

Our Name



“Estikan” is the Arabic name of a small cup used for drinking tea. It goes back a century ago during the British colonization when it was taken as souvenirs. It originated from the English phrase ‘EAST TEA CAN’ and used to differentiate it from other larger tea cups used in the West.

Embedded in the Arabic culture, these tea glasses are unique for their simple handle-less shape. They are made in a diversity of colours and patterns on them.

Don't forget to order your Estikan of Tea. We have an interesting speciality Tea collection for you!

BREAKING NEWS



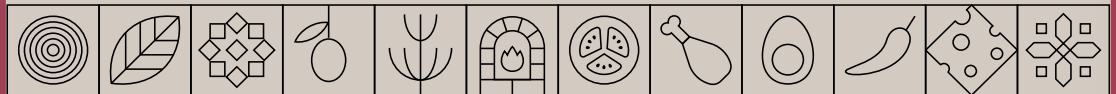
NOW OPEN

East Tea Can invites you to discover an innovative variety of freshly baked savoury & sweets artisan flatbreads at its newly opened concept:

manousha INC
ARTISAN MIDDLE EASTERN FLATBREADS

6039 ERINMILLS PKWY, # 6,
MISSISSAUGA, ON L5N 0G5

MANOUSHAINC.CA



OUR STORY

If you have never been to the Middle East, well then you probably don't have to. We brought it all in here!

“East.Tea.Can” lies at the intersection of cultures. A rich Middle Eastern recipe seasoned with a hipster flavour. A delightful experience that will take you on a journey full of surprises to enjoy the flavours of the Middle East.

Inspired by our Middle Eastern culture, where aromatic tea is the pinnacle of every occasion; a symbol of hospitality; and a must-have treat after every delicious meal, comes our name “East. Tea. Can”.

We invite you to explore our freshly prepared mouthwatering recipes. And don't worry, we have more than 6 speciality tea that can help you digest. So don't forget to order your Estikan of tea!

When it comes to our food, we take quality seriously. From fresh ingredients to our hormone free non-frozen halal meats. We spice, marinate, cook and grill in-house to ensure the rich flavour is at its best.

We also created a space that you can call “a collectors' heaven”. A delightful mosaic of authentic elements carefully selected from every corner of the Middle East and brought together to paint a vibrant authentic experience. From our colourful mosaic decorated brick oven to the ornamental floor tiles, handmade wooden chairs, and pop style wall art, all put together to create a surprising cultural orchestra for you to enjoy every bit of it.



FOOD ALLERGY WARNING
Please inform your server if you are allergic to any kind of food.



GRILLS

Our Grills are made from hormone free, non-frozen, halal meat and chicken. All spiced, marinated & grilled to perfection at our kitchen.

All our Grills Plates are charcoal grilled and served with grilled vegetables, pickles & your choice of fries, rice or salad.

Iraqi Kabab

2 skewers of charcoal grilled ground mix of beef & lamb.
19.5

Chicken Kabab

2 skewers of ground chicken with a mix of house spices.
17.5

Spicy Sujuk Kabab

2 Skewers of ground beef & lamb with a mix of spicy Sujuk spices.
19.5

Mixed Grill 2

1 Spicy Sujuk Kabab skewer, 1 Tikka skewer and 1 Iraqi Chicken Tikka skewer.
27.5

Shish Tawook

2 Skewers of chicken breast marinated in yogurt & roasted red pepper paste.
17.5

Iraqi Chicken Tikka

2 Skewers of chicken breast marinated in lemon, yogurt & garlic.
17.5

Pomgranate Beef Sirloin

10oz AAA top sirloin & onion slices, marinated in pomegranate molasses & roasted red pepper paste.
22

Tikka

2 Skewers of marinated AAA beef striplion.
22

Lamb Chops

11oz of marinated lamb chops.
24

Mixed Grill 1

1 Iraqi Kabab skewer, 1 Tikka skewer and 1 Shish Tawook skewer.
27.5

UPGRADE YOUR SIDE

to Fattoush, Tabboulah, Jarjeer or Kale Tabbulah for \$4 only.

