

# Starters

Traditional Persian and Middle Eastern starters, best enjoyed with tanoor baked bread - all made fresh in our kitchen, nush-e-jan!

|                                                                 |                                                                                          |                                                     |
|-----------------------------------------------------------------|------------------------------------------------------------------------------------------|-----------------------------------------------------|
| <b>1. Zeytun Hafez (marinated olives) - chef's own recipe</b> ✓ | Persian-style marinated olives with walnuts, pomegranate, herbs                          | <b>5.50</b>                                         |
| <b>2. Salad-e Olivieh</b>                                       | Finely diced chicken blended with eggs, potato, gherkins, olive oil and mayonnaise       | <b>7.00</b>                                         |
| <b>3. Kashk-e Bademjan (served warm)</b> ✓                      | Grilled, crushed aubergine slow-cooked with yogurt, mint and kashk (Persian yogurt whey) | <b>7.90</b>                                         |
| <b>4. Baba Ghanoush</b> ✓                                       | Grilled, crushed aubergine with tahini, cumin, fresh coriander                           | <b>6.90</b>                                         |
| <b>5. Mirza Ghasemi (served warm)</b> ✓                         | Grilled, crushed aubergine cooked with tomatoes and garlic                               | <b>7.90</b>                                         |
| <b>6. Sabzi-Khordan</b> ✓                                       | Mixed seasonal herbs, spring onion, radishes, walnut and feta                            | <b>7.50</b>                                         |
| <b>7. Torshi (Persian mixed pickle)</b> ✓                       | Mixed vegetable pickle, preserved in herb vinegar                                        | <b>5.50</b>                                         |
| <b>8. Hafez Salad</b> ✓                                         | Mixed leaves, beetroot, feta, cucumber, tomato, walnuts                                  | <b>8.50</b>                                         |
| <b>9. Salad-e Shirazi</b> ✓                                     | Chopped cucumber, tomato and red onion - served with optional olive oil / lemon          | <b>6.00</b>                                         |
| <b>10. Mast-o Khiair</b> ✓                                      | Yogurt mixed with finely chopped cucumber and mint                                       | <b>6.00</b>                                         |
| <b>11. Mast-o Mousir</b> ✓                                      | Yogurt and finely chopped wild shallots                                                  | <b>6.50</b>                                         |
| <b>12. Hummus</b> ✓                                             | Crushed chickpeas with tahini, olive oil, lemon juice and garlic                         | <b>6.50</b>                                         |
| <b>13. Dolmeh (stuffed vine leaves)</b> ✓                       | Cooked in a sauce of pomegranate and aromatic herbs                                      | <b>5.50</b>                                         |
| <b>14. Ash-e-mash (traditional Persian soup)</b> ✓              | Delicious soup with fresh herbs, spinach, lentils, mung bean                             | <b>7.90</b>                                         |
| <b>Freshly Baked Persian Bread</b> ✓                            | <b>3.00</b>                                                                              | <b>Freshly cut vegetable crudités</b> ✓ <b>4.50</b> |

## Allergen Information (Starters)

- 1. Zeytun Hafez:** Walnuts (**Tree Nuts**)
- 2. Salad-e Olivieh:** Mayonnaise (**Egg**), Hardboiled Whole Egg (**Egg**)
- 3. Kashk-e- Bademjan:** Trace of Wheat Flour (**Gluten**), Walnuts (**Tree Nuts**), Kashk (**Milk**)
- 4. Baba Ghanoush:** Tahini (**Sesame**)
- 5. Mirza Ghasemi:** Trace of Wheat Flour (**Gluten**)
- 6. Sabzi -Khordan:** Feta Cheese (**Milk**), Walnuts (**Tree Nuts**)
- 7. Torshi:** Celery (**Celery**), Malt Vinegar, Barley (**Trace of Gluten**), Sesame Seeds (**Sesame**)
- 8. Hafez Salad:** Feta Cheese (**Milk**), Walnuts (**Tree Nuts**)
- 10. Mast-o Khiair:** Yogurt (**Milk**)
- 11. Mast-o Mousir:** Yogurt (**Milk**)
- 12. Hummus:** Tahini (**Sesame**), Chickpeas (**Legumes**), may contain traces of Peanut or Soy
- 14. Ash-e-mash:** Trace of Wheat Flour (**Gluten**), Lentils (**Legumes**), Mung Beans (**Legumes**)
- Persian Bread:** Wheat Flour (**Gluten**), Sesame Seeds (**Sesame**)
- Freshly Cut Vegetable Crudités:** Contains Celery (**Celery**)



## Main Courses

All main courses served with a complementary choice of steamed saffron rice, fries, bread or mixed salad.

