

# Hafez

Fine Persian Cuisine



# Starters

---

Persian starters are made for sharing and include a selection of cold and warm dips with a platter of fresh mixed herbs, radishes, spring onions and feta cheese: delicious eaten with warm, freshly baked Persian bread straight from the oven.

A selection of starters are the best introduction to Persian food. Nush-e jan! Bon appetit!

- |     |  |       |
|-----|--|-------|
| 1.  | <b>Zeytun Hafez (marinated olives) - chef's own recipe</b>   | 4.90  |
|     | Persian style marinated olives with walnuts, pomegranate and herbs   |       |
| 2.  | <b>Salad-e Olivieh</b>   | 4.90  |
|     | Finely diced chicken blended with eggs, potato, gherkins, olive oil and mayonnaise   |       |
| 3.  | <b>Kashk-e Bademjan (served warm)</b>   | 5.50  |
|     | Baked, crushed, aubergine slow-cooked with seasoned yogurt and sprinkled with crushed walnuts, sautéed chopped mint and kashk (traditional Persian preserved yogurt whey)  |       |
| 4.  | <b>Baba Ghanoush</b>    | 4.90  |
|     | Baked, crushed aubergine with tahini, cumin and fresh coriander  |       |
| 5.  | <b>Mirza Ghasemi (served warm)</b>    | 5.50  |
|     | Baked, crushed aubergine, slow cooked with tomatoes, garlic and eggs   |       |
| 6.  | <b>Sabzi-Khordan</b>   | 5.50  |
|     | A variety of fresh mixed seasonal herbs, spring onion, radishes, walnuts and feta cheese   |       |
| 7.  | <b>Torshi (Persian mixed pickle)</b>    | 4.90  |
|     | Mixed vegetable pickle, preserved in herb vinegar  |       |
| 8.  | <b>Hafez Salad</b>    | 5.90  |
|     | Mixed leaves, beetroot, feta cheese, cucumber, tomato and walnuts  |       |
| 9.  | <b>Salad-e Shirazi</b>    | 4.90  |
|     | Finely chopped cucumber, tomato and red onion served with optional olive oil and lemon   |       |
| 10. | <b>Mast-o Khiair</b>    | 4.90  |
|     | Yogurt mixed with finely chopped cucumber and mint   |       |
| 11. | <b>Mast-o Mousir</b>    | 4.90  |
|     | Yogurt and finely chopped wild shallots  |       |
| 12. | <b>Hummus</b>   | 4.90  |
|     | Crushed chickpeas with tahini, olive oil, lemon juice and garlic   |       |
| 13. | <b>Dolmeh (stuffed vine leaves)</b>   | 4.90  |
|     | Stuffed vine leaves cooked in a sauce of pomegranate and aromatic herbs  |       |
| 14. | <b>Ash-e-mash (traditional Persian soup)</b>    | 5.90  |
|     | A delicious thick soup made with fresh coriander, parsley, spinach, lentils and mung bean  |       |
| 15. | <b>Hafez Mazeh</b>   | 22.90 |
|     | Selection of five starters   |       |
|     | <b>Freshly Baked Persian Bread</b>    | 1.50  |
|     | Persian Lavash bread, a thin flatbread, is made on the premises daily. Traditionally, this type of bread is torn or cut into quarters and used as cutlery to scoop up the dips served as starters and also to wrap around cheese and herbs or kababs |       |
|     | <b>Freshly cut vegetable crudités</b>   | 3.50  |
|     | Carrot, cucumber and celery - an alternative to bread. Delicious served with our starters  |       |

# Main Courses

---

## Charcoal Grilled Speciality Kababs

Our kababs are cooked the traditional way over hot charcoal, suspended on flat, steel skewers that conduct the heat evenly. This ensures the result is succulent, tender, aromatic meat. All served with a complementary choice of steamed saffron rice, fries, bread or mixed salad.