EAST TEA CAN SIGNATURE PLATES

SERVED WITH FRESHLY BAKED BREAD FROM OUR BRICK OVEN

East Tea Can Signature Chicken Skewer

Marinated & charcoal grilled slices of chicken served with your choice of fries, rice or salad.
22

East Tea Can Signature Beef Skewer

Marinated & charcoal grilled slices of beef served with your choice of fries, rice or salad.
24

Kabab + Red Sauce

2 Iraqi kabab skewers topped with slow cooked dried lime spiced tomato sauce, served with your choice of fries, rice or salad.
21

Spicy Chicken + Creamy Tomato Sauce

Grilled marinated chicken breast pieces on a bed of spicy & creamy tomato sauce, served with your choice of fries, rice or salad.
22

Kabab + Baba Ghanouj

2 Iraqi kabab skewers topped with roasted eggplant & yogurt sauce, served with your choice of fries, rice or salad.
22

UPGRADE YOUR SIDE

to Fattoush, Tabboulah, Jarjeer or Kale Tabbulah for \$4 only.

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mezze
/mezā/
noun: mezze
in the Mediterranean,
an appetizer.

SALADS

Fresh, Healthy & Delicious

Jarjeer Salad

- Tomato • Sumac • Baby arugula
- Red onion • Dates • Mushroom
- Walnuts

10.75

Fattoush

- Tomatoes • Lettuce • Sumac
- Mixed bell peppers • Red onions
- Radish • Cucumbers • Fried pita

9.5

Kale Tabbouleh

- Kale • Quinoa • Roasted
- Walnuts • Dried Cranberry
- Diced Tomatoes

10

Tabbouleh

- Parsley • Tomatoes • Bulgur
- Extra Virgin Olive Oil
- Lemon

9.5

COLD MEZZE

SERVED WITH
FRESH BREAD
FROM OUR BRICK OVEN

Dip Platter

- Hummus • Bummus
- Rummus • Mutabbal

12

Mutabbal

- Charcoal grilled eggplant
- Tahini • Lemon • Olive oil

7

Hummus

- Chickpeas • Tahini • Lemon
- Olive oil

6

Bummus

- Beetroot • Tahini • Lemon
- Olive oil

7

Rummus NEW SPICY

- Chickpeas • Tahini • Olive oil
- Lemon • Roasted Chilli Pepper

8

HOT MEZZE

Fried Halloumi Cheese

- Halloumi cheese • Olive oil

9.25

Hummus with Lamb

- Hummus • Diced lamb
- Pine nuts • Olive oil

11

Arayes (per piece)

- Full Samoon bread stuffed with ground beef, herbs & spices.

6.5

Freekeh with Cream & Mushroom

- Freekeh • Cream • Mushroom
- Mozzarella

11

Hummus with Chicken

- Hummus • Chicken Breast
- Almonds • Olive oil

10

Chicken Musakhan

- Slow roasted chicken, baked with sumac, extra virgin olive oil & saffron. Wrapped with saj bread.

12 (5 pcs)

Chicken Liver

Sauté chicken liver
• Pomegranate molasses • Walnuts

9

Rummus + Fried NEW Halloumi Cheese

- Roasted Chilli Pepper Hummus topped with Fried Halloumi Cheese

11

Rice Kubbah

- Ground beef • Spices
- Wrapped in rice

10 (4 pcs) - Extra 2.25 /piece

Bulgur Kubbah

- Ground beef • Spices
- Wrapped in bulgur

10 (4 pcs) - Extra 2.25 /piece

Nakanik

Sauté beef & lamb sausage
• Pomegranate molasses

9

Falafel

Chickpeas • Parsley • Spices

5 (6 pcs)

Add a Veggie Plate for 5.5

Foul

- Fava beans • Tahini • Olive oil
- Spices

6

Fattet Hummus

- Chickpeas • Tahini • Pine nuts
- Fried pita bread • Olive oil

8.75

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EAST TEA CAN SHAREABLE PLATTERS

Family Mixed Grill 1

3 Iraqi Kabab skewers,
3 Chicken Kabab skewers,
2 Tikka skewers &
2 Shish Tawook skewers
served with grilled vegetables, pickles,
2 fries, 2 rice, 1 humms & 1 salad.
93

Family Mixed Grill 2

3 Spicy Sujuk Kabab skewers,
3 Chicken Kabab skewers,
2 Tikka skewers &
2 Iraqi Chicken Tikka skewers
served with grilled vegetables, pickles,
2 fries, 2 rice, 1 humms & 1 salad.
93