### Charcoal Grilled Speciality Kababs

- |                                                                 |                                                                                                                     |              |
|-----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|--------------|
| <b>16. Boneless Chicken</b>                                     | Boneless breast of chicken in garlic, lemon juice and saffron                                                       | <b>16.90</b> |
| <b>17. Jujeh (poussin)</b>                                      | Tender pieces of poussin, marinated in olive oil, lime juice and saffron and sliced onion                           | <b>17.90</b> |
| <b>18. Kubideh (ground lamb)</b>                                | Two skewers of finely seasoned ground shoulder of lamb                                                              | <b>16.90</b> |
| <b>19. Barg (loin fillet)</b>                                   | One skewer of thinly sliced, tender lamb loin fillet                                                                | <b>19.00</b> |
| <b>20. Soltani (combination of loin fillet and ground lamb)</b> | One skewer of thinly sliced, tender lamb loin fillet and one skewer of finely seasoned hand ground shoulder of lamb | <b>23.90</b> |
| <b>21. Barreh ('best end' lamb chops)</b>                       | One skewer of tender, succulent 'best end' lamb chops marinated in olive oil and onion                              | <b>21.90</b> |
| <b>22. Zerehk Polow (sweet and sour rice with chicken)</b>      | Sweet and sour rice dish with succulent chicken, wild barberries, saffron, pistachios and almonds                   | <b>16.90</b> |
| <b>23. Chenjeh (middle neck fillet)</b>                         | Two skewers of sliced, tender, middle neck fillet of lamb marinated in olive oil and onion                          | <b>22.90</b> |
| <b>24. Additional Skewer of Kubideh (ground lamb)</b>           | One skewer of finely seasoned hand ground shoulder of lamb. A popular addition to any of our delicious kababs       | <b>7.50</b>  |
| <b>25. Bakhteari (chicken breast and lamb tenderloin)</b>       | One skewer of tender chicken breast pieces and succulent pieces of tenderloin of lamb                               | <b>21.90</b> |
| <b>26. Hafez Selection of Kababs (for two people to enjoy)</b>  | Selection of tender lamb chops, boneless breast of chicken and hand-ground lamb                                     | <b>48.50</b> |



## Main Courses

All main courses served with a complementary choice of steamed saffron rice, fries, bread or mixed salad.

### Vegetarian Khoreshht - Persian Slow Cooked Stews

|                                                                                                          |                                                                                  |              |
|----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|--------------|
| <b>27. Ghome Sabzi</b>  | Fresh parsley, coriander, chives and fenugreek with kidney beans and lime        | <b>16.90</b> |
| <b>28. Bademjan</b>     | Baby aubergines with tomatoes, saffron, green pepper, onion                      | <b>15.50</b> |
| <b>29. Bamieh</b>       | Okra with tomatoes, saffron, green pepper and onion                              | <b>14.90</b> |
| <b>30. Fesenjan</b>     | Rich sweet and sour purée sauce of pomegranate and ground walnuts with aubergine | <b>15.90</b> |

### Khoreshht - Persian Slow Cooked Stews

|                                            |                                                                                        |              |
|--------------------------------------------|----------------------------------------------------------------------------------------|--------------|
| <b>31. Gheimeh</b>                         | Finely diced lamb with yellow split peas, tomatoes, sun dried lime and saffron         | <b>16.90</b> |
| <b>32. Gheimeh Bademjan</b>                | Finely diced lamb, baby aubergine, yellow split peas, tomatoes, lime and saffron       | <b>17.90</b> |
| <b>33. Ghormeh Sabzi</b>                   | Diced lamb with parsley, coriander, chives, fenugreek, kidney beans and sun dried lime | <b>17.90</b> |
| <b>34. Bademjan</b>                        | Diced lamb with sautéed baby aubergine, tomatoes, saffron, green pepper and onion      | <b>16.90</b> |
| <b>35. Bamieh</b>                          | Diced lamb with okra, tomatoes, saffron, green pepper, onion                           | <b>16.90</b> |
| <b>36. Fesenjan (Hafez signature dish)</b> | Succulent chicken in a rich, sweet and sour purée sauce of pomegranate and walnuts     | <b>18.00</b> |

### Fish - Persian Style

|                             |                                                                             |              |
|-----------------------------|-----------------------------------------------------------------------------|--------------|
| <b>37. Grilled Salmon</b>   | Salmon fillet marinated in ginger, garlic, olive oil, lime and saffron      | <b>21.90</b> |
| <b>38. Grilled Sea Bass</b> | Two fillets of sea bass delicately seasoned with saffron and Persian spices | <b>20.90</b> |

