

# COLD DRINKS

# المشروبات الباردة

Pop canned drink	\$1.00
Bottled drinks or bottled water	\$2.50
Brewed Iced Coffee or Tea	\$3.00
Iced Hot Chocolate	\$5.00
Barbikan Malt <small>Non-alcoholic beer</small>	\$4.00
Triple Berry Soda <small>Raspberry, Blueberry, Strawberry, Salted Caramel</small>	\$5.00
Manitoba Summer Soda <small>Blueberry, peppermint, raspberry</small>	\$5.00
Blended Latte Caramella	\$6.00
Iced Spanish Latte	\$5.00
Matcha Latte <small>Match based latte with sugar syrup</small>	\$5.00
Salty Yogurt <small>Yogourt, salt, mint, ice</small>	\$5.00
Karkade Hibiscus Tea	\$5.00
Arabic Lemonade	\$6.00
Juice Cocktail <small>Banana, Strawberry, Mango, Milk, Honey</small>	\$6.00



Manitoba Summer



Karkade



Juice Cocktail



Arabic Lemonade



Salty Yogurt



Blended Latte Caramella



# HOT DRINKS

# المشروبات الساخنة

	Coffee, brewed & locally roasted	\$2.75
	Americano	\$2.75
	Espresso	\$3.00
	Cappuccino	\$5.00
	Hot Chocolate	\$5.00
	London Fog Earl Grey tea latte with vanilla	\$5.00
y	Honey Cardamom Latte Espresso based latte with fresh cardamom and honey	\$5.00
y	Latte Caramella Espresso based latte with caramel	\$6.00
y	Spanish Latte Espresso based latte with vanilla and condensed milk	\$5.00
	Chai Latte Spiced tea concentrate combined with steamed milk.	\$5.00
	Black Tea Dallah Sage, Mint, Jasmin, Earl Grey, Cardamom. Add \$2 for large.	\$4.00
	Herbal Tea Dallah Green Tea, Chamomile, Yansoon "Anise"	\$4.00
	Karkade Hibiscus Tea Egyptian Karkade (hibiscus flower). Sweetened with sugar syrup	\$5.00
y	Chai Karak Dallah Tea, cardamom, saffron cooked with milk. \$2 for large pot	\$6.00
y	Turkish Coffee Dallah Extra \$2 for large pot	\$6.00
	Coffee Beans Bag (1 lb)	\$18.00



Spanish  
Latte



Honey  
Cardamom  
Latte



Latte  
Caramella



# FAMILY PLATTERS

## أطباق عائلية

### All Day Arabic Breakfast \$18 فطور عربي

Plate of Hummus, fouse and falafel as they get side by side for breakfast. Manakeesh Zaatar served with fresh bread and tea Dallah. Vegan Option Available.

### Mini Manakeesh Deal 12 for \$30 مناقيش

A variety of 5" size, feel free to mix 10 from the Manakeesh Menu. Perfect finger food appetizer. Easy to freeze and great for kid's lunches.

### Msakhan Rolls Deal 12 for \$30 رولات مسخن

12 Rolls of thin dough rolled around shredded pieces of chicken with onion, sumac and olive oil. The mini version of the traditional Msakhan. Perfect finger food

### Wraps Share Deal 5 for \$60 سندويشات للمشاركة

Any 5 assorted sandwiches combination from the sandwiches menu. Comes with fries and 5 pops. Perfect for corporate events.

### Shawarma Feast \$80 مهرجان الشاورما

Platter with your choice of chicken or beef shawarma or both on a bed of rice or fries. Sides of grilled vegetables, hummus, garlic dip, pickles, 5 breads, 5 pops, 5 Baklawas.

### Vegan Feast \$80 مهرجان نباتي

A platter of rice, grilled vegetables, pickles, batata harra, 10 falafel balls, hummus, mhammara, salad and your choice of moussaka OR spinach stew. served with 5 breads, 5 pops, 5 baklawas. Add \$10 to replace the rice with koshary.

### Deluxe Grills \$90 جات فاخر

5 skewers kabab , 5 skewers Shish Taouk over rice or fries. Grilled vegetables, sides of hummus, garlic dip, pickles, vegetables, 5 breads, 5 pops, 5 Baklawas.

### Royal Grills \$150 جات مشاوي ملوكي

6 skewers kabab , 6 skewers Shish Taouk, 2 lbs shawarma and 10 falafel balls over rice or fries. Grilled vegetables, sides of hummus, garlic dip, 5 breads, 5 pops and 5 Baklawas.



Msakhan  
Rolls



Wraps  
Share



# MAIN PLATES

## أطباق رئيسيه

### Koshary \$12 كشري

The most delicious Egyptian dish. It is very suitable for vegans. Rice, pasta, and black lentil with some tomato sauce, chickpeas and crispy onion.

### Moussaka Batinjan \$13 مسقعه باذنجان

Eggplant and chickpeas in thick tomato sauce with garlic, hot pepper and olive oil. Served with fresh bread or rice.

