

COLD DRINKS

Drinks served in a large cup

Pop canned drink	\$1
Bottled drinks or bottled water	\$2.5
Brewed Iced Coffee or Tea - Brewed double strength with filtered water combined with ice	\$3
Iced Hot Chocolate - Hot chocolate mix blended with ice	\$5
Barbikan Malt - Non-alcoholic beer	\$4
Manitoba Summer Soda - Blueberry, peppermint, raspberry	\$5
Blended Latte Caramella - Espresso combined with milk, vanilla syrup and caramel sauce	\$6
Iced Spanish Latte - Espresso with steamed milk and condensed milk and vanilla flavor	\$5
Matcha Latte - Matcha based latte with green tea	\$5
N Vanilla Bean Latte - Espresso with steamed milk and vanilla flavoring	\$5
Karkade Hibiscus Tea - Egyptian Karkade (hibiscus flower).	\$5
Arabic Lemonade - Lemon, Lime, Mint	\$6
Mango Smoothie- Mango, milk, mint, honey	\$6

HOT DRINKS

Drinks served in a large cup

Coffee - brewed & locally roasted	\$3
Americano - Espresso and water	\$3
Espresso - Double Espresso short or long and 100% local	\$3
Cappuccino - Espresso with steamed and frothed milk	\$5
Hot Chocolate - Rich chocolate with steamed milk	\$5
London Fog - Earl Grey tea latte with vanilla	\$5
Honey Cardamom Latte - Espresso based latte with fresh cardamom and honey	\$5
Latte Caramella - Espresso based latte with caramel	\$6
Spanish Latte - Espresso based latte with vanilla and condensed milk	\$5
Matcha Latte - Matcha based latte with green tea	\$5
Chai Latte - Spiced tea concentrate combined with steamed milk	\$5
Vanilla Bean Latte - Espresso based latte with vanilla	\$5
Black Tea Dallah - With Sage, Mint, Jasmin, Earl Grey, or Cardamom. Extra \$2 for large.	\$4
Herbal Tea Dallah - Chamomile, Karkade "Hisbiscus", or Green Tea. Extra \$2 for large.	\$4
Chai Karak Dallah - Tea, cardamom and saffron aromas with evaporated milk.	\$7
Add \$2 for large.	
N Coffee Karak Dallah - coffee, cardamom and saffron aromas with evaporated milk.	\$6
Add \$2 for large.	
Coffee Beans Bag (1 lb)	\$18

HELOU CORNER (SWEETS)

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

-  **Basbousa** - Classical Arabic cake sold in every corner made of semolina and honey syrup. \$3 each
\$25/kg
-  **Baklawa** - Ground mixture of nuts centered in a crunchy, velvety layer upon layer of dough drenched in rose water syrup and topped with pistachio. \$3 each
\$35/kg
- Knafeh Nabulsi** - 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. \$9
-  **Date Ring Cookies** - Sugar free Palestinian cookies stuffed with dates. Seasoned with Mahlab aromatic spice, cinnamon, anise, turmeric, cardamom and rosewater. Extremely moreish, crunchy and delicious. \$3
-  **Um Ali** - Egypt's National desert that goes back to the 13th century. Bread, butter with raisins, coconut baked in milk, and topped with pistachios and coconuts \$7

EXTRAS

-  **Extra Sauces** - Shatta chili sauce, garlic sauce, tahini \$1
-  **Fresh bread (one)** \$1
-  **Fries Plate** \$4
-   **Rice Plate** \$3
-   **Falafel (½ dozen)**. Vegan without tahini \$7

