathon Lamb Tibs

Cubes of selected Lamb sautéed with onions, tomatoes, garlic & Ethiopian spices\$11.99

2. Marathon Beef Tips

Cubes of selected Beef sautéed with onions, tomatoes, garlic & Ethiopian spices\$9.99

3. Ye-awaze Tibs

Cubes of selected Beef sautéed with onions, green pepper, garlic,
hot red pepper paste & Ethiopian spices\$9.99

4. Zelzel Tibs

Tender beef strips seasoned with Ethiopian spices, garlic, onion, red pepper & wine
(Can be ordered Spicy or Mild)..... \$9.99

5. Doro Tibs

Boneless pieces of chicken sautéed with onions, tomatoes, garlic,
hot pepper paste & Ethiopian spice\$11.99

6. Ye-bere Wat

Cubed Beef cooked gently until tender in Ethiopian special Berbere sauce,
seasoned with fresh garlic & onion\$9.99

7. Doro Wat

Chicken marinated in lemon juice, sautéed in spice, seasoned with garlic and onion.
It is coated with red pepper sauce and cooked gently until tender; served with egg.....\$10.99

8. Meat Combo


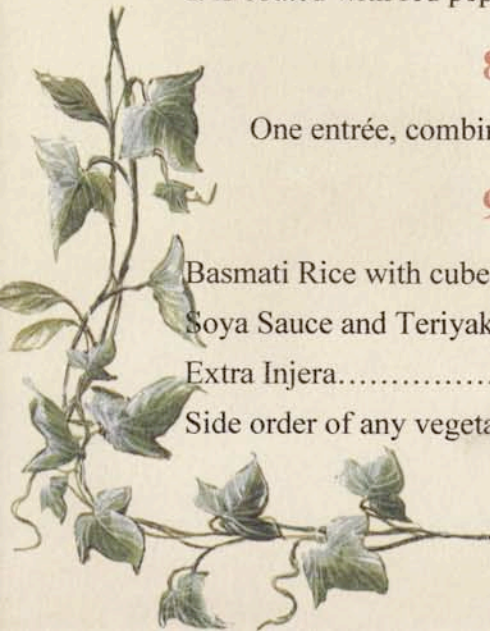
One entrée, combination of # 2, 5 & 6.....\$11.99


9. Special Order

Basmati Rice with cubed boneless chicken or cubed beef; cooked with mixed vegetables,
Soya Sauce and Teriyaki sauce.....\$9.99

Extra Injera.....per pc.....\$0.75

Side order of any vegetables.....\$2.50





Vegetable Dishes

Contains no dairy products

Tikil Gomen

Cabbage cooked in our Marathon Turmeric Sauce.

Gomen Wat

Spinach cooked with garlic, onions, green pepper & tomato.

Kik Aliche

Mild yellow peas cooked with onions, garlic & Turmic in tomato sauce.

Meser Wat

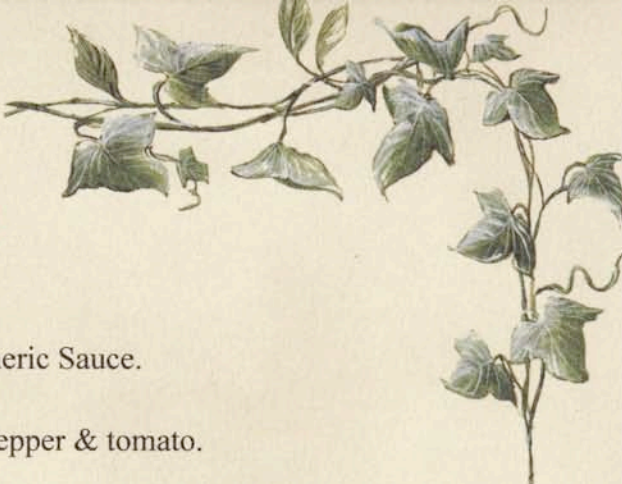
Red lentil cooked with onions, garlic & Marathon tomato sauce.

At-Kelt Wat

Mixed vegetables (carrot, potatoes, green beans & onions) cooked in tomato sauce & Turmic.

Aziffa

Green lentil, onions, green chilies, olive oil & lemon dressing served cold.



Meat Dishes

Marathon Beef Tibs

Cubes of selected Beef sautéed with onions, tomatoes, garlic & Ethiopian spices.

Doro Tibs

Boneless pieces of chicken sautéed with onions, tomatoes, garlic, hot pepper paste & Ethiopian spice.