## Chicken Kababs

- |  |              |
|--|--------------|
| <b>16. Boneless Chicken</b>  | <b>12.90</b> |
| Tender pieces of boneless breast of chicken marinated in garlic, lemon juice and saffron |              |
| <b>17. Jujeh (poussin)</b>   | <b>13.90</b> |
| Tender pieces of poussin, marinated in olive oil, lime juice, saffron and sliced onion   |              |

## Lamb Kababs

- |   |              |
|---|--------------|
| <b>18. Kubideh (ground lamb)</b>  | <b>12.90</b> |
| Two skewers of finely seasoned hand ground shoulder of lamb   |              |
| <b>19. Barg (loin fillet)</b>   | <b>14.90</b> |
| One skewer of thinly sliced, tender lamb loin fillet  |              |
| <b>20. Soltani (combination of loin fillet and ground lamb)</b>   | <b>16.90</b> |
| One skewer of thinly sliced, tender lamb loin fillet and one skewer of finely seasoned hand ground shoulder of lamb |              |
| <b>21. Barreh ('best end' lamb chops)</b>   | <b>16.90</b> |
| One skewer of tender, succulent 'best end' lamb chops marinated in olive oil and onion                              |              |
| <b>22. Fillet (tenderloin of lamb)</b>  | <b>16.90</b> |
| One skewer of succulent pieces of tenderloin of lamb marinated in olive oil and sliced onion                        |              |
| <b>23. Chenjeh (middle neck fillet)</b>   | <b>17.90</b> |
| Two skewers of sliced, tender, middle neck fillet of lamb marinated in olive oil and sliced onion                   |              |
| <b>24. Additional Skewer of Kubideh (ground lamb)</b>   | <b>5.90</b>  |
| One skewer of finely seasoned hand ground shoulder of lamb. A popular addition to any of our delicious kababs       |              |

## Mixed Lamb & Chicken Kababs

- |   |              |
|---|--------------|
| <b>25. Bakhteari (chicken breast and lamb tenderloin)</b>                             | <b>15.90</b> |
| One skewer of tender chicken breast pieces and succulent pieces of tenderloin of lamb |              |
| <b>26. Hafez Selection of Kababs (an introduction for two people to enjoy)</b>        | <b>38.90</b> |
| Selection of tender lamb chops, boneless breast of chicken and hand-ground lamb       |              |

## Allergies & Intolerances

Please see the allergen list at the end of the menu for full details.

# Main Courses

---

## Khoresht - Persian Slow Cooked Dish

Khoresht dishes are slow-cooked so that the flavours of the vegetables, fruit, fresh herbs, nuts and meat meld together and intensify subtly into a flavoursome and aromatic sauce. All our vegetarian dishes are prepared separately.

### Vegetarian Khoresht

- |  |              |
|--|--------------|
| <b>27. Ghorm Sabzi</b>  | <b>10.90</b> |
| Fresh parsley, coriander, chives and fenugreek with red kidney beans and sun-dried lime                  |              |
| <b>28. Bademjan</b>     | <b>10.90</b> |
| Baby aubergines with tomatoes, saffron, green pepper and onion   |              |
| <b>29. Bamieh</b>       | <b>10.90</b> |
| Okra with tomatoes, saffron, green pepper and onion  |              |
| <b>30. Fesenjan</b>     | <b>12.90</b> |
| Rich sweet and sour purée sauce of pomegranate and ground walnuts with aubergine                         |              |

### Khoresht with Chicken or Lamb

Served with a complementary choice of steamed saffron rice, fries, bread or mixed salad.

- |   |              |
|---|--------------|
| <b>31. Gheimh</b>   | <b>13.90</b> |
| Finely diced lamb with yellow split peas, tomatoes, sun dried lime and saffron                          |              |
| <b>32. Gheimh Bademjan</b>  | <b>14.90</b> |
| Finely diced lamb with baby aubergine, yellow split peas, tomatoes, sun-dried lime and saffron          |              |
| <b>33. Ghormeh Sabzi</b>  | <b>14.90</b> |
| Diced lamb with fresh parsley, coriander, chives and fenugreek with red kidney beans and sun dried lime |              |
| <b>34. Bademjan</b>   | <b>13.90</b> |
| Diced lamb with sautéed baby aubergine, tomatoes, saffron, green pepper and onion                       |              |
| <b>35. Bamieh</b>   | <b>12.90</b> |
| Diced lamb with okra, tomatoes, saffron, green pepper and onion   |              |
| <b>36. Fesenjan (Hafez signature dish)</b>  | <b>13.90</b> |
| Succulent chicken pieces cooked in a rich, sweet and sour purée sauce of pomegranate and ground walnuts |              |



# Main Courses

---

## Fish - Persian Style

Served with a complementary choice of steamed saffron rice, fries, bread or mixed salad.