HOT APPETIZERS

-   **Adas Soup** - Cooked red lentils, hot and flavorful addition to any meal. \$4
-  **Palestinian Wedding Soup** - Thick soup of chicken, lentils, chickpeas, tomatoes, garlic, coriander and maftool "Palestinian couscous". \$5
-   **Qudsiyeh (Jerusalemite)** - Hummus mixed fole, lemon and garlic topped with tahini sauce and olive oil. Served with a fresh bread. \$6
-   **Foule Mudammas** - Egyptian seasoned smashed fava beans with cumin, garlic, lemon, olive oil. Vegan without tahini. Served with a fresh bread. \$6
-   **Kallayeh Bandora** - A traditional Arabic dish originally made by farmers in the field to get through the day. Olive oil based and made with sautéed tomato, hot pepper and garlic. Served with a fresh bread. \$6
-  **Kallayeh Arab** - Chopped beef cooked with sauté tomato and topped with mint and roasted almonds. Served with a fresh bread. \$10
-   **Batata Harrah** - Cubed potatoes, fried and mixed with cilantros, garlic and chili flakes. \$8
-   **Foule & Eggs** - Mashed fava beans topped with two fried eggs. Served with a fresh bread. \$9
-   **Shakshouka** - Tunisian dish of sweet Smokey hot peppers, garlic, onion, tomato, cheese and poached eggs. Served with a fresh bread. \$9
-  **Hummus Shawarma** - hummus and olive oil topped with beef or chicken shawarma, and roasted almonds. \$10
-  **Batata Shawarma** - Fries with Shawarma, chicken or beef with garlic dip, shatta (hot sauce) and tahini sauce. \$11

COLD APPETIZERS

-   **Hummus**- Chickpeas, lemon, tahini paste (sesame seed), olive oil. Served with a fresh bread. \$5
-   **Labneh** - Creamy strained yogurt topped with zaatar, mint, paprika and olive oil. Served with a fresh bread. \$6
-   **Mhammara** - Mixed spicy walnuts with tomato & grilled red-hot pepper. Vegan without tahini. Served with a fresh bread. \$7
-   **Musabaha** -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 and roasted almonds. Served with a fresh bread. \$7
-   **Pali Salad**- Palestinian salad of cucumbers, tomato and lettuce with our house Yafa dressing. \$6
-    **The Gaza Salad** - Daily salad served in Gaza of tomatoes, garlic, onion, dill seed, lemon, olive oil and chili peppers dagga which means pounded. Served with a fresh bread. \$7
-  **Fattouche**- Traditional Lebanese salad of mixed greens, seasoned with olive oil and pomegranate molasses and topped with crunchy pita bread. \$7
-  **Tabouleh** - Lebanese salad of parsley, cracked wheat, tomato, onion, mint, lemon, olive oil. \$8
-   **Yafa Keto Salad** - Pali-Salad topped with your choice of chicken or beef shawarma. Falafel for the vegan option. Perfect for Keto followers. \$12
-  **Sampler** - Your choice of 3 dips of Hummus, Labneh, Mhammara, Musabaha, or Garlic dip. Served with 2 fresh breads. \$13

MAIN PLATES

- V **Falafel Delight** - Falafel balls garnished with tahini sauce, pickles and hummus. Vegan without tahini. Served with fries. \$14
- V **Koshary** - Egyptian dish of rice, pasta, and green lentil with hot tomato sauce, chickpeas and crispy onion. \$15
- V **Moussaka Batinjan** - Eggplant and chickpeas in thick tomato sauce with garlic, hot pepper and olive oil. Served with fresh bread or rice. \$15
- V **Chicken or Beef Shawarma** \$17
 Tiny layers of beef or chicken marinated in our house sauce. Served with rice or fries with hummus or garlic dip sides and salad.
- V **Makloubeh** - A layered dish of beef or chicken basted with authentic Arabic spices with veggies (eggplants or cauliflower and potatoes) and rice. A famous Palestinian plate, its name suggests upside down in how it's presented. Served with yogurt dip or Pali Salad. \$17
- V **Kabab** - 2 Skewers of ground beef and lamb mixed with peppers, onions, and seasoned with our house spices. Served with rice or fries with hummus, tahini sauce and salad. \$18
- V **Shish Taouk** - 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. \$18
- V **Mini-Mix Grill** - 2 skewers of one Shish Taouk and one Kabab with Vegetarian ables, hummus and garlic sauce with your choice of rice or fries. \$18
- N V **Sawani Kofta** - oven baked ground beef and lamb mixed with herbs, garlic and onions. Spiced and topped with potato slices. Juicy delicious, baked with your choice of Tomato Hot Sauce or tahini Sauce. Served with fresh bread or rice. \$18
- N V **Sayadia (Fisherman Delight)** - A sensational dish from Gaza. Fragrant spicy rice cooked with a pan-fried fillet fish and topped with caramelized onions and roasted almonds. Served with hot sauce. \$18

