



Welcome to Aida's

Originally from Lebanon, Aida came to Canada in 1974 after completing a degree in English. With no formal cooking experience, Aida learned to take her favourite recipes from home and turn them into the incredible dishes that she serves today. For nearly 40 years Aida has been perfecting her ability to provide Calgarians with Mediterranean Cuisine that is both authentic and delicious.

With care and attention that only a mother can give, Aida prepares her dishes as though she was preparing them for her family. It is that quality that keeps diners coming back time and time again. Sit back, relax, and most importantly...
enjoy your meal.

Small Plates

Dips 14

- Hummus (Add Shawarma - \$4)
- Baba Ghannouj
- Mouhammara
- Labneh

Dip Sampler 24

Because why not taste them all?

Dips served with fresh pita wedges. Sub: fresh veggies - \$5

Cheese Plate 15

Majdool, Feta, mixed olives and veggies.

Fried Halloum Cheese 8

Fatayer 12

Pita pastry filled with spinach or minced ground beef.

Rookaak 10

Phyllo fingers filled with a blend of cheese and olives.

Kibby 14

Cracked wheat and beef shells filled with seasoned ground beef. Served with yogurt and mint dip.

Grape Leaves 9

Rice, tomatoes, and onions rolled in grape leaves. Served with yogurt and mint dip.

Falafel 9

Seasoned chick pea patties. Served with tahini dip.

Squid 14

Cooked in a light white wine and tomato sauce.

Beef Sausages 15

Soujouk & Makanek (Spicy and mild Sausage), and Basterma (Cured Beef).

Garlic Prawns 15

Tiger prawns sautéed in butter, garlic and coriander.

Chicken Wings 10

An old classic that we've brought back!
Baked in a garlic, coriander and lemon dressing.

Soups

Spinach and Lentil 4 / 8

Just plain nutritious and delicious!

The 'Other' Soup..... 4 / 8

Seasonal. Ask your server for details.

Couscous

Curried Lamb 26

Lamb cubes sautéed with zucchini, eggplant, and green peppers, in a curried tomato sauce.

Vegetarian 20

Zucchini, eggplants, and green peppers in a garlic and tomato sauce.

Dawood Basha 24

Meatballs sautéed with zucchini, eggplant and green pepper in a pomegranate molasses sauce.

Salads

Tabbouli 14 / 16

Parsley, tomatoes, onions, mint and cracked wheat, in an olive oil and lemon dressing.

Fattoush 14 / 16

Romaine, cucumbers, tomatoes, green onions, radishes, green peppers and pita chips, in a sumac and olive oil dressing.

Greek 14 / 16

Classic Greek salad in our homemade dressing, topped with feta cheese and olives.

White Bean 16

White beans with tomatoes, radishes and onions, tossed in garlic and olive oil dressing. Topped with Majdool Cheese.

Caesar 12 / 14

Romaine and pita chips, tossed in our creamy homemade dressing.

Sandwiches

Make it a meal with roasted potatoes and fattoush salad. (\$8)

Beef Shawarma 14

Strips of marinated sirloin dressed in tahini sauce.

Falafel..... 14

Chick pea patties with tahini sauce.

Chicken Shawarma 14

Marinated chicken with herbed mayo or tahini.

Lamb Kabob..... 16

Broiled lamb with hummus.

Shish Tawook..... 14

Broiled chicken breast with garlic paste.

The 'MOUH' 14

Mouhammara with fried zucchini and eggplant.

Grilled Chicken 14

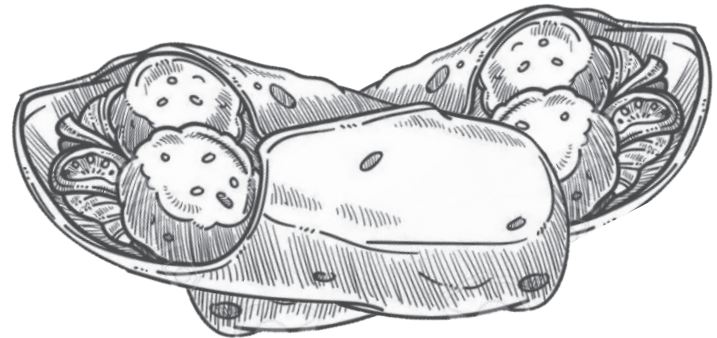
Pan fried pita filled with chicken strips, pickles and garlic paste.

Lebanese Panini..... 15

Gilled pita filled with Basterma (Cured Lean Beef), majdool cheese, feta, olives and artichoke paste.

