

**Tupperware Challenge** – Bring your own tupperware for doggy bag & enter our monthly raffle for a free meal...and a cleaner planet!



**Pomegranate Soup** – Our famous **Ash Anar** is a hearty mix of lentils, beans, wheat, spinach, and herbs cooked with pomegranate juice, served with pita bread. Cup \$2.75 Bowl \$4.95

### Appetizers

**Hummus** – Tasty dip of garbanzo beans blended with creamy sesame, lemon juice & garlic, served with pita bread. \$5.95 with olives, garlic and herbs \$6.95 with sun-dried tomatoes and olives \$6.95

**Baba Ghanoush** – Tasty blend of baked eggplant, tahini, garlic and lemon, topped with olive oil, served with pita bread. \$5.95

**Dolmeh** – Rice and herbs hand wrapped in grape leaves, served with pita bread. 8 for \$5.95

**Tabouli** – Bulgur wheat, parsley & tomatoes with lemon juice & olive oil served with pita \$5.95

**Mast o' khair** – A dip of plain low fat yogurt mixed with cucumbers and mint, served with pita bread. \$4.95

**Potato Pancakes (koo-koo)** – We added quinoa (a high protein grain) and dill to the traditional recipe. Free-range eggs and wheat are included in the batter. 3 patties \$5.95

### Combinations

**Soup & Salad** – Cup of pomegranate soup with pita bread and a small green salad. \$6.95

**Middle Eastern Platter** – Hummus, tabouli, four dolmehs, small salad topped with feta and olives, served with pita bread. \$8.95

**Salat Olivieh** – A recipe of chicken, potatoes, free range eggs, green peas and pickles mixed with mayo and lemon juice, served with pita bread and a small salad. \$8.95

**Sambosas** – Two bread pockets filled with spinach, potatoes, green peas, curry & spices, Served with Mast o' khair & a small salad. \$8.25 Add chicken to salad \$2.00 or tofu \$1.50

**Persian Breakfast** – Our friends who remember our old menu requested this items, so here it is...A bowl of feta, pecans, fruit (or cucumbers and tomatoes) served with pita bread. \$6.95

Our complimentary water is filtered, as well as all other drinks on the menu.



## Salads

**Green Mixed Salad** - Healthy spring mixed greens with olives, tomatoes, walnuts and feta, with our soy ginger dressing or balsamic and olive oil. Small \$3.95 Large \$6.95

**Middle Eastern Green Salad** - Mixed greens with feta cheese, tomatoes, tabouli and dolmehs served with balsamic and olive oil. \$8.95 Add chicken for \$2

**Vegan Salad** - Mixed greens with tomatoes, olives, avocado and firm, baked tofu, topped with vegan pita chips with our delicious soy ginger dressing on side. \$7.95

**Chicken Salad** - Healthy greens with chicken breast, tomatoes, feta, and olives topped with soy ginger or balsamic vinegar and olive oil. \$8.95

**Spicy Turkey Salad** - Grilled turkey glazed with our spicy sauce on a bed of greens with cucumbers, tomatoes and dried cranberries with our sweet vinaigrette dressing. \$9.95

**Seasoned Salmon Salad** - Chilled hot-smoked Wild Alaskan salmon over a salad of greens with feta, tomatoes and olives served with ginger soy dressing. \$9.95

**Strawberry Tabouli Salad** - Refreshing salad of mixed greens, topped with tabouli, strawberries and walnuts, served with raspberry vinaigrette dressing. \$8.95 Add chicken for \$2.50 or tofu for \$1.50 (we substitute other fruits when strawberries are out of season)

**Goat Cheese Salad** - A huge bed of mixed greens topped with pears, strawberries, walnuts and broiled goat cheese on top of baguette with a sweet vinaigrette dressing. \$9.95 Add chicken for \$2.50

**Banoo Salad** - The ultimate raw salad with mixed greens, broccoli, shredded carrots, cucumbers, tomatoes, avocado, raw walnuts, raw sunflower seeds & quinoa tossed with our soy ginger dressing \$9.95 Add chicken for \$2.50

\*We try to use organic spring mix when available.

\*Our tofu is made from organic soy beans.

In our efforts to conserve water, we only serve water upon request.



## Daily Specials

Our dishes are made with the finest ingredients used in authentic Persian cuisine. We have designed our menu so our vegetarian guests can enjoy the exotic tastes of Persia by adding tofu & fake meat (wheat) to some of our traditional dishes.