#### Allergen Information (Main Courses)

- 27. Vegetarian Ghome Sabzi:** Trace of Wheat Flour (**Gluten**), Sun-dried Lime Sulphites (**Sulphur Dioxide**), Red Kidney Beans (**Legumes**)
- 28. Vegetarian Bademjan:** Trace of Wheat Flour (**Gluten**)
- 29. Vegetarian Bamieh:** Trace of Wheat Flour (**Gluten**)
- 30. Vegetarian Fesenjan:** Walnuts (**Tree Nuts**)
- 31. Lamb Gheimeh:** Sun-dried Lime Sulphites (**Sulphur Dioxide**), Yellow Split Peas (**Legumes**)
- 32. Lamb Gheimeh Bademjan:** Sun-dried Lime Sulphites (**Sulphur Dioxide**), Yellow Split Peas (**Legumes**)
- 33. Lamb or Chicken Ghormeh Sabzi:** Trace of Wheat Flour (**Gluten**), Sun-dried Lime Sulphites (**Sulphur Dioxide**), Red Kidney Beans (**Legumes**)
- 34. Lamb or Chicken Bademjan:** Trace of Wheat Flour (**Gluten**)
- 35. Lamb or Chicken Bamieh:** Trace of Wheat Flour (**Gluten**)
- 36. Chicken Fesenjan:** Walnuts (**Tree Nuts**)
- 37. Grilled Salmon:** Fish (**Fish**)
- 38. Grilled Sea Bass:** Fish (**Fish**), Wheat Flour (**Gluten**)



## Speciality Rice Dishes

Saturday & Sunday

### Baghali Polow (rice cooked with dill, broad beans and lamb)

19.90

Saffron rice cooked with fresh dill and hand peeled broad beans, served with tender lamb shank or neck of lamb

## Additional Side Dishes

### Steamed Saffron Rice



3.90

### Zereshk



A sweet and sour 'relish' of wild barberries, saffron, sliced pistachios and almonds  
An ideal accompaniment to steamed saffron rice

5.90

### Vegetable Kabab



Charcoal grilled sweet pepper, red onion, courgette and tomato

6.50

### Potato Fries



5.00

## Speciality Drinks

### Mint Sherbet (Sharbat-e Sekanjebeen)

Traditional cordial-based drink with fresh mint and cucumber

4.00

### Rose Petal Sherbet (Sharbat-gol-e Mohammadi)

Cordial-based drink made with rosewater and rose petals

4.00

### Doogh

Traditional refreshing yogurt drink made with mint

3.00

### Jug of Doogh or Sharbat

7.90

Soft Drinks (330ml glass bottle)

### Coca Cola, Coke Zero Fanta, 7 Up (can) Fruit Juices

3.75 3.75 3.75

### Kingsdown Sparkling Pressés

Sparkling Spring Water blended with carefully sourced fruit and flower pressés

### Rhubarb, Cloudy Lemonade or Elderflower.

4.00

Kingsdown Natural Mineral Water

### Sparkling or Still

330ml 750ml

3.50 5.00

### Allergen Information

(Speciality and Side Dishes / Speciality Drinks)

**Zereshk Polow:** Contains: Almonds, Pistachios (**Tree Nuts**), Wild Barberries Sulphites (**Sulphur Dioxide**), Butter (**Milk**)  
**Baghali Polow:** Broad Beans (**Legumes**), Clarified Butter (**Milk**)  
**Zereshk:** Contains: Almonds, Pistachios (**Tree Nuts**), Butter (**Milk**), Wild Barberries Sulphites(**Sulphur Dioxide**)  
**Doogh:** Contains Yogurt (**Milk**)

# Persian Desserts

## Pomegranate Ice Cream

Homemade with pomegranate juice and double cream 4.50

## Saffron Ice Cream

Homemade with saffron, double cream and pistachios 5.00

## Rosewater Sorbet

Traditional Persian iced dessert, homemade with rosewater and rice vermicelli 4.50

## Baghlava

Filo pastry, filled with chopped nuts and sweetened with organic honey served with ice cream 5.00

## Sholeh Zard

Traditional Persian set rice dessert - homemade with saffron, pistachios, almonds, rosewater and cardamom. Served chilled. 4.50

**Selection of traditional Persian sweets and baklava 6.90**

## Speciality Tea & Coffee

Dating back to the late fifteenth century, Persian tea is a loose leaf black tea with a pale honey colour and a light aromatic taste.

**Persian Black Tea (Chai Irooni) 2.00**

**Fresh Mint Tea, Rose Petal Tea, Cinnamon Tea, Cardamom Tea or Persian Green Tea 2.50**

**Turkish Coffee (Gahveh Turke) 4.00**  
Strong, rich, Turkish style coffee is popular in Iran

### Allergen Information (Desserts)

**Pomegranate Ice Cream:** Double Cream, Milk **(Milk)**, Egg **(Egg)**

**Saffron Ice Cream:** Double Cream, Milk **(Milk)**, Pistachios **(Tree Nuts)**, Egg **(Egg)**

**Mackie's of Scotland White Ice Cream:** Double Cream, Milk **(Milk)**, Egg **(Egg)**

**Sholeh Zard:** Almonds, Pistachio decoration **(Tree Nuts)**, Clarified Butter **(Milk)**

**Selection of Traditional Persian Sweets and Baklava:** Contains: Egg **(Egg)**, Wheat Flour **(Gluten)**, Butter, Yogurt **(Milk)**, Pistachios, Almonds **(Tree Nuts)**

