

# Main course

# الاطباق الرئيسية



**Barg**  
ستيك لحم

1

Skewer of Grilled Persian style tender lamb fillet served with grilled tomato and saffron rice

**£11.95**



**Mixed Grills**  
مشاوي مشكلة

2

Skewers of two Koobideh, Barg, Chicken shish and Adana served with grilled tomatoes and saffron rice

**£36.50**



**Manoush Special Kebab**  
كباب منوش الخاص

3

Mixed skewer of grilled chicken, lamb fillet served with grilled tomato, green chili, saffron rice or salad

**£13.95**



**Soltani**  
ستيك لحم مع كفتة

4

Skewers of Barg kebab, Koobideh kebab served with a grilled tomato and saffron rice

**£12.95**



**Makhsoos**  
شيش كباب مع كفتة

5

Skewers of Shish kebab and Koobideh kebab served with grilled tomato and saffron rice

**£12.95**



**Momtaz**  
شيش طاووق مع كفتة

6

Skewers of Chicken shish and Koobideh kebab served with grilled tomato and saffron rice

**£12.95**



**Chicken Shish**  
شيش طاووق

7

Grilled marinated chicken cubes served with grilled tomato, saffron rice or bread

**£9.95**



**Baby Chicken**  
فروج

8

Grilled whole baby chicken marinated in hot and spicy sauce, served with grilled tomato and saffron rice or salad

**£11.95**



**Chicken with Bones**  
دجاج مع العظم

9

Grilled marinated baby chicken served with grilled tomato, and saffron rice or bread

**£11.95**

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## Koobideh Kebab

كفتة كباب

10

2 skewers of grilled minced meat served with grilled tomato saffron rice or bread

£6.95



## Lamb Chops

ریش غنم

11

Grilled marinated lamb chops served with grilled tomato, saffron rice or salad

£11.95



## Shish Kebab

كباب منوش الخاص

12

Grilled marinated lamb cubes served with grilled tomato, saffron rice or salad

£11.95



## Fish & Chips

13

Deep fried breaded Cod fillet with chips, served with green peas and tatar sauce

£7.95



## King Prawns

قريدس مشوي

14

Grilled king prawns served with salad and rice

£15.95



## Adana Kebab

كفتة حارة

15

1 skewer of minced lamb blended with herbs, red peppers and spices, served with saffron rice or bread

£6.95



## Salmon Fillet

سمك سلمون مشوي

16

Grilled salmon fillet served with salad and rice

£14.95



## Seabass

سمك سيبياس مشوي

17

Grilled marinated Sea bass served with salad and rice

£14.95

# Main course

# الاطباق الرئيسية



## Zereshk Polo

فخد دجاج مع زر

18

Slow cooked chicken leg in tomato and saffron sauce, served with saffron rice with berries, pistachio and almond

£9.95



## Tahchin (Fri, Sat & Sun)

ته چین مرغ

19

Partly cooked rice in the flavoured saffron, yogurt, egg yolks and shredded chicken fillet, topped with barberries

£11.95



## Lamb Shank-Baghali Polo

قوزي لحم مع زر

20

Slow cooked lamb shanks in saffron and tomato sauce, served with dill rice with broad beans

£12.95



## Fesenjan Stew

مرقة فسنجان مع زر

21

Chicken cooked in walnut and pomegranate sauce served with saffron rice

£10.95



## Loobia Polo or Veg

رز بالفاصوليا

22

Chopped fresh green beans, cooked in light saffron and tomato sauce with a touch of cinnamon and mixed with rice

£9.95



## Okra Stew or Veg

مرقة بامية مع زر

23

Slow cooked okra in garlic and tomato sauce served with saffron rice

£8.95



## Aubergine Stew or Veg

مرقة بادنجان مع زر

24

Fried and slow cooked Aubergine in garlic tomato sauce, saffron rice (We serve it also with sliced lamb)

£9.95



## Gheymeh Stew

مرقة قديمة مع زر

25

Traditional Persian stew of yellow split peas, dried limes and diced lamb cooked in tomato and saffron sauce

£9.95



## Ghormeh Sabzi or Veg

مرقة سبزي مع زر

26

Finely chopped fresh spinach, parsley, coriander and chives, cooked with diced lamb, dried lime, red kidney beans

£10.95

# Starters

# المقبلات



## Selection of Mezze (V)

طبق مقبلات خضار

30

Four selections of mezze:  
Tzatziki, Mutabal, Kashk-o-bademjan,  
cheese Sambosak

£14.50



## Mezze

مقبلات حسب الطلب

31

Your choice of four  
cold or hot mezze

£15.50



## Selection of Mezze

طبق مقبلات متنوعة

32

Four selections of mezze:  
Mirza Ghasemi, Falafel,  
lamb Sambosak, Spinach Borani