All of these specials are served only on their designated day.

**Healthy Half Plate (Lunch Only)** – ½ of the **Daily Special** with ½ a mixed green salad. \$8.95

Monday (also ideal for catering)

**Adas Polo** - Basmati rice cooked with lentils and mung beans topped with Saffron, dates, apricots and caramelized onions. Served with Chicken or Tofu \$8.95 Lamb \$9.95

Tuesday

**Fesenjoon** (Pomegranate Stew) – This bewildering dish comes with chicken or tofu (the veg. version also includes wheat gluten and mushrooms) mired in a brown puree of walnuts and pomegranate served with basmati rice. \$8.95

Wednesday

**Khoresht Badenjan** – Grilled Eggplant cooked with beef and lamb, split peas, tomato puree and spices topped with crispy potato strings served with saffron basmati rice. \$9.95

Thursday

**Curry** - A delicious stew of carrots, potatoes, mushrooms and tomatoes cooked in yellow curry, served with basmati rice. Chicken or Tofu (and wheat gluten) \$8.95

Friday

**Ghourmeh Sabzi** – A stew of kidney beans in lemony slurry of parsley, scallion, and fenugreek, served with basmati rice. Lamb \$9.95 Tofu (and wheat gluten) \$8.95

Friday and Saturday

**Ghalieh Mahi** - Possibly our best, this rich recipe is made with Wild salmon fillet, cooked in parsley, cilantro, tamarind sauce, curry and garlic, served with dilled basmati rice, carrots and peas. \$9.95

Saturday

**Abgousht** (Persian Stew) - a stew of lamb, chickpeas, potatoes, beans, tomatoes and dried limes for flavor, served with pita bread \$8.95 add \$1.00 for rice instead of pita.

**Loubiah polo** - Basmati rice cooked with chopped green string beans, tomatoes, Persian spices and curry. Chicken \$8.95 Tofu \$8.95

**Koufteh-Berenji** – Exotic balls of basmati rice, lamb, fresh herbs, split peas, free-range eggs, and onions slowly cooked with plums, raisins and walnuts in the center. Served with pita. \$10.95 add \$1.50 for rice instead of pita.



## Lunch Recommendations

We hand picked these selections from the menu, for a quick & easy decision!

**Healthy Half Plate (Lunch Only)** – ½ of the **Daily Special** with ½ a mixed green salad. \$8.95 Add \$1 for any of our other salads. (Add \$3 for Goat cheese, Banoo or Salmon)

**Sambosas** — Two bread pockets filled with spinach, potatoes, green peas, curry and spices, Served with mast o' khar and a small salad. \$8.25 add chicken to salad \$2.25 or tofu \$1.50

**Soup & Salad** – Cup of our pomegranate soup with pita and a small green salad. \$6.95  
*Add chicken to salad for \$2.50. You can choose any of our salads for \$2 more. Please add \$3 for Goat Cheese, Banoo or Salmon salad.*

**Mixed Veggie Wrap** – Tofu, hummus, mixed greens, tomatoes, tabouli, and avocado topped with our popular soy ginger dressing. \$7.95

**Middle Eastern Chicken Wrap** – Chicken, hummus, tabouli, feta, olives, lettuce and tomato, wrapped in an herb tortilla and Served with pita chips. \$8.50

**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

**Chicken Kabob Wrap** – Grilled chicken breast (or boneless thigh), peppers, onions and zucchini anda dab of hummus, wrapped in a whole-wheat tortilla with lettuce, tomato and rice. \$9.95 yogurt on side.

**Koubideh Wrap** – Seasoned ground beef grilled with peppers, onions, zucchini, a touch of hummus wrapped in a whole-wheat tortilla with lettuce, tomato and rice. \$9.95 yogurt on side

**Also...these dishes make a great side or main course for your party/catering.**

**Zereshk Polo** - Our former Wednesday special was so popular that now we're serving it everyday! A heavenly mixture of basmati rice, barberries, dried cranberries, tossed with orange rinds, almonds and sweet carrots. With Chicken or Tofu \$8.95 Lamb Shank \$9.95

**Albaloo Polo** - Basmati rice cooked with sour cherries, pistachio rinds and saffron. Chicken \$8.95 Tofu \$8.95 Lamb \$9.95

**Loubiah polo** - Basmati rice cooked with chopped green string beans, tomatoes, Persian spices and curry. Chicken \$8.95 Tofu \$8.95 Lamb \$9.95

**Baghali Polo** - Lamb shanks cooked in gravy, served with dilled rice and fava beans. \$9.95

We are happy to split your table's check up to, but not more than, two ways.  
18% gratuity will be added for parties of 5 or more.