### Sabanekh (Spinach) Stew \$13 بخنة السبانخ

Authentic Lebanese stew of spinach, onions, hot peppers, chickpeas, summac and lemon juice. Served with rice or bread. Add beef: \$3

### Falafel Delight \$14 فلافل

Falafel balls garnished with tahini sauce, served with pickles and hummus. Served with fries. Vegan without tahini.

### Traditional Msakhan \$12 مسخن فلسطيني

The national dish of Palestine. Caramelized onions, chicken, sumac, olive oil and crunchy almonds over fresh baked bread. Messy but happy eating. Served with yogurt dip or Pali Salad.

### Chicken or Beef Shawarma \$15 شاورما

Tiny layers of beef or chicken marinated in our house sauce. Served with rice or fries with hummus or garlic dip sides and salad.

### Makloubah \$17 مقلوبه فلسطينيه

A layered dish of beef or chicken basted with authentic Arabic spices with veggies and rice. A famous Palestinian plate, its name suggests upside down in how it's presented. Served with yogurt dip or Pali Salad.

### Kabab \$18 كباب

2 Skewers of ground beef and lamb mixed with parsley, onions, and seasoned with our house spices. Served with rice or fries with hummus and salad.

### Shish Taouk \$18 شيش طاووق

2 skewers of threaded boneless chicken, Lebanese style and dipped in herbs, yogurt and garlic. Served over rice or fries with hummus, garlic sauce and salad.

### Mini-Mix Grill \$18 مشاوي مشكله

2 skewers of one Shish Taouk and one Kabab with vegetables, hummus and garlic sauce with your choice of rice or fries.

### Dawoud Pasha \$18 داود باشا

Spiced Kofta of (ground beef and lamb) cooked in tomato sauce topped with garlic, mint and roasted almonds. Served with rice or bread.



# HOT APPETIZERS

# المقبلات الساخنة

## Adas \$4 🌱🌿🌱 شوربة عدس

Cooked red lentils, hot and flavorful addition to any meal, served September to May.

## Foule Mudammas \$6 🌱🌿 فول مصري مدمس

Egyptian seasoned smashed fava beans with cumin, garlic, lemon, olive oil. Add \$3 to top it with eggs. Vegan option available. Served with a fresh bread.

## Kallayet Bandora \$6 🌿 قلاية بندوره

A traditional Arabic dish originally made by farmers in the field to get through the day. Olive oil based and made with saute tomato, hot pepper and garlic. Served with a fresh bread.

## Batata Harrah \$8 🌿 بطاطا حره

Cubed potato fries, mixed with cilantros, lemon, garlic and chili flakes.

## Foule & Bayd \$9 فول و بيض

Our famous fole Medames, the mashed fava beans topped with two eggs boiled or fried to scoop up the yumminess of this protein packed dish!

## Shakshouka \$9 🌱🌿🌱 شكشوكه

Tunisian dish of sweet Smokey red peppers, garlic, onion, tomato and poached eggs. Served with a fresh bread.

## Hummus Shawarma \$10 🌱 حمص شاورما

Chickpeas purée with sesame paste, lemon juice and olive oil topped with slices of beef Shawarma, and roasted almonds. Served with a fresh bread

## Batata Shawarma \$11 بطاطا شاورما

Fries with Shawarma, chicken or beef with garlic dip, shatta (hot sauce) and tahini sauce. A party on a platter full of fresh and bold flavors.

## Fatta Shawarma \$12 فته شاورما

Fatta means crumbled, incredibly satisfying mixture of contrasting texture and temperature of crunchy bread, with spicy tomato sauce, garlic and vinegar topped with rice and beef or chicken shawarma. Traditionally served in festive occasions and very ancient.

Foul  
Mudames





# COLD APPETIZERS

## المقبلات الباردة

### Hummus \$5 حمص

Chickpeas, lemon, tahini paste (sesame seed), olive oil. Served with a fresh bread.

### Labneh \$6 لبنه

Creamy strained yogurt mixed with zaatar and ground red pepper topped with olive oil. Served with a fresh bread.

### Mhammara \$7 محمره

Mixed spicy walnuts with tomato & grilled red pepper. Vegan option available. Served with a fresh bread.

### Musabaha \$7 مسبحة

A sister of the Hummus but blended with soft whole Chickpeas. The name suggests it's to swim and that's for the dish served in a pool of hummus and lightly showered with olive oil. A glorious dish to satisfy hummus lovers. Served with a fresh bread.

### Pali Salad \$5 سلطة فلاحيه - فلسطينيه

Palestinian salad of cucumbers, tomato, onions, lettuce and peppers.

### Fattouche \$6 فتوش

Traditional Lebanese salad of mixed greens, seasoned with olive oil and pomegranate molasses and topped with fried pita bread.

### Tabouleh \$8 تبولة

Lebanese salad of parsley, cracked wheat, tomato, onion, mint, lemon, olive oil.