Ye-Bere Wat

Cubed Beef cooked gently until tender in Ethiopian special Berbere sauce, seasoned with fresh garlic & onion.

Prices

Meat Feast (All You Care to Eat).....\$16.99

Vegetarian Feast (All You Care to Eat).....\$14.99

No take outs on All You Care to Eat, orders.

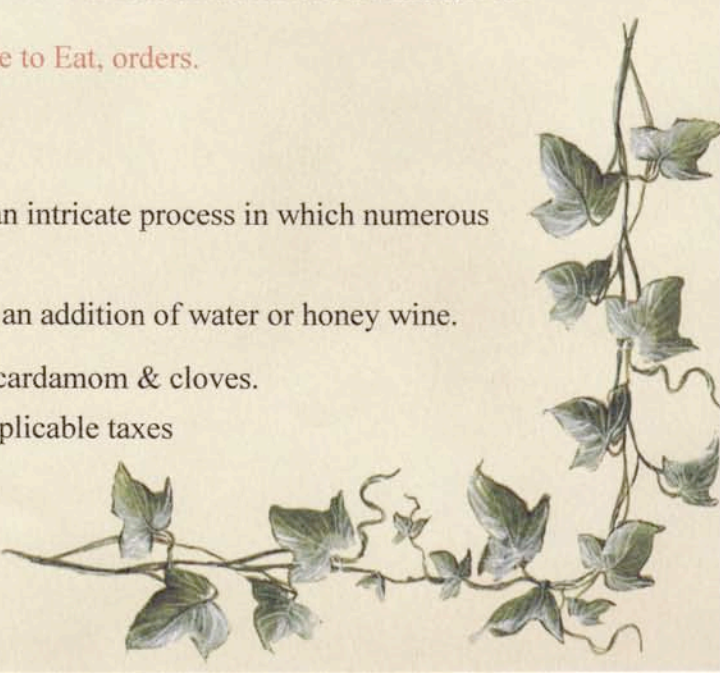
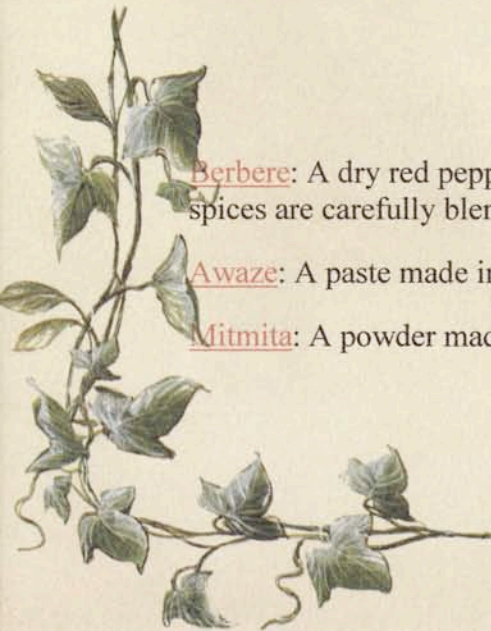
Spices


Berberere: A dry red pepper powder, the end product of an intricate process in which numerous spices are carefully blended.

Awaze: A paste made in the same way as Berbere with an addition of water or honey wine.

Mitmita: A powder made from a small hot red pepper, cardamom & cloves.