## Wraps

**Vegan Wrap** - Babaganoush, rice, mixed greens, tomatoes and avocado served with tabouli or pita chips \$6.95 Add Tofu \$1

**Hummus Wrap** - Hummus, sun-dried tomatoes, mixed greens, avocado, tomatoes and olives, with balsamic oil and vinegar, served with pita chips. \$6.95 Add Tofu \$1.50 Chicken \$2.50

**Mixed Veggie Wrap** - Tofu, hummus, mixed greens, tomatoes, tabouli, and avocado topped with our popular soy ginger dressing, served with pita chips \$7.95

**Salmon Wrap** - Chilled hot-smoked Wild Alaskan salmon wrapped in a tortilla with hummus, tabouli, feta, mixed greens, tomatoes and soy ginger dressing, served with pita chips \$9.50

**Middle Eastern Chicken Wrap** - Chicken, hummus, tabouli, feta, olives, lettuce and tomato, wrapped in an herb tortilla and Served with pita chips. \$8.50

**Chicken Wrap** - Chicken, mayo, lettuce, tomato, avocado and provolone cheese, wrapped in tortilla, served with pita chips. \$8.50

**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

**Chicken Kabob Wrap** - Grilled chicken breast (or boneless thigh), peppers, onions and zucchini and a dab of hummus, wrapped in a whole-wheat tortilla with lettuce, tomato and rice. \$9.95 green salad on the side.

**Koubideh Wrap** - Seasoned ground beef grilled with peppers, onions, zucchini, a touch of hummus wrapped in a whole-wheat tortilla with lettuce, tomato and rice. \$9.95 green salad or yogurt on the side.



## Kabobs – Great finger food for parties!

We try our best to prepare these items as fast as possible, but they still take at least 20 min.

We can substitute a large green salad for rice & Shirazi for any of these dishes.

Our chicken kabobs are antibiotic and hormone –free.

**Veggie Kabob** – At last a kabob with vegetarians & vegans in mind! Skewers of marinated tofu, mushrooms & veggies, served with brown rice and Shirazi Salad. \$8.95 Add any specialty rice for \$2.00

**Chicken Kabob** – Skewers of marinated and grilled chicken with vegetables served with Saffron Basmati rice and Shirazi Salad. **Boneless dark meat \$9.95 , Chicken Breast \$10.95** Substitute Zereshk Polo or any other specialty rice for \$2.00

**Spicy chicken kabob** – Made with our special sauce...contains dairy. **Prices same as above.**

**Koubideh Kabob** – Specially seasoned ground beef, marinated with Persian spices, wrapped around skewers and grilled on open-flame, served with Basmati rice. \$8.95 Add Zereshk polo for \$2.00

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

**Mahi Kabob** – Skewers of marinated wild Mahi-Mahi grilled with vegetables, served with our Sabzi polo (rice cooked with dill, fenugreek, leek and parsley). \$12.95

**Salmon Kabob** – Wild Salmon fillet, seasoned and grilled, served with vegetables and our Sabzi polo (rice cooked with dill, fenugreek, leek and parsley). \$13.95

**A note... that this dish is well worth the 30-35 minute wait.**

<i>Sm Side of Rice</i>	\$2.50
<i>Side of Avocado</i>	\$1.50
<i>Side of Tofu</i>	\$2.50
<i>Side of Chicken</i>	\$4
<i>Side of Pita</i>	\$1
<i>Small Side of Masto`Khiar</i>	\$1
<i>Side of Specialty Rice</i>	\$4.50

<i>Sambosa (a-la-carte)</i>	\$2.95
<i>Skewer of Koubideh</i>	\$4.50
<i>Skewer of Veggies</i>	\$3.95
<i>Skewer of Chicken</i>	\$6.95
<i>Shirazi Salad</i>	\$2.50
<i>Goat Cheese on baguette</i>	\$1.50
<i>Side of Lamb</i>	\$6.95