Grilled Cheese 14

Feta and Majdool cheese, tomato, olive and green onion. Grilled in pita with herbed mayo sauce.



Above are rolled in pita bread with fresh veggies.

Share Plates

Perfect as a meal for two or sharing among a group, these plates feature our most popular and traditional items. New to Aida's? We recommend trying one as your introduction.

They are sure to leave you more than satisfied.

The Original 45

Hummus, Baba Ghannouj, Labneh, Grape Leaves, Falafel, Kibby, Spinach & Beef Fatayer.

The Veggie 45

Hummus, Baba Ghannouj, Mouhammara, Spinach Fatayer, Grape Leaves, Falafel, Rookak, Tabbouli OR Fattoush Salad.

The Seafood 48

Hummus OR Baba Ghannouj, Squid, Garlic Prawns, Spinach Fatayer, Grape Leaves, Falafel, Feta and Majdool Cheese.

Deli Board 43

Basterma (Cured Beef), Soujouk (Spicy Sausage), Mekanek (Mild Sausage), Fried Halloum, Feta, Olives and Mixed Pickles.

Add ons 9 each

Chicken Kabob, Beef Kabob, Lamb Kabob, Kafta Kabob, Lamb Chop.

Large Plates

Kabob Plates

Lamb Kabob	28
Shish Tawook (Chicken)	28
Shish Kabob (Tenderloin).....	28
Kafta Kabob (Ground beef).....	20
Kabob Sampler	45

Beef Shawarma 20

Strips of marinated beef sirloin topped with fresh veggies and tahini.

Chicken Shawarma 19

Strips of marinated chicken topped with fresh veggies. Choice of tahini or herbed mayo dressing.

Falafel..... 19

Crushed Falafel patties topped with veggies and tahini.

Vegetarian Delight 21

Spinach Fatayer, Grape Leaves, and Falafel.

Above served with choice of Hummus OR Baba Ghannouj AND Tabbouli OR Fattoush Salad.
Sub: Greek Salad or Mouhammara - \$4

Med chicken 28

Cubes of chicken breast baked in tomato, olive and artichoke sauce.

Yoghurt Lamb Chops 34

Alberta raised lamb in yogurt and cardamom sauce.

Broiled Lamb Chops 34

Grilled Alberta lamb marinated in olive oil and herbs.

Prawns 28

Saut ed in a tomato white wine sauce and feta.

Fish Ha'ra 30

Ha'ra meaning 'spicy', this white fish is roasted in a tomato, chilli, garlic and coriander sauce.

Sayyadieh 28

Breaded fillet of sole, pan fried in cumin, onions and tomatoes.

Above served with choice of Rice or Potatoes
Sub: Couscous - \$3

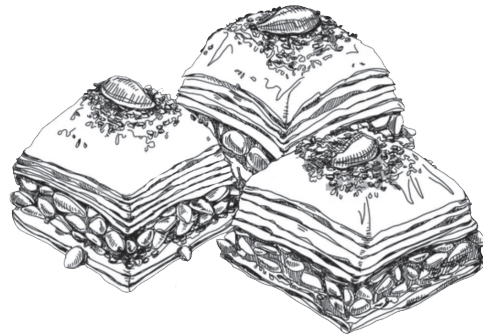
Sides _____

Rice	4
Pita	3
Mixed Olives	6
Feta Cheese	6
Majdool Cheese	6
Couscous	4
Roasted Potatoes	4
Garlic Paste	3
Hot Veggies	4
Cold Veggies	4

Sweets _____

All desserts made in house using age old recipes.

Baklava	5
Layers of phyllo pastry and mixed nuts.	
Knafi	6
Shredded pastry filled with ricotta and cream cheese.	
Bird Nest	6
Shredded pastry cups filled with pistachios.	
Kashtaliev	6
Milk pudding topped with crushed pistachios and rose water syrup.	



Beverages _____

Orange Blossom Lemonade	4
Rose Water Iced Tea	4
Sof Drinks	3
Orange or Cranberry Juice.....	4
Pellegrino	3.5
Coffee	3
Arabic Coffee.....	5 / 7
Café Blanc.....	3
Organic Artisan Teas (Nelson, BC)	5
English Breakfast	
Earl Grey	
Chamomile, Lemongrass & Wild Rose	
Jasmine Green Tea	
Lavender Mint	

Did you know we cater events big and small?

Whether it's a business lunch or a birthday party, we offer a wide range of catering options, fully customizable to suit your needs. Give us a call and let us know how we can help.

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