All prices are subject to applicable taxes





Hot Beverages

1. Coffee.....\$1.75
2. Espresso..... \$1.75
3. Ethiopian spice tea.....\$1.87

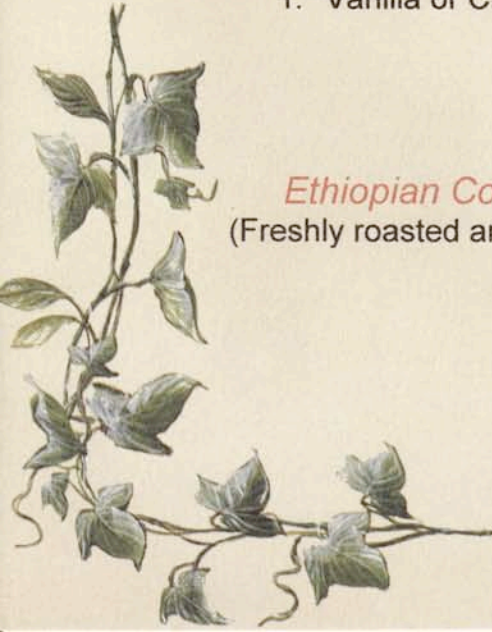


Cold Drinks

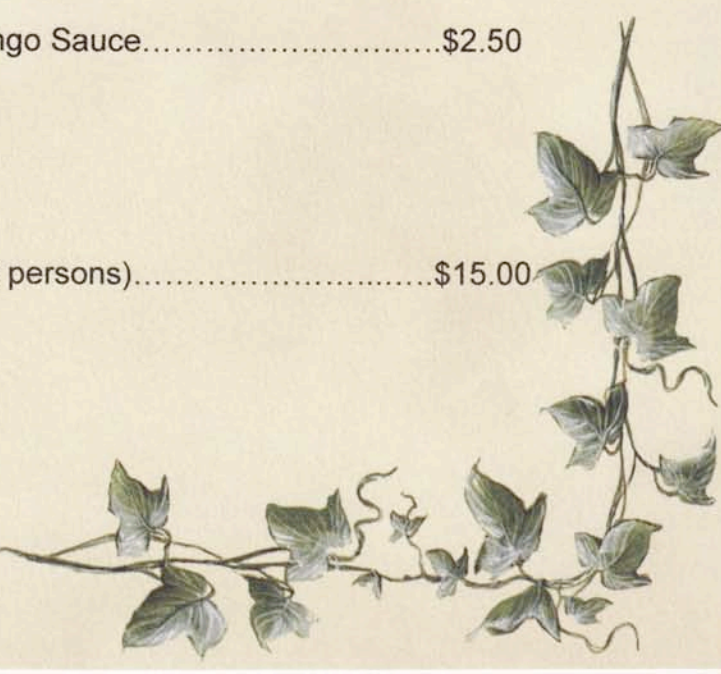
1. Sprite.....\$1.50
2. Coke.....\$1.50
3. Ginger Ale.....\$1.50
4. Ice tea.....\$1.50
5. Club Soda.....\$1.50
6. Bottled Water.....\$1.35
7. Juice.....\$1.87

Desert

1. Vanilla or Chocolate Ice Cream with Mango Sauce.....\$2.50



Ethiopian Coffee Ceremony
(Freshly roasted and grounded on the spot, 1-5 persons).....\$15.00





Beer

Domestic (Blue, Canadian, Keith's, Coors Light, Budweiser)\$ 3.50

Imported (Heineken, Corona).....\$ 4.00

Wine

Domestic (Red, White & White Zinfandel)

By the Glass.....\$ 4.50

Bottle.....\$ 21.00

Imported (South African Two Ocean Red or White)

By the Glass.....\$ 5.50

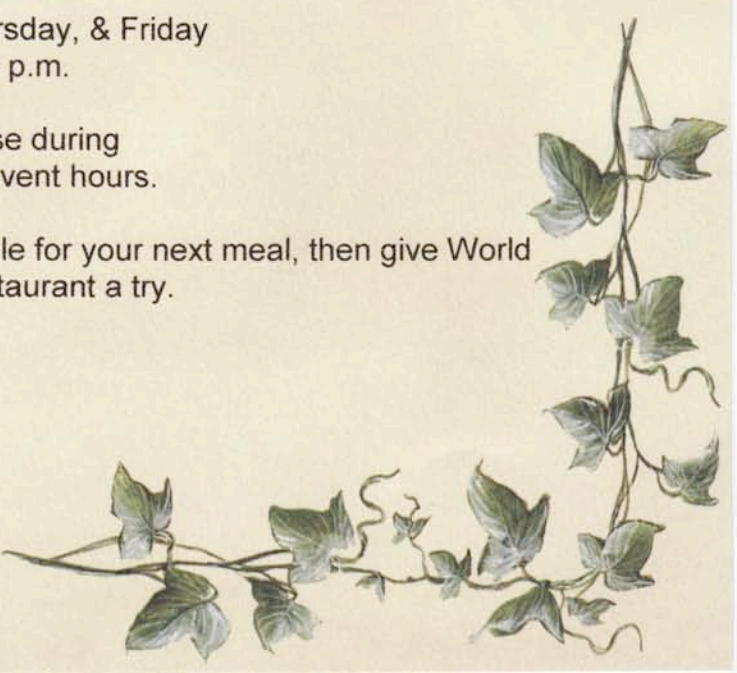

Bottle.....\$ 24.00

Open Wednesday-Monday
5pm-11am

Lunch Open
Monday, Wednesday, Thursday, & Friday
11:30 a.m. - 2:00 p.m.

Drinks prices increase during
special entertainment event hours.

If you're looking for something exotic yet accessible for your next meal, then give World
Marathon Ethiopian Restaurant a try.





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