Hafez
Fine Persian Cuisine

Starters

A selection of starters are the best introduction to Persian food. Delicious when eaten with warm, freshly baked Persian bread straight from the oven.Nush-e jan! Bon appetit!

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

Freshly Baked Persian Bread (V) **2.00** **Freshly cut vegetable crudités** (V) **3.50**

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 Khiar:** 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

16. Boneless Chicken — **15.90**
Boneless breast of chicken in garlic, lemon juice and saffron

17. Jujeh (poussin) — **16.90**
Tender pieces of poussin, marinated in olive oil, lime juice and saffron and sliced onion

18. Kubideh (ground lamb) — **15.90**
Two skewers of finely seasoned ground shoulder of lamb

19. Barg (loin fillet) — **17.90**
One skewer of thinly sliced, tender lamb loin fillet

20. Soltani (combination of loin fillet and ground lamb) — **21.90**
One skewer of thinly sliced, tender lamb loin fillet and one skewer of finely seasoned hand ground shoulder of lamb

21. Barreh ('best end' lamb chops) — **18.90**
One skewer of tender, succulent 'best end' lamb chops marinated in olive oil and onion

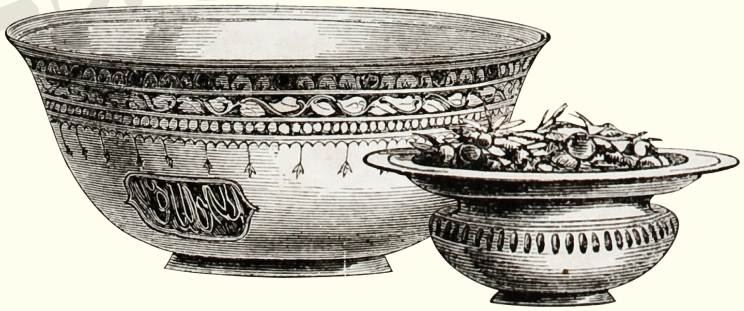
22. Fillet (tenderloin of lamb) — **20.90**
One skewer of succulent pieces of tenderloin of lamb marinated in olive oil and sliced onion

23. Chenjeh (middle neck fillet) — **22.90**
Two skewers of sliced, tender, middle neck fillet of lamb marinated in olive oil and onion

24. Additional Skewer of Kubideh (ground lamb) — **7.50**
One skewer of finely seasoned hand ground shoulder of lamb. A popular addition to any of our delicious kababs

25. Bakhteari (chicken breast and lamb tenderloin) — **19.90**
One skewer of tender chicken breast pieces and succulent pieces of tenderloin of lamb

26. Hafez Selection of Kababs (for two people to enjoy) — **47.50**
Selection of tender lamb chops, boneless breast of chicken and hand-ground lamb



Main Courses

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

Khoresht - Persian Slow Cooked Stews

Vegetarian Khoresht

27. Ghorme Sabzi (V) — **13.90**
Fresh parsley, coriander, chives and fenugreek with kidney beans and lime

28. Bademjan (V) — **14.50**
Baby aubergines with tomatoes, saffron, green pepper, onion

29. Bamieh (V) — **13.90**
Okra with tomatoes, saffron, green pepper and onion

30. Fesenjan (V) — **14.90**
Rich sweet and sour purée sauce of pomegranate and ground walnuts with aubergine

Khoresht

31. Gheimeh — **15.90**
Finely diced lamb with yellow split peas, tomatoes, sun dried lime and saffron

32. Gheimeh Bademjan — **16.90**
Finely diced lamb, baby aubergine, yellow split peas, tomatoes, lime and saffron

33. Ghormeh Sabzi — **16.90**
Diced lamb with parsley, coriander, chives, fenugreek, kidney beans and sun dried lime

34. Bademjan — **15.90**
Diced lamb with sautéed baby aubergine, tomatoes, saffron, green pepper and onion

35. Bamieh — **15.90**
Diced lamb with okra, tomatoes, saffron, green pepper, onion

36. Fesenjan (Hafez signature dish) — **16.90**
Succulent chicken in a rich, sweet and sour purée sauce of pomegranate and walnuts

Fish - Persian Style

37. Grilled Salmon — **19.90**
Salmon fillet marinated in ginger, garlic, olive oil, lime and saffron

38. Grilled Sea Bass — **19.90**
Two fillets of sea bass delicately seasoned with saffron and Persian spices

Allergen Information (Main Courses)

27. **Vegetarian Ghorme 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

Zereshk Polow (sweet and sour rice with chicken) **15.90**
Sweet and sour rice dish with succulent chicken, wild barberries, saffron, pistachios and almonds

Sunday

Baghali Polow (rice cooked with dill, broad beans and lamb) **16.90**
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 (V) **5.90**
A sweet and sour 'relish' of wild barberries, saffron, sliced pistachios and almonds
An ideal accompaniment to steamed saffron rice

Vegetable Kabab (V) **5.50**
Charcoal grilled sweet pepper, red onion, courgette and tomato

Potato Fries (V) **4.00**

Speciality Drinks

Mint Sherbet (Sharbat-e Sekanjebeen) **3.00**
Traditional cordial-based drink with fresh mint and cucumber

Rose Petal Sherbet (Sharbat-gol-e Mohammadi) **3.00**
Cordial-based drink made with rosewater and rose petals

Doogh **2.50**
Traditional refreshing yogurt drink made with mint

Jug of Doogh or Sharbat **6.90**

Soft Drinks

Coca Cola, Coke Zero (330ml glass bottle) **3.00**
Fanta, 7 Up (can) **3.00**
Fruit Juices **3.00**

Kingsdown Sparkling Pressés

Sparkling Spring Water blended with carefully sourced fruit and flower pressés
Rhubarb, Cloudy Lemonade or Elderflower. **3.50**

Kingsdown Natural Mineral Water

Sparkling or Still	330ml	**3.00**
	750ml	**4.50**

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 **4.50**
Homemade with pomegranate juice and double cream

Saffron Ice Cream **5.00**
Homemade with saffron, double cream and pistachios

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

Mackie's of Scotland **3.90**
Traditional smooth, creamy, white luxury dairy ice cream made with fresh milk and cream with no artificial colours or flavours

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

Selection of traditional Persian sweets and baklava **4.00**

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) **3.00**
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)**