### Yafa Salad \$11 سلطة يافا

Food in our culture is all about sharing. This is our scrumptious Pali-Salad topped with your choice of chicken or beef shawarma or falafel, for the vegan option. Perfect for Keto followers.

### Sampler \$12 تشكيلة مقبلات

Your choice of any 3 dips. Served with a fresh bread.



Sampler



# MANAKEESH

Traditional Arabic freshly baked flatbread

## مناقيش على أصولها

### Zaatar \$3 زعتر

Oregano, thyme and marjoram rounded out by nutty toasted sesame seeds and lemony sumac. Perfect with tea. Add veggies: \$1

### Zaatar-Labneh \$5 زعتر لبنه

Dollops of Labneh makes the tang of sumac and the sharpness of the wild herbs lighter and more lemony

### Zaatar-Shatta \$5 زعتر ورُب الحار

Zaatar with a snap of heat, spread of tomato hot chili. Very thrilling. Add labneh ball: \$1

### Zaatar-Cheese \$5 جبنة وزعتر

Half the pie of melted cheese and the other half zaatar and taste each topping with every bite.

### Cheese Fusion \$5 جبنة

Melted mixture of 4 cheeses. You will be glad we invented it.

### Half Cheese \$6 نصف جبنة

Half the pie of melted cheese and the other with half zaatar and Mhammara.

### Spinach Triangle \$6 مثلث سبانخ

Spinach mixed with onions, oregano, and marinated with lemon and sumac. Vibrant & tangy.

### Sfeiha \$6 صفيحه / لحم بعجين

Delicious seasoned ground beef/lamb mixed with Arabic spices, tomato, onions & mint (Lahm-bi-aajin).

### Spinach-Cheese \$6 سبانخ وجبنة

Spinach mixed with onions, oregano and sumac spread and topped with cheese.

### Sfeiha-Cheese \$6 صفيحه مع جبنة

Sfeiha ground beef/lamb mixture topped with a blend of melted cheese.

### Bayd \$5 قدوخ بيض

Savory mixture of beaten eggs, cheeses, parsley, zaatar and black pepper.

### Khodra (Veggie) \$6 خضره

Our special sauce topped with cheese, olives, onions and peppers with an infusion of zaatar to steal hearts.

### Yafa Spicy Chicken \$9 دجاج حار

This means plenty of chili, Gaza style, shawarma chicken on hot tomato sauce topped with cheese.



# SANDWICHES

On fresh pita, wrapped or stuffed. Add \$3 to make it a combo.

## سندويشات

### Falafel \$11 فلافل

Falafel balls made of chickpeas, parsley wrapped with vegetables, hummus, pickles and tahini. Vegan without tahini.

### Kabab \$11 كباب كفته

Ground beef/lamb grilled to perfection with onions, parsley, tomato, pickles, and hummus.

### Shawarma (Chicken or Beef) \$11 شاورما دجاج أو لحمه

Thinly shredded pieces of chicken/beef marinated with abundance of spices, and citrus sauce.

### Pali-Msakan \$11 مسخن

Layers of happiness wrapped of sumac-braised chicken, caramelized onions and vegetables.

### Shish Taouq \$11 شيش طاووق

Grilled chicken breast marinated in garlic, lemon, yogurt, wrapped with garlic paste and vegetables.

### Maqali \$11 مقالي

Crunchy fried veggies with vegetables, pickles, chili and tahini sauce. Vegan without tahini.

## EXTRAS

### Extra Sauces

Shatta chili sauce, garlic sauce, tahini

\$1

### Fresh bread (one)

\$1

### Fries Plate

\$4

### Rice Plate

\$3

### Falafel (1/2 dozen)

\$7

## إضافات





## HELOU CORNER (SWEETS)

## الحلويات

Regardless of how you approach our menu,  
it is essential to save room for our hand-made sweets!

**Basbousa \$3/each or \$25/kg**  بسبوسة مصريه

Classical Arabic cake sold in every corner. We serve the Egyptian variation, made of semolina and soaked in honey syrup.

**Baklawa \$3/each or \$35/kg**  بقلاوله

The richest Arabic sweets, ground mixture of nuts centered in a crunchy, velvety layer upon layer of dough drenched in rose water syrup and topped with pistachio.

**Knafeh Nabulsi \$9**  كنافه نابلسيه

The King of Arabic Dessert. A Palestinian iconic dessert loved all over the World. Get ¼ kg of melting cheese on top of shredded wheat, and drizzled with syrup leaving a food experience never to be forgotten.

**Date Ring Cookies \$3**  كعك أساور فلسطيني

Sugar free Palestinian cookies stuffed with dates. Seasoned with Mahlab aromatic spice, cinnamon, anise, turmeric, cardamom and rosewater. Extremely moreish, crunchy and delicious.

**Sahlab \$8** سحلب

Arabic winter thick drink that will surely warm you up. Velvety milk drink topped with nuts. It contains roots of mountain orchid, a great antioxidant that was used in ancient days by sailors when during long journeys to keep them healthy.



Sahlab