MANAKEESH

Flatbread Fresh from the Oven

-  **Zaatar** - Oregano, thyme and marjoram rounded out by nutty toasted sesame seeds and lemony sumac. Perfect with tea. \$3
-  **Zaatar-Shatta** - Zaatar with a snap of heat, spread of tomato hot chili. Very thrilling. \$5
-  **Zaatar-Cheese** - Half the pie of melted cheese and the other half zaatar and taste each topping with every bite. \$5
-  **Cheese Fusion** - Melted mixture of 4 cheeses. You will be glad we invented it. \$5
-  **Spinach Triangle** - Spinach mixed with onions, oregano, and marinated with lemon and sumac. Vibrant & tangy. \$6
- Sfeiha** - Delicious seasoned ground beef mixed with Arabic spices, tomato, onions & mint (Lahm-bi-aajin). \$6
- Sfeiha-Cheese** - Sfeiha ground beef mixture topped with a blend of melted cheese. \$7
-  **Spinach-Cheese** - Spinach mixed with onions, oregano and sumac spread and topped with cheese. \$7
-  **Bayd (Eggs)** - Savory mixture of beaten eggs, cheeses, parsley, zaatar and black pepper. \$5
-   **Mhammara-Cheese** - Spicy Sweet and sour roasted red pepper with walnuts, tomato, onions and pomegranate molasses. Topped with cheese and parsley \$8
- Spicy Chicken** - This means plenty of chili, Chicken Shawarma on hot tomato sauce topped with cheese. \$10
-  **Msakhan** - Sumac-braised chicken with caramelized onions. topped with salad. \$10

SANDWICHES

-  **Falafel** -Falafel balls made of chickpeas, parsley wrapped with salad, hummus, pickles and tahini. Vegan without tahini. \$11
-  **Kabab** -Ground beef/lamb grilled to perfection with onions, peppers, tomato, pickles and hummus. \$11
- Shawarma (Chicken or Beef)** -Thinly shredded pieces of chicken/beef marinated with abundance of spices wrapped with salad, pickles and tahini sauce. Garlic sauce and fries with the chicken. Hummus and onions with the beef. \$11
-  **Shish Taouq** - Grilled chicken breast marinated in garlic, lemon, yogurt, wrapped with garlic paste with fries, tomatoes and pickles. \$11
-  **Falafel Burger** - Crispy falafel with hummus and tahini sauce, vegetables, onions and pickles. Vegan without tahini. \$11

FAMILY STYLE

- V All Day Arabic Breakfast** - Plate of Hummus, foule and falafel as they get side by side for breakfast. Manakeesh Zaatar served with fresh bread and tea Dallah. Vegan without tahini. **\$18**
- Mini Manakeesh Deal** - Mix 12 from the zaatar, cheese, spinach or sfeiha items. Perfect food appetizer, easy to freeze and great for lunchboxes. **\$30**
- Msakhan Rolls Deal** - 16 rolls mini version of the traditional Msakhan. Perfect finger food. **\$30**
- Wraps Share Deal** - Any 5 assorted sandwiches combination from the sandwiches menu. Comes with fries and 5 pops. Perfect for corporate events. **\$60**
- Shawarma Feast** - Platter with your choice of one kilo of chicken or beef shawarma or both on a bed of rice or fries. Sides of large hummus, medium garlic dip, large salad, 5 breads, 5 pops, 5 Baklawas. **\$90**
- Vegan Feast** - A platter of rice, grilled Vegetarian ables, batata harra, 10 falafel balls, large hummus, medium mhammara, large salad and large moussaka plate. Served with 5 breads, 5 pops, 5 baklawas. Add \$10 to replace the rice with koshy. **\$90**
- N Traditional Msakhan Feast** - The national dish of Palestine. A whole quartered chicken put on top 5 round pieces of bread and completely covered by a layer of sauteed onions, sumac, olive oil and crunchy almonds. A fun meal with friends and family, meant to be eaten by hand, messy but happy eating. Comes with 12 Msakhan rolls, large salad, 5 baklawas and 5 pops. Vegan version made with cauliflower florets. **\$90**
- Deluxe Grills** - 5 skewers kabab , 5 skewers Shish Taouk over rice or fries. Grilled Vegetables, sides of large hummus, medium garlic dip, large salad, 5 breads, 5 pops, 5 Baklawas. **\$90**
- Royal Grills** - 6 skewers kabab , 6 skewers Shish Taouk, 2 lbs shawarma and 10 falafel balls over rice or fries. Grilled vegetables, sides of large salad, large hummus, large garlic dip, 7 breads, 7 pops and 7 Baklawas. **\$150**