£14.50



## Chicken Soup

شوربة دجاج

33

Well flavoured chicken soup  
topped with chopped parsley

£4.50



## Lentil Soup (V)

شوربة عدس

34

Middle Eastern red lentil soup  
served with bread

£4.50



## Ashe Reshteh (V)

شوربة ايرانية

35

Persian thick soup with lentil, beans,  
mixed fresh herbs and noodles

£4.95



## Hummus (V)

حمص

36

Homemade Hummus  
Chickpeas puree with sesame paste  
and lemon juice

£4.50



## Mutabal Baba Ghanoush

متبل (V)

37

Grilled Aubergine puree with sesame  
paste and lemon

£4.50



## Dolma (V)

ورق عنب

38

Wine leaves stuffed with rice,  
herbs and lemon juice

£3.95

# Starters

# المقبلات



## Kashk o Bademjan (V)

بادنجان مع كشك

39

A medley of Aubergine topped with walnuts, sautéed onion, mint and whey

£4.50



## Mirza Ghasemi (V)

بادنجان مشوي مع البيض

40

Grilled Aubergine mixed with tomato and garlic sauce and eggs

£4.50



## Tzatziki (V)

جاجيك

41

Diced baby cucumber mixed with yogurt flavoured with dried mint and garlic

£3.95



## Mast o Mosir (V)

ثوم بلبن

42

Yoghurt mixed with shallot

£3.95



## Labneh

لبنة

43

Plain thick yogurt

£3.50



## Spanish Borani

لبنة و سبانخ

44

Yogurt mixed with steam cooked spinach and olive oil

£3.95



## Olivieh Salad

سلطة روسية

45

Shredded chicken breast mixed with potatoes, eggs, gherkin, peas, carrot, lemon juice & mayonnaise

£4.50



## Saffron Rice

رز بالزعفران

46

£2.95



## French Fries

بطاطا مقلية

47

£2.95

# Starters

# المقبلات



## Falafel (V)

فلافل

48

Deep fried falafel served with Tahina sauce

£4.50



## Chicken Wings

جوانح دجاج

49

Grilled marinated chicken wings served with garlic sauce

£5.50



## Calamari

كالاماري

50

Deep fried Calamari served with tartar sauce

£5.50



## Cheese Sambosak (V)

سمبوسة جبنة

51

Deep fried filo pastry filled with hallumi cheese and thyme

£4.50



## Batata Harra (V)

بطاطا حارة

52

Deep fried potato cubes sautéed in garlic, coriander, sweet pepper and chilli sauce

£4.50



## Lamb Sambosak

لحمة سمبوسة

53

Deep fried filo pastry filled with minced lamb

£4.50



## Hallumi Cheese (V)

جبنة حلوم

54

Slices of Hallumi cheese Served with salad

£4.50



## Bread

خبز

55

£1.50

# Salads

# سلطة

## Tabouleh (V)

سلطة تبولة

60

Finely chopped parsley salad with onion, tomato, cracked wheat and lemon juice

£4.95



## Manoush Salad

سلطة منوش

61

Grilled chicken, tomatoes, cucumber, lettuce and red onion served with olive oil and lemon juice dressing

£6.95



## Fatoush Salad

سلطة فتوش

62

Lettuce, tomatoes, cucumbers, mint, parsley, rocket leaves, radish, sumac and toasted Lebanese bread ...

£5.95



## Shirazi Salad (V)

سلطة شيرازي

63

A mix of freshly diced cucumbers, tomatoes, red onions with lemon juice and olive oil dressing

£4.95



## Mediterranean Salad

سلطة مديترانة

64

Lettuce, tomatoes, cucumbers, spring onion, Feta cheese, black olives, with olive oil and lemon juice dressing

£4.95



## Sabzi Khordan

65

Raddish, spring onion, fresh herbs with Feta cheese and walnut

£4.50

## Olives (V)

زيتون

66

£2.50



# Deserts

# الحلويات



Zoolbia Bamieh  
زلابيه و حلويات ايرانية

70

Persian pastries

**£3.95**



Strawberry Cheese Cake

71

**£4.95**



Baklawa  
حلويات عر

72

Middle Eastern pastries filled  
with nuts and syrup

**£3.95**



Faloodeh

فالودة

73

Persian sorbet made of thin  
vermicelli noodles and rose water  
served with lemon juice

**£3.95**



Persian Ice Cream

بوضة ايرانية

74

Saffron Ice cream with pistachio

**£3.95**



Chocolate Ice Cream

75

**£3.95**



Strawberry Ice Cream

76

**£3.50**

Vanilla Ice Cream

77

**£3.50**