- |  |              |
|--|--------------|
| <b>37. Grilled Salmon</b>  | <b>16.90</b> |
| Salmon fillet marinated in ginger, garlic, olive oil, lime and saffron                 |              |
| <b>38. Pan- Fried Sea Bass</b>   | <b>17.90</b> |
| Two fillets of pan-fried, sea bass delicately seasoned with saffron and Persian spices |              |

## Additional Side Dishes

<b>Steamed Saffron Rice</b>	<b>3.50</b>
-----------------------------	-------------

<b>Zereshk</b> 	<b>5.50</b>
A sweet and sour 'relish' of wild barberries, saffron, sliced pistachios and almonds. An ideal accompaniment to steamed saffron rice	

<b>Vegetable Kabab</b> 	<b>4.90</b>
Charcoal grilled sweet pepper, red onion, courgette and tomato	

<b>Tahdig</b> 	<b>8.90</b>
Crisp, crunchy rice crust from the bottom of the rice pot served with khoresht	

<b>Potato Fries</b> 	<b>3.90</b>
---	-------------

# Speciality Rice Dishes

---

The traditional Persian method of cooking rice is unique in Middle Eastern cuisine. This four stage technique involves specialised steaming which results in separate grains of rice that are fragrant, light and fluffy. We only use aromatic Basmati rice which is prepared freshly for each sitting.

Our speciality rice dishes are cooked with saffron, blends of herbs, fruit and nuts and served with chicken or lamb.

## Saturday

<b>Zereshk Polow (sweet and sour rice with chicken)</b>	<b>13.90</b>
Sweet and sour rice dish with succulent chicken, wild barberries, saffron, pistachios and almonds	

## Sunday

<b>Baghali Polow (rice cooked with dill, broad beans and lamb)</b>	<b>14.90</b>
Saffron rice cooked with fresh dill and hand peeled broad beans, served with tender lamb shank or neck of lamb	

# Persian Desserts

---

<b>Pomegranate Ice Cream</b> Homemade with pomegranate juice and double cream	4.50
<b>Saffron Ice Cream</b> Homemade with saffron, double cream and pistachios	4.50
<b>Rosewater Sorbet</b> Traditional Persian iced dessert, homemade with rosewater and rice vermicelli	4.50
<b>Mackie's of Scotland</b> Traditional smooth and creamy white luxury dairy ice cream made with fresh milk and cream with no artificial colours or flavours	3.90
<b>Sholeh Zard</b> Our version of the traditional Persian set rice dessert - fragrant and delicious, homemade with saffron, slivered almonds, rosewater and cardamom. Served chilled.	3.90
<b>Selection of traditional Persian sweets and baklava</b>	3.90

# Speciality Tea & Coffee

---

## Persian Tea

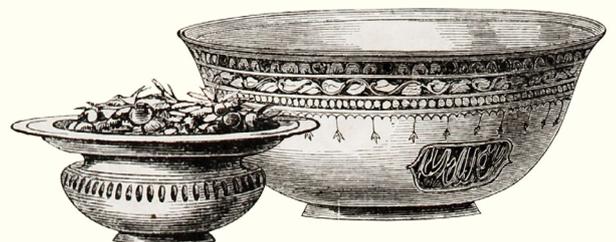
The history of Persian tea (Chai Irooni) dates back to the late fifteenth century and replaced coffee as the nation's favourite drink in the nineteenth century. Persian tea is a loose leaf black tea with a pale honey colour and a light aromatic taste.

<b>Persian Black Tea (Chai Irooni)</b>	1.50
<b>Fresh Mint Tea</b>	2.50
<b>Rose Petal Tea</b>	2.50
<b>Cinnamon Tea</b>	2.50
<b>Cardamom Tea</b>	2.50
<b>Persian Green Tea</b>	2.50

## Turkish Coffee (Ghahveh Turke)

The first Persian coffee houses originated in the sixteenth century as social venues for storytelling, music and entertainment. Strong, rich, Turkish style coffee is popular in Iran.