MANAKEESH

FRESHLY BAKED IN OUR BRICK OVEN

Za'atar

Extra virgin olive oil • Za'atar mix
5.5

Akkawi Cheese

Olive oil • Akkawi cheese
6.5

Za'atar & Cheese

Akkawi cheese • Olive oil
• Za'atar mix
6.5

Spinach

Spinach • Sumac • Red Onions
• Pomegranate molasses
7 - Add Cheese 2

Ground Beef

Ground beef • Herbs • House spices
6.5 - Add Cheese 2

Nutella

Nutella • Banana • Pistachios
6.5



Sides

Rice

Basmati rice cooked with a
blend of house spices.
3.25

Fries

Golden fried french fries.
3.25

ASK YOUR SERVER FOR OUR

SOUP OF THE DAY

\$5

LOOKING FOR A SWEET TREAT?

TRY OUR NEW

KUNAFEH

Crispy thin strands of shredded Phyllo dough, stuffed with:

Cheese

Stringy sweet cheese, soaked
in home made rose water
sugar syrup
9

Walnut Cinnamon

Cinnamon toasted walnuts,
soaked in home made rose
water sugar syrup
10



Nutella

Nutella, strawberries
topped with whipped cream
and pistachios.
11

Pistachios

Two layers of pistachios,
soaked in home made rose
water sugar syrup
12

Halawa

Halwa (or Halva), soaked in date
syrup (this version represents a
traditional Iraqi Desert
(Rashi w Dibis)
9



YOU CAN ALSO ORDER

MEDIUM & LARGE KUNAFEH FOR YOUR PARTY OR EVENT

Cheese M: 28 L: 45

Halawa M: 28 L: 45

Walnut Cinnamon M: 30 L: 50

Nutella M: 30 L: 48

Pistachios M: 36 L: 60

• All M (Medium) & L (Large) Kunafehs are made to order • A minimum of 1 day is required for pre-order. • M: 4 persons, L: 6-8 Persons.



قولي يا حلو
منين الله
جابتك

TRY OUR SIGNATURE DESSERTS

Um Ali

Puff pastry • Cream
• Pistachios • Almonds
• Cashew nuts • Raisins
7.75

Eish Al Saraya

Bread base • House made Kashta
• Rose water • pistachios
7.75

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Eāst Tea Cān

MIDDLE EASTERN CANTEEN

COLD BEVERAGES



Nai Ice Tea	4.5
NESTEA	4.5
POP Bottle	3.5
Barbican	4
Ayran	3.5
Evian Water Bottle (330 ml)	2.75
Evian Water Bottle (1 Lt)	5
Sparkling Water (330 ml)	3.5
Sparkling Water (750 ml)	6

JUICES

Triple Melon Juice	7.5
Pomegranate Juice	6
Lemon Mint Juice	7
Orange Juice	6

Try Our

SEASONAL SMOOTHIES

ONLY 7.5

Ask your server for our available seasonal smoothies.



HOT BEVERAGES

SPECIALTY COFFEE NEW

Turkish Coffee	3.5	Latte	4.95
Espresso Single	2.5	Cappuccino	4.95
Espresso Double	4	Hot Chocolate	4.95
Americano	4.25	Sahlab	4.95

Try
Our Special

CHAI KARAK POT (12oz)

Slow cooked loose tea with cardamon, saffron & milk
8.5

SPECIALTY TEA SELECTION

TEA is in
our name...

Explore our finest Tea selection

Tea Pot (12oz) 5.5

خدري الجاي خدري...
عيوني المن اخدره!



East Tea Can

House Blend Black Tea

Black Ceylon Tea • Earl Grey • Cardamon

Apple Orange Cinnamon Tea

South African Red Rooibos • Natural
sweetness of apple, orange & rose • Spice notes

Marrakech Mint Tea

Peppermint • Spearmint
• Green Rooibos

Dried Lime Tea

Dried lime infused aromatic
de-caffeinated tea.

Citron Calm Tea

A calming mélange of Egyptian
chamomile, fruits and herbs.

Ginger Twist Tea

Lemongrass • Mint • Ginger

Please note that for groups of 8 and more, a gratuity charge of 15% will be applied to your bill.