



Selam

GET IT DELIVERED!

Menu

Healthy & Fresh

Ethiopian food is distinctive and delicious, our dishes are reflecting our rich cultural heritage.

Proudly Serving Regina - Gluten Free Since '03

Starters

GV GLUTEN FREE

V VEGAN

SPICY



SELAM SALAD

\$8.00

Freshly chopped tomatoes, onion, green peppers and cucumbers mixed with our house dressing (GF+V)



TIMATIM

\$8.00

Freshly chopped tomatoes mixed with crisp green peppers, jalapenos, onion, olive oil, lime, served with a side of injera (GF+V)



SAMBOSA TOPIA

\$6.00

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100% Fresh Goodness

Where we do things differently with 100% fresh ingredients.

We offer Vegetarian / Vegan / Gluten-Free dishes

Ethiopian dishes aren't shy of spices. One of the most common accompaniments is berbere, an Ethiopian spice mix containing up to 16 constituent elements, including chili powder, fenugreek, ginger, garlic, cardamom and cinnamon.

Vegan Entrees

ATER KIK / \$15.00

Delicious yellow split peas in a puree of onions / Garlic / Ginger / Turmeric / Seasoned with olive oil and freshly ground pepper (GF+V)

MISER ALECHA / \$15.00

Succulent split lentils in a mild curry of ginger / Garlic / Minced onions (GF+V)

CABBAGE WOT / \$14.00

Cabbage / Potatoes / Carrots / Onions / Black pepper simmered in a mild herb-packed curry (GF+V)

GOMEN / \$15.00

Fiber-packed dish features the superfood kale / Cooked with onions / Black pepper / Ginger / Garlic (GF+V)

SHIRO WOT / \$15.00

Sweet and savory chickpeas slathered in berbere sauce / Seasoned with minced onions / Garlic / Freshly ground pepper (GF+V)

FOSOLIA / \$15.00

Protein packed green beans / Carrots / Onions sauteed in a homemade herb and spice blend (GF+V)

AZEFA / \$14.00

Green lentils puree to perfection with onions / Green peppers / Lime / Homemade spice blend (GF+V)

VEGGIE ALECHA / \$14.00

Mild curry consisting of potatoes and carrots is perfect for pick-up (GF+V)

Meat Entrees

OPTIONAL ON ALL MEAT DISHES

DORO WOT / \$18.00

Chicken leg braised in a homemade batter of onions / Berbere sauce / Garlic / Ginger then simmered in red wine / Served with a boiled egg (GF)

GORED GORED / \$20.00

Tender chopped beef with onion and jalapenos / Seasoned with herbal butter (GF)

BEEF TIBS / \$20.00

Tender cubed beef sauteed with onion / Rosemary / Tomatoes / Jalapeno / Served with salad and spicy awaze sauce on the side (GF)

MINCHETABESH WOT / \$15.00

Ground beef in a homemade spice batter tossed with onions and berbere sauce (GF)

KITFO / \$20.00

Mixed beef seasoned with herbal butter and a 3000 year old spice blend (Mitmita)
*Served raw / Rare / or well done (GF)

CHICKEN TIBS / \$20.00

Tender cubed chicken sauteed with onion / Rosemary / Tomatoes / Jalapeno / Served with salad and spicy awaze sauce on the side (GF)

SEGA WOT / \$18.00

slow cooked tender chopped beef / Seasoned with fresh onions / Garlic / Ginger / Sauteed with herbal butter (GF)

MINCHETABESH ALECHA / \$15.00

A mild curry of ground beef slathered in a homemade batter of onions / Simmered in a berbere sauce (GF)

Sharing Platters

OPTIONAL ON ALL PLATTERS

VEGAN PLATTER / \$18.00

A titanic platter of our favorite vegan dishes served on a bed of injera (GF+V)

SELAM PLATTER / \$28.00

Feast like Kings and Queens with this heavyweight assortment of ten dishes (includes meat platter + your choice of any 5 veggie dishes) (GF)

MEAT PLATTER / \$20.00

A mouth-watering plate of our top 5 meat dishes served on a bed of injera (GF)

Sides

INJERA / \$2.00

Our fresh injera is made of 100% teff and barley

RICE / \$2.00

White rice



BEER

Heineken 6.0
Stella Artois 6.0
Red Stripe 6.0

WINE

Apothic Red / White 6.0
Yellowtail (shiraz-red, chardonnay-white) 5.0

LIQUOR

Highball 6.5

FAST DELIVERY!



"Food, in the end, in our own tradition, is something holy. It's not about nutrients and calories. It's about sharing. It's about honesty. It's about identity."

ALEX TEGEGNE

