



Fresh Persian Food

Manoush Cuisine

FREE DELIVERY
on orders over £25

Dessert

- Zoolbia Bamieh..... **£2.95**
- Baklawa..... **£2.95**
- Persian Ice Cream..... **£3.95**
- Faloodeh..... **£3.95**
- Faloodeh Bastani..... **£4.50**
- Chocolate Ice Cream..... **£3.95**
- Strawberry Ice Cream..... **£3.95**
- Vanilla Ice Cream..... **£3.95**
- Banana Shake **£2.95**
- Strawberry Shake **£2.95**

Juices

- Orange Juice (Fresh)..... **£2.95**
- Mango Juice..... **£2.50**
- Apple Juice (Fresh)..... **£2.95**
- Carrot Juice (Fresh)..... **£2.95**
- Melon Juice (Fresh)..... **£2.95**
- Lemonade with mint **£2.95**
- Lemonade (Fresh)..... **£2.50**
- Pineapple Juice..... **£2.50**
- Fruit cocktail (Fresh)..... **£2.95**
- Rose Lemonade **£2.95**

Cold Drinks

- Coca Cola Can **£1.50**
- Diet Coke Can..... **£1.50**
- Pepsi Can..... **£1.50**
- Sprite Can **£1.50**
- Fanta Can..... **£1.50**
- Still Water Large..... **£2.95**
- Still Water Small..... **£1.95**
- Sparkling Water Large..... **£2.95**
- Sparkling Water Small..... **£1.95**
- Doogh..... **£2.50**

Order Online at:
manoushcuisine.com

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Design and Print | Farhad Naei | 07817841001

STARTERS

	1 Ashe Reshte (V) £4.95 Persian noodles, fresh garden herbs, beans and lentils		10 Selection of Mezza £14.50 Selection of Olivieh salad, Kashk bademjan, Mirza ghasemi, Mast o khair Or your Choice of 4 mezzes from the menu		19 Panir Sabzi (V) £4.50 Raddish, Spring Onion, Fresh Herbs with Feta Cheese and Walnut
	2 Lentil Soup (V) £4.50 Persian red lentil, tomato, seasoning		11 Olivieh Salad £4.50 Broiled chicken, new potatoes, gherkin, garden peas and mayonnaise		20 Tabouleh (V) £4.95 Raddish, Chopped Parsley with Onino, Tomato, Cracked Wheat and Lemon Juice
	3 Chicken Soup £4.50 Chicken soup, fresh garden herbs and fresh wheat shoots		12 Kashk o Bademjan (V) £4.50 Deep fried aubergines, topped with crushed walnuts, sautéed onions garlic and fresh yogurt whey		21 Shirazi Salad (V) £4.50 Freshly diced cucumbers, tomatoes, red onions, lemon juice and olive oil
	4 Hummus (V) £4.50 Hummus, sesame cream, fresh lime juice, garlic and seasoning		13 Mirza Ghasemi (V) £4.50 Grilled aubergines, beef tomatoes, garlic and scrambled eggs		22 Manoush Salad £6.95 Grilled chicken, tomatoes, cucumber, lettuce, and red onion served with olive oil and lemon juice dressing
	5 Baba Ghanoush (V) £4.50 Grilled pink and white aubergine and sesame cream, fresh lime juice		14 Lamb Sambosak £4.50 Minced lamb, fresh herbs and seasoning wrapped in Filo pastry fried in olive oil		23 Mediterranean £4.50 Lettuce, tomatoes, cucumbers, spring onion, Feta cheese, black olives, with olive oil and lemon juice dressing
	6 Dolma £3.95 Stuffed wine leaves, rice fresh garden herbs and seasoning		15 Cheese Sambosak (V) £4.50 Halloumi cheese and herbs wrapped in Filo pastry and fried in olive oil		24 Fatoush Salad (V) £4.95 Lettuce, tomatoes, cucumbers, mint, parsley, rocket leaves, radish, sumac and toasted Lebanese bread
	7 Mast o Khiyar (V) £3.95 Fresh strained yoghurt, cucumber, mint and fresh garlic and olive oil		16 Felaful (V) £4.50 Deep fried fresh felafuls served with Tahini cream and salad		25 Naan Bread £1 Persian traditional bread
	8 Mast o Mosir (V) £3.95 Fresh strained yogurt, cream fresh, persian shallots, Seasoning		17 Spicy Chicken Wings £4.95 Charcoal grilled marinated chicken wings served with garlic sauce		26 Saffron Rice £2.50 Persian Steamed Cooked rice dressed with Saffron
	9 Mast (V) £3.50 Thick and creamy home made plain yogurt		18 Pickles £3.95 Pickled salad of fresh garden vegetables in tarragon vinegar		27 French Fries £2.50 Deep Fried Potato

