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LUNCH & DINNER  
**menu**

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BEST JORDANIAN CUISINE RESTAURANT



**Jordan Heritage**  
RESTAURANT

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### **Jordanians' contribution to humanity's cuisine**

The relation between Jordanians and food is one of genius, love and even holiness. Jordanians have a contribution to the human stride outweighing its geographic size, especially in cuisine. In 14'500 B.C., Jordanians developed the first bread in Al Mafrqa. In , Jordanians were using a sickle to mass produce wheat and in 9'000 B.C. the first ever agricultural settlement was formed in Ein Ghazal in Al Zarqa. In , Jordanians distributed labor and mass produced copper for the first time in Al Taffilleh revolutionizing pottery vis-à-vis cooking forever. By this time, Jordanians had a God for rain, Ba'al, to support their crops and another one, for wine to celebrate the yields of their vineyards. Nabatean Jordanians made the very first clay lanterns as opposed to metal ones and thus giving the poor just enough light to wine and dine for the very first time.

Food was not just a source of joy it was also a defense mechanism used to survive the different occupations over the pivotal Jordanian geolocation. To avoid military conscription and heavy taxation without representation, Jordanians needed to flee their homes for months on end until the headcount missions have come and gone. To do so, one needs food that doesn't expire, that is light in weight and that is very nutritious. This is how Jameed, the glorious sundried yoghurt used in Mansaf the renowned Jordanian national dish was born. The earliest historic traces of Mansaf serving plates goes back to 5'500 B.C. and the urban myth goes that Jordanian Moabites cooked lamb in yoghurt as a part of their feud with the Jews who forbid it.

82 Wine plants were discovered in Petra dating back to 100 BC. The Nabateans had a dedicated day to celebrate wine and festivities and feasts were made on the day. It is though that the wine drank by Jesus Christ in the last supper was from Um Qais in Irbid. Much later, the Chardonnay plant came back to Europe from Al Salt changing wine forever. Unfortunately, when the ANZAC troops entered Salt in WWI their horses carried a type of bacteria that killed most of the famous Salty vineyards before recent efforts went back and revived the old plant you can now taste in the Jordanian rich wine.

In 1935, Jordan produced 49'326 liters of Arak, Wine and Beer. Today, the tradition continues with Jordanian wine, arak, and beer. We took it a step further and provided an indulgent gastronomic experience by pairing different culinary tastes from the Jordanian cuisine with the local wines or arak that brings out their best flavors.

Jordanians still cherish dinning and take pride in their hospitality both in terms of its sincerity and generosity as well as its efficiency and scalability. Jordanian tribes can hold a wedding lunch (L-Egrah) for 2'000 people better than the best international catering companies and more profoundly, despite the economics, one could never meet a Jordanian that wouldn't invite them to their home for lunch.

### **Our Story**

Jordan Heritage is a non-profit organization established in 2014. Its mission is for Jordanian heritage to be documented, revived and experienced thus using heritage as a vehicle of pluralism, women's rights, social cohesion, commercial sustainability and inter-cultural exchange.

Since its inception, Jordan Heritage has published 700+ research posts, organized 40+ historic photo galleries, developed 12+ archeological heritage sites on virtual reality, two documentary film festivals, a radio show, millions of impressions on social media and much much more.

During its research of the Great Arab Revolt, tracing the battle trail, Jordanians would hear about the research crew and as Jordanians do they would invite them to their homes for Mansaf. The crew started making dietary excuses to ease the cost burden of making Mansaf in those remote villages and as a response the local Jordanian villagers would make all sorts of unheard of dishes. When the number of dishes reached 25, Jordan Heritage decided to document the Jordanian cuisine. Five years later, Jordan Heritage had amassed 95 dishes from all corners and cultural groups of Jordan.

The USAID, had a grant opportunity and one Edmund Morris working there believed in the beauty, message and experience and helped us bring Jordan Heritage Restaurant, JHR, to life. JHR recruited the best Jordanian professionals and trained 75+ women-owned home-based-business to supply its authentic key ingredients. Thus and for the very first time Jordan, all of Jordan, was put on a dining table for the world to experience.

JHR aims to take the Jordanian cuisine globally and continue the Jordanian contribution to humanity's stride for civil development, joy, and cultural interchange.

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## Soup

- JD 3.500 Rashouf (Mid, East and South Regions)**  
A hearty chowder made with JHR signature Jameed (dried yogurt), lentils, pulses, and grains of the season.

