

Fish Dishes

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

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

Extra Dishes

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| Steamed Saffron Rice ✓ | 3.50 |
| Zereshk ✓ | 5.50 |
| A sweet and sour 'relish' of wild barberries, saffron, sliced pistachios and almonds | |
| Potato Fries ✓ | 3.90 |
| Tahdig ✓ | 8.90 |
| Crisp, crunchy rice crust from the bottom of the rice pot served with khoresh | |

Persian Desserts

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| Pomegranate Ice Cream (Homemade) | 4.50 |
| With pomegranate juice and double cream | |
| Saffron Ice Cream (Homemade) | 4.50 |
| With saffron, double cream and pistachios | |
| Rosewater Sorbet (Homemade) | 4.50 |
| Traditional Persian iced dessert, with rosewater and rice vermicelli | |
| Mackie's of Scotland | 3.90 |
| Traditional smooth, creamy white luxury dairy ice cream with no artificial colours or flavours | |
| Sholeh Zard (Homemade) | 3.90 |
| Our version of the traditional Persian set rice dessert - with saffron, almonds, rosewater and cardamom. | |
| Selection of traditional Persian sweets and baklava | 3.90 |

Speciality Drinks

Sharbat - homemade non-alcoholic drinks made from infusions of fruit, flower essences and herbs.

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 & 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

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.

Mulberry Crush 3.90

Pomegranate Crush 3.90

Kingsdown Sparkling Pressés

Deliciously refreshing and aromatic. Made with Kingsdown Sparkling Spring Water blended with meticulously sourced hand-picked fruit and flower pressés.

Rhubarb Sparkle - made from British rhubarb 3.50

Elderflower Sparkle - made from wild elderflowers 3.50

Cloudy Lemonade - made from Sicilian lemons 3.50

Kingsdown Natural Mineral Water

Sparkling 330ml 2.50

750ml 3.50

Still 330ml 2.50

750ml 3.50



Takeaway Menu

FREE LOCAL HOME DELIVERY

Order via our website

www.hafezrestaurant.co.uk

or telephone

020 7221 3167

020 7229 9398

5 Hereford Road, London W2 4AB

Starters

1. **Zeytun Hafez (marinated olives)** ✓ **4.90**
Olives with walnuts, pomegranate and herbs
 2. **Kashk-e Bademjan (served warm)** ✓ **5.50**
Aubergine with seasoned yogurt, sprinkled with crushed walnuts, chopped mint and kashk
 3. **Baba Ghanoush** ✓ **4.90**
Aubergine dip with tahini, cumin and coriander
 4. **Mirza Ghasemi (served warm)** ✓ **5.50**
Baked aubergine with tomatoes, garlic and eggs
 5. **Torshi (Persian mixed pickle)** ✓ **4.90**
Mixed vegetable pickle in herb vinegar
 6. **Hafez Salad** ✓ **5.90**
Tomatoes, beetroot, feta cheese and walnuts
 7. **Salad-e Shirazi** ✓ **4.90**
Finely chopped cucumber, tomato and red onion
 8. **Mast-o Khیار** ✓ **4.90**
Homemade yogurt with cucumber and mint
 9. **Mast-o Mousir** ✓ **4.90**
Homemade yogurt and chopped wild shallots
 10. **Hummus** ✓ **4.90**
With tahini, olive oil, lemon juice and garlic
 11. **Dolmeh (stuffed vine leaves)** ✓ **4.90**
Stuffed vine leaves cooked in a sauce of pomegranate and aromatic herbs
 12. **Ash-e-mash (traditional Persian soup)** ✓ **5.90**
A delicious rich thick soup made with coriander, parsley, spinach, lentils and mung beans
 13. **Hafez Mazeh** **22.90**
Selection of five starters
- Freshly Baked Persian Bread** **1.50**

ALLERGENS

These can be viewed in the restaurant or online.

Main Courses

Charcoal Grilled Speciality Kababs

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

16. **Boneless Chicken** **12.90**
Tender pieces of boneless breast of chicken marinated in garlic, lemon juice and saffron
17. **Jujeh (poussin)** **13.90**
Tender pieces of poussin, marinated in olive oil, lime juice, saffron and sliced onion
18. **Kubideh (ground lamb)** **12.90**
Two skewers of finely seasoned hand ground shoulder of lamb
19. **Barg (loin fillet)** **14.90**
One skewer of thinly sliced lamb loin fillet
20. **Soltani (loin fillet and ground lamb)** **16.90**
One skewer of sliced lamb loin fillet and one of finely seasoned hand ground shoulder of lamb
21. **Barreh ('best end' lamb chops)** **16.90**
One skewer of tender, succulent 'best end' lamb chops marinated in olive oil and onion
22. **Fillet (tenderloin of lamb)** **16.90**
One skewer of succulent pieces of tenderloin of lamb marinated in olive oil and sliced onion
23. **Chenjeh (middle neck fillet)** **17.90**
Two skewers of sliced, tender, middle neck fillet of lamb marinated in olive oil and onion
24. **Additional Skewer of Kubideh** **5.90**
One skewer of finely seasoned hand-ground shoulder of lamb
25. **Bakhteari (chicken and lamb)** **15.90**
One skewer of tender chicken breast pieces and succulent pieces of tenderloin of lamb
26. **Hafez Selection of Kababs (for two people)** **38.90**
Selection of tender lamb chops, boneless breast of chicken and hand-ground lamb

Main Courses

Khoreshht - Persian Slow Cooked Dish

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

27. **Ghorm Sabzi** ✓ **10.90**
Fresh parsley, coriander, chives and fenugreek with red kidney beans and sun-dried lime
28. **Bademjan** ✓ **10.90**
Baby aubergines with tomatoes, saffron, green pepper and