MAIN COURSES

	28 Manoush Special Kebab £12.95 Mixed skewer of lamb fillet and chicken breast served with saffron rice, grilled tomato, green chilli and salad		36 Shish Kebab £11.95 Char grilled lamb fillet steak-lets, shish, grilled tomato, salad, green chilli and saffron rice		44 Fesenjan Stew £10.95 Boiled chicken in walnut and pomegranate sauce served with saffron rice
	29 Momtaz £11.95 Skewers of chicken shish and koobideh kabab served with saffron rice, grilled tomato, green chilli and salad		37 Lamb Chops £12.95 Grilled Welsh lamb chops served with saffron rice, salad and grilled tomato		45 Gheymeh Stew £9.95 Braised diced lamb fillet slow cooked with shiraz sun dried lime, split peas in saffron and tomato sauce
	30 Soltani £12.95 Skewers of barg and koobideh kababs, grilled tomato, saffron rice, green chilli and salad		38 Barg Kebab £11.95 Persian style grilled lamb fillet served with salad, saffron rice and grilled tomato		46 Ghormeh Sabzi or Veg £9.95 All traditional Persian garden herbs slow cooked with diced lamb fillet, sun-dried lime and red kidney beans
	31 Makhsoos £12.95 Skewers of lamb fillet shish kabab, koobideh, green chilli, saffron rice and grilled tomato		39 Adana Kebab £7.95 One skewer of minced lamb and fresh herbs and spices, saffron rice and salad		47 Okra Stew or Veg £9.95 Fresh green Okra in garlic and tomato sauce, served with saffron rice (also served with broiled lamb fillet)
	32 Chicken Shish £10.95 Grilled marinated chicken breast served with saffron rice, grilled tomato, green chilli and salad		40 Seabass & Saffron Rice £11.95 Grilled marinated sea bass served with salad and rice		48 Aubergine Stew or Veg £9.95 Fried and slow cooked aubergine in garlic and tomato sauce, served with saffron rice (also served with broiled lamb fillet)
	33 Baby Chicken £11.95 Grilled whole baby chicken marinated in bakhtyari hot and spicy sauce, saffron rice, grilled tomato, green chilli and salad		41 Zerehsh Polo £9.95 Broiled chicken leg in aromatic and seasoned tomato sauce, served with saffron rice and mixed with barberries and pistachio, almond slices and salad		49 Mixed Grills (for 3 to 4) £34.50 A selection of charcoal grilled chicken shish, barg steak, adana kebab and two skewers of koobideh kababs served with saffron rice, grilled tomatoes and salad
	34 Chicken On Bones £11.95 Marinated and grilled baby chicken served with saffron rice, grilled tomato, green chilli and salad		42 Lamb Shank (Baghali Polo) £11.95 Slow oven cooked lamb shank in aromatic saffron and cinnamon tomato sauce, salad and fresh dill saffron rice with rose petals		
	35 Koobideh Kebab £6.95 Two skewers of koobideh kebab served with saffron rice, grilled tomato, green chilli and salad		43 Loobia Polo or Veg £89.95 Fresh cut green garden beans cooked in a light saffron and cinnamon tomato sauce mixed with basmati rice		

(V) Vegetarian 🌶️ Spicy
NOTE: Some dishes may contain NUTS or traces of NUTS

All Our Foods are Prepared with Love and Finest Fresh Ingredients