



Soltan Banoo
Restaurant
Eclectic Persian Cuisine

4645 Park Blvd
 San Diego, CA 92116
 619-298-2801
www.SoltanBanoo.com

Hours:

Monday - Friday
 11am-3pm & 5pm-9pm
 Saturdays 11am-9pm
 Closed on Sundays

Take Out & Catering Available

Appetizers & Combinations

Hummus - Garbanzo, sesame, lemon juice & garlic & pita bread. \$5.95 With olives, garlic and herbs \$7.95

Tabouli - Wheat, parsley & tomatoes with lemon juice and olive oil, \$4.95

Baba Ghanoush - eggplant, tahini, garlic and lemon \$5.95

Dolmeh - Rice & herbs hand wrapped in grape leaves, pita. 8 for \$6.95

Mast o' khair - Plain yogurt cucumbers, raisins, and mint, with pita bread. \$5.95

Ash anar - Lentils, beans, wheat, spinach w/ pomegranate juice. Cup \$2.65 Bowl \$5.25

Soup & Salad - Cup of our pomegranate soup and a small green salad. \$6.95

Platter - Hummus, tabouli, dolmehs (4), salad w/ feta & olives, pita \$9.95

Salat Olivieh - Recipe of chicken, potatoes, eggs, green peas and pickles with mayo & lemon juice served w/ pita & small salad. \$8.95

Sambosa - 2 bread pockets filled with curry, spinach, potatoes, green peas & a green salad with feta and yogurt \$7.95

Wraps and Salads

Green mixed salad - Spring mix with olives, tomatoes, walnuts and feta, with soy ginger or balsamic. Sm \$3.25 Large \$7.95

Goat Cheese Salad - 4 pieces of broiled cheese on baguette tops a green salad with pears, strawberries, walnuts & sweet vinaigrette dressing. \$9.95

Vegan salad - mixed greens with tomatoes, olives, avocado and smoked tofu & pita chips \$8.95

Middle Eastern green salad - Mixed greens with feta cheese, tomatoes, tabouli and dolmehs \$8.95 Add chicken for \$2.50

Green chicken salad - healthy greens with chicken breast, tomatoes, and feta, olives topped with soy ginger \$8.95

Seasoned salmon salad - Seasoned smoked salmon over greens with feta, tomatoes and olives with a ginger soy dressing. \$10.95

Strawberry Tabouli salad - Refreshing salad of mixed greens with tabouli, strawberries and walnuts, raspberry vinaigrette dressing. \$8.95 Add chicken for \$2.50 or tofu \$1.50

Vegan wrap - babaganoush, rice, mixed greens, tomatoes and avocado, served with tabouli or chips \$6.95 Add tofu for \$1.50

Mixed veggie wrap - tofu, hummus, mixed greens, tomatoes, tabouli, and avocado topped with our soy ginger dressing. \$8.95

Hummus wrap - Hummus, sun-dried tomatoes, olive and avocado, wrapped in an herb tortilla with lettuce and tomatoes, tabouli on side \$7.95

Salmon wrap - Smoked salmon wrapped in a tortilla with hummus, tabouli, feta, mixed greens, tomatoes and our soy ginger dressing, served with chips \$9.95

Middle Eastern Chicken wrap - Chicken, hummus, tabouli, feta, olives, lettuce and tomato, in herb tortilla and chips. \$8.95

Chicken wrap - With lettuce, tomato, avocado provolone cheese and mayo, in tortilla served with chips. \$8.95

Olivieh Wrap - Our delicious salad of chicken, potatoes, free range eggs, green peas and pickles mixed with mayo and lemon juice wrapped in a whole wheat tortilla with lettuce and tomato \$7.95

Dinner Menu

In addition to our Salads and Appetizers, we serve:

Shirazi Salad - Chopped cucumbers, tomatoes, onions and cilantro in fresh lemon juice, olive oil. \$2.50

Veggie Kabob - At last a kabob with vegetarian and vegan appetites in mind! Skewers of Marinated Tofu, Portabella mushrooms and veggies, served with brown rice (or white) and a Shirazi Salad. \$10.95

Spicy Veggie Kabob - Made with our special sauce...contains dairy. **Prices same as above.**

Chicken Kabob - Skewers of grilled chicken with vegetables served with Saffron Basmati rice, Shirazi Salad (We sub. Salad for rice by request) \$13.95

Spicy Chicken Kabob - Made with our special sauce...contains dairy. **Prices same as above.**

Mahi Kabob - Skewers of Marinated Mahi Mahi grilled with vegetables, served with our Sabzi Polo (rice cooked with dill, Fenugreek, leek and parsley) and a Shirazi Salad. \$14.95 You can also order this dish with poached tilapia.

Koubideh Kabob - Specially seasoned ground beef (free-range), marinated with Persian spices, wrapped around skewers and grilled on open-flame, served with Basmati rice. \$12.95 Add specialty rice for \$2.00

Spicy Koubideh - Made with our special sauce...contains dairy. **Prices same as above.**

Baghali Polo - Lamb Shanks cooked in gravy, served with dilled basmati rice and fava beans. Served with shirazi Salad. \$13.95

Zereshk Polo - Our Wednesday special was so popular that now we're serving it everyday! \$10.95

Adasi - Brown rice cooked with lentils, mung beans and squash, served with chicken and a shirazi salad. \$10.95 With Baked Tofu \$10.95 Or Lamb shank \$12.95

Loubiah polo - Basmati rice cooked with chopped green beans, tomatoes, Persian spices and curry. Chicken or Tofu \$10.95

Albaloo Polo - Basmati Rice cooked w/cherries, pistachio & saffron. Chicken or tofu \$10.95

Daily Specials Prices vary for lunch or dinner. Dinner dishes include a shirazi salad. Brown rice is available

Healthy Half Plate (Lunch Only) - 1/2 of any special of the day with 1/2 salad \$8.95

Monday

Adas Polo - Basmati rice cooked with lentils and mung beans topped with Saffron, dates, walnuts, apricots and caramelized onions. Served with Chicken, Tofu or lamb

Tuesday

Fesenjoon - This bewildering dish comes with chicken or tofu mired in a brown puree of walnuts and pomegranate served over Basmati rice.

Wednesday

Khoresht Badenjan - Finally a tomato based blend of grilled eggplant, split peas and lamb served with basmati rice.

Thursday

Curry - A delicious stew of carrots, potatoes, mushrooms and tomatoes cooked in yellow curry, served with basmati rice. Chicken or Tofu

Friday

Ghourmeh Sabzi - A stew of kidney beans in a lemony slurry of parsley, scallion, and fenugreek, served with basmati rice. Lamb or Tofu

Friday and Saturday

Ghalieh Mahi (Also served on Sat.) Possibly our best, this rich recipe is made with wild salmon fillet, cooked in Parsley, cilantro, tamarind sauce, curry and garlic, with dilled basmati rice, carrots & peas.

Saturday

Abgousht (Persian Stew) - A lemony stew of lamb, chickpeas, potatoes, beans, tomatoes and dried limes with pita or rice.

Koufteh-Berenji - Exotic balls of basmati rice, lamb, fresh herbs, split peas, eggs, and onions slowly cooked with plums, raisins and walnuts in the center. With pita or rice.

Please note that prices vary for lunch and dinner. Prices are subject to change without notice.

We have 15 minute take out parking next to the restaurant!