## Salads

- JD 4.500 Durzi Tabouleh (Azraq)**  
The unique Durzi Tabouleh with garbanzo beans, cucumbers, and pomegranate molasses dressing. The salad is served and traditionally eaten by hand with pickled vine leaves.
- JD 4.000 Aubergine Salad (Northern Region)**  
Delicately grilled aubergine served over a bed of lettuce and rocca leaves, topped with diced tomato and shreds of crispy shrak bread (Jordanian thin and light bread) with Jordanian virgin olive oil and lemon dressing.
- JD 3.750 Jameed Salad (Chef's special)**  
Diced tomato, chopped scallions and parsley, topped with gently grated JHR signature Jameed (dried yogurt).
- JD 4.500 Za'atar and Circassian Cheese Salad (Madaba/Nau'r)**  
A cultural fusion dish between the original thyme salad in Madaba and neighbouring Circassian community in Nau'r. Circassian cheese with fresh thyme leaves, lettuce and tomato pieces garnished with sumac and pomegranate molasses with Jordanian virgin olive oil and lemon dressing.
- JD 4.250 Freekeh Salad on Zucchini Boats (North Region)**  
Grilled crispy zucchini boats topped with Freekeh (crushed wheat), pomegranate, green onions, tomato and molasses dressing.
- JD 4.000 Beetroot and Spinach Salad (Jordan Rift Valley)**  
Fresh spinach with beetroot, onions, ripe pomegranate pearls, with Jordanian virgin olive oil, sumaq and lemon dressing.
- JD 4.500 Walnut Salad (Ajloun)**  
Fulfilling, healthy and rich walnut salad. Green onions, bulgur, tomato, rocca leaves, raisins, walnuts in lemon dressing.
- JD 3.750 Tahini Salad**  
A bed of lettuce, tomatoes, cucumbers, diced onions drenched with Tahini and a zest of fresh lemon.

## Appetizers

### Gras' (Northern Region)

- JD 3.000** • **Gras Sabanekh** (Spinach) Fresh local spinach, pomegranate pearls, onions with our special restaurant seasoning.
- JD 2.750** • **Gras Gare'** (Pumpkin) Mashed pumpkin mixed with our special spices.
- JD 3.250** • **Gras Za'tar** (Thyme) Savory dough stuffed with homegrown fresh thyme onions, sumac and virgin Jordanian olive oil.

### Haliva (Amman)

Circassian fluffy turnover pastry filled with artisan cottage cheese or pureed potato.

- JD 3.750** • **Potato**
- JD 4.000** • **Circassian cheese**

### JD 5.500 Ekbab Obeidat (Irbid)

Attributed to the Obeidat tribe northwest of Irbid, steamed special blend of lamb and chicken minced together with bulgur wheat and cardamom alongside a dip of pomegranate molasses. We've introduced frying to the recipe to give it an extra crunch.

### JD 5.000 Bazina/Rgagah (Badia Regions)

The Hwaitat tribe calls it Bazina, the Bani Sakher and some Easter tribes name it Rgagah; we like to describe it as the Nabatean fettuccine made by sun drying yeast free dough strips cooked in JHR signature Jameed (dried yogurt), lentils drizzled with sammen (ghee).

### Vartin Aubergine (Amman)

Armenian Jordanians hide their craft secrets but they couldn't hide this dish made of oven-cooked aubergine and slices of bell peppers in a rich tomato sauce; the aubergines are entrenched with chicken, minced meat or enjoyed vegan.

- JD 5.000** • **Vegetarian**
- JD 6.000** • **Chicken**
- JD 7.000** • **Meat**

### JD 4.250 Foul Akhdar bel zeit (All Regions)

Fava beans cooked in garlic, coriander and virgin Jordanian olive oil. Served with our freshly baked Taboon bread made from locally sourced, endangered and earthy Gatmah flour.

### JD 3.750 Zucchini Mtabbal (Farming Regions)

Tapenade of roasted zucchini whipped with yogurt and taheeni sauce, garnished with fresh pomegranate pearls and drizzled with virgin Jordanian olive oil. Served with our freshly baked Taboon bread made from locally sourced, endangered and earthy Gatmah flour.

### JD 5.500 Athan Al Shayeb (Farming Regions)

It literally means the ear of the old man and it's supposed to depict the irregular shape of dough engulfing a well-seasoned stuffing of minced lamb meat that is slow-cooked in yogurt. Don't let the name fool you, it is a farmer's delicacy.