<b>Turkish Coffee (Gahveh Turke)</b>	2.90
--------------------------------------	------



# Speciality Drinks

---

## Sharbat

It is thought that the non-alcoholic 'sharbat' or 'sherbet' drinks originated centuries ago in Persia. Homemade from infusions of fruit, flower essences and herbs, these combinations are aromatic and deliciously refreshing.

**Mint Sherbet (Sharbat-e Sekanjebeen)** 2.50  
Traditional homemade cordial-based drink made with fresh mint and cucumber

**Rose Petal Sherbet (Sharbat-gol-e Mohammadi )** 2.50  
Traditional homemade cordial-based drink made with rosewater and rose petals

**Saffron and Lime Sherbet (Sharbat-e Saffron e Limu)** 3.90  
Traditional homemade cordial-based drink made with saffron and fresh lime

**Jug of Sharbat-e Saffron e Limu** 12.00

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

**Jug of Doogh or Sharbat** 5.90

## Soft Drinks

**Coca Cola** (330ml glass bottle) 2.50

**Coke Zero** (330ml glass bottle) 2.50

**Fanta** (can) 2.50

**7 Up** (can) 2.50

**Orange Juice** 2.50

**Apple Juice** 2.50

## Secret Gardens Organic Cold Pressed Fruit Crush

100% pure cold pressed organic fruit juice. Exceptional flavour and abundance of nutrients in their purest form with no added sugar or preservatives.

**Pomegranate Crush** 3.90

**Mulberry Crush** 3.90

## Kingsdown Sparkling Pressés

Deliciously refreshing and aromatic. Made from Kingsdown Sparkling Spring Water blended with meticulously sourced fruit and flower pressés to produce drinks of outstanding quality.

**Rhubarb Sparkle** - made from hand-picked British rhubarb 3.50

**Elderflower Sparkle** - made from hand-picked wild elderflowers 3.50

**Cloudy Lemonade** - made from hand-picked Sicilian lemons 3.50

## Kingsdown Natural Mineral Water

**Sparkling** 330ml 2.50  
750ml 3.50

**Still** 330ml 2.50  
750ml 3.50



# Allergen Information

---

Please note that we bake our own bread on the premises and use nuts in many of our dishes. Despite efforts to avoid cross contamination, we routinely handle a number of high risk allergens in our kitchens. These include wheat flour (gluten), nuts and sesame seeds. It is therefore possible that traces of gluten, nuts and sesame may be found in any of our dishes. Please refer to the list of allergenic ingredients contained in our menu items below.

## 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**), Egg (**Egg**)
- 6) **Sabzi -Khordan:** Feta Cheese (**Milk**), Walnuts (**Tree Nuts**)
- 7) **Torshi:** Celery (**Celery**), Malt Vinegar, Barley (**Trace of Gluten**)
- 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**) processed at source with Peanuts and Soybeans so 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

---

- 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 Gheimh:** Sun-dried Lime Sulphites (**Sulphur Dioxide**), Yellow Split Peas (**Legumes**)
- 32) **Lamb Gheimh 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) **Pan-Fried Sea Bass:** Fish (**Fish**), Wheat Flour (**Gluten**)

(continued)

# Allergen Information (continued)

---

## Additional Side Dishes

---

**Zereshk:** Contains: Almonds, Pistachios (**Tree Nuts**), Butter (**Milk**), Wild Barberries Sulphites (**Sulphur Dioxide**)  
**Persian Bread:** Wheat Flour (**Gluten**), Sesame Seeds (**Sesame**)

## Speciality Rice Dishes

---

### Saturday

**Zereshk Polow:** Contains: Almonds, Pistachios (**Tree Nuts**), Wild Barberries Sulphites (**Sulphur Dioxide**), Butter (**Milk**)

### Sunday

**Baghali Polow:** Broad Beans (**Legumes**), Clarified Butter (**Milk**)

## Speciality Drinks

---

**Doogh:** Contains Yogurt (**Milk**)

## 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**)



5 Hereford Road, London W2 4AB

Tel: **020 7221 3167** or **020 7229 9398**

Email: [info@hafezrestaurant.co.uk](mailto:info@hafezrestaurant.co.uk) Web: [www.hafezrestaurant.co.uk](http://www.hafezrestaurant.co.uk)