## Main Course

### **JD 9.500 Mansaf JHR (All Regions)**

Mansaf, the formal Jordanian dish served at weddings, funerals and most commonly at family gatherings. Evidence of mansaf cookware and serving plate (Sedder) goes back to 5'500 BC and some urban myths have linked it to age-long political / religious struggles. At JHR, we take great pride in our Mansaf and its unique Jameed (dried yogurt) source from a woman-owned micro business just beside Mujib reserve and its Hwajeh (local herbs).

### **JD 9.000 Mansaf 'Aish (Karak)**

The majestic mansaf served over Jareesh (split wheat) instead of rice as was the case after rice plantation has seized in the 18th century.

### **Lamb Stuffed with Vine Leaves (Ummayad Inspired and Revived)**

The Ummayyads succeeded into spreading through Jordan by giving Jutham (an ancestral Jordanian tribe) a city state called Jund Al Urdon or the battalion of Jordan. The Ghassanides (the defeated Jordanian monarchy) kept in the south of Jordan where it incubated the Abbasside revolution in Al Humaymah in Ma'an. Among the first critiques used against the Ummayyads was their lavish lifestyle and this can be depicted on the wall drawings of Qasr Amrah, the famous hunting palace east of Jordan, and center to our lavish Ummayyad dish. Ummayyad princes hunted gazelles, coated them with carob molasses and grilled them to a royal taste. This remained until the 1950's when sadly the last of the gazelles were hunted and the last of the carob trees was neglected and died. Jordanian hunters replaced gazelle with lamb and along the way came the stuffing of the lamb with stuffed Salti black grape vine leaves. We decided to revive the dish paying tribute to well-crafted heavenly food as well as Jordanian heritage and the Ummayyad dynasty. We simmer our lamb in layers of carob molasses that glazes to perfection upon smoking it with cherry-wood over 16 hours while the stuffed vine leaves are left to drench in the grilled lamb flavours and dripping fat:

**JD 9.000**

• **Stuffed Salti Vine Leaves with some stuffed zucchini**

**JD 13.000**

• **Lamb Shank (350-450 Grams) with Salti Black-Grape Vine Leaves and stuffed zucchini**

**JD 65.000**

• **Lamb Shoulder (2.5 KGs) with Salti Black-Grape Vine Leaves; suitable for six**

### **Mtafayeh (Mid Regions)**

Soul food made of fried cauliflower in Jameed (dried yogurt) served with rice and sha'aireyyeh (vermicelli) as:

**JD 6.500**

• **Vegetarian**

**JD 8.000**

• **Meat**

### **JD 8.500 Mahashi Burdganyeh (Mid Region)**

Stuffed zucchini and aubergine with rice, minced meat and our signature spices. Cooked in a Jameed (dried yogurt) and tomato sauce fusion giving it its unique "Burdgany" or orange colour.

### **Mlookheyeh (Amman)**

Methodically cooked with chicken or meat cubes, Mlookheyeh (a green leafy plant indigenous to the region), made its way to the heart of millions. Its distinct taste is addictive and its texture is a lot of fun. Served with rice and vermicelli along with a side of freshly squeezed lemons to be added to the mix according to preference:

**JD 6.000**

• **Vegetarian**

**JD 6.500**

• **Chicken**

**JD 7.500**

• **Meat**

### **Makmoora (Irbid)**

A feast of a crispy layered pie filled with either spiced chicken or marinated lamb; takes 20 minutes from order to come freshly straight out of our traditional oven:

**JD 8.000**

• **Chicken**

**JD 9.000**

• **Meat**

### **Kushna (Agaba)**

Red Sea fish methodically stir-fried with maritime spices and served with rice; cooked in either:

**JD 9.250**

• **Tomato sauce**

**JD 9.750**

• **Taheeneh sauce**

## Main Course

### Basbasoan (Al Salt)

Traditionally, women would sit in "U" shape with a mountain of freshly grinded wheat flour in between them. They would sing and hand roll the flour into solid pearl-sized hand rolled pasta (Basbasoan) for the entire village. Basbasoan is simmered with tomato sauce with a stew of slow cooked squash, garbanzo beans and cauliflower; enjoyed:

- JD 7.000 • Vegetarian
- JD 8.500 • Chicken
- JD 9.500 • Meat

### Burghul Dafeen (Al Husson)

Traditionally made during Christian lent where sautéed vegetables are "buried" (the literal translation of dafeen" and slow cooked with a hint of cinnamon till they disappear completely into the bulgur wheat resulting in a wheat pilaf enjoyed:

- JD 6.500 • Vegetarian
- JD 7.500 • Chicken
- JD 8.500 • Meat

### Magloobeh (Farming Regions)

The rich heart-warming dish of Jordan. Made up of three layers; rice spiced with local herbs, aubergine and cauliflower, and then served "upside down" (the name "Magloobeh's translation) accompanied by a tomato and cucumber salad and a bowl of rich yogurt:

- JD 6.500 • Vegetarian
- JD 7.500 • Chicken
- JD 8.000 • Meat

### JD 8.750 Fanagesh (Al Salt)

Our number one best seller! Sautéed pumpkin with minced meat cooked in a Taheeneh sauce topped with pomegranate molasses and walnuts and served with a side of rice. Order yours without minced meat for the vegetarian version of the dish.

### JD 7.500 Msakhan (Amman)

With roots in Palestine, Msakhan travelled well and became celebrated in Amman with its freshly baked Taboun bread wholeheartedly-drenched with olive oil, topped chicken invigorated with the rich flavour and color of the deep red Summag herb and golden onions. Topped with almonds.

### Shakyreh (Amman)

The Shwam or Damascene Ammanis autographed a beautifully simple dish made from chicken pieces or lamb cubes slow-cooked in sheep yogurt alongside rice and "sh'aireyeh" (vermicelli):

- JD 6.000 • Vegetarian
- JD 7.000 • Chicken
- JD 8.000 • Meat

### Foul Akhdar bel Jameed (Farming Regions)

A must try green fava bean crunch in a silky jameed sauce served with rice and sha'aireyeh (vermicelli):

- JD 7.000 • Vegetarian
- JD 8.500 • Meat

### JD 10.250 Sayyadiéh Agbawiyeh (Aqaba)

Crunchy fried Red Sea fish fillet with caramelized onions served over a bed of golden-brown spiced rice, with a side of bagdoonsyeh (parsley taheeneh sauce), a lemon slice and some almond pieces for extra fun.

## Dessert

### Lazagyat (Bedouin)

Bedouin Jordanians are famous for appreciating the small details in life and this famous desert is all about the details in simplicity. The base of this dessert is a crispy dough that is then drenched with:

- JD 4.000 **Sammen and Sukkar**  
Classic recipe of ghee and sugar
- JD 4.000 **Halaweh B Haleeb**  
Molten Halaweh (Sesame-oil based sweet) in fresh milk
- JD 4.000 **Dibs Tamer and Tahineh**  
A base of Tahineh sauce with a dark kick of molasses made from Jordan Rift Valley Medjool Dates.
- JD 4.000 **Dibs Tamer and Samen**  
A rich sauce from blending ghee with molasses made from Jordan Rift Valley Medjool Dates.
- JD 5.500 **Zalabya with Ice cream (Ajfoun)**  
Golden deep fried dough balls made by mixing local flour with fennel, anise, black sesame seed and topped with Arabic ice cream with pistachio.
- JD 3.500 **Haitalyeh (Farming Regions)**  
Creamy milk pudding topped with sammen (Ghee) and sprinkled with pistachios.
- JD 3.750 **Honey Cake (Zarqa')**  
The renowned Chechen traditional honey cake made from layers of honey and peanut butter.

## Beverage Menu

### Cold Beverages

- ⌘ 2.000 Large bottle of water
- ⌘ 2.500 Perrier
- ⌘ 1.500 Pepsi, 7-up Diet Pepsi, Diet 7-up
- ⌘ 2.000 Karkadeh (Hibiscus)
- ⌘ 2.000 Tamarind
- ⌘ 2.500 Laban with mint
- ⌘ 2.500 Makheed
- ⌘ 3.500 Lemon mint
- ⌘ 3.500 Seasonal juices

### Hot Beverages

- ⌘ 2.500 **Gahweh H'elweh**  
The traditional boiled powder coffee with your choice of sweetness.
  
- ⌘ 2.500 **Black tea**  
with your choice of herbs handpicked from our garden:
  - Mint
  - Sage
  - Etrah
  - Maleesah
  - Lavender
  - Hail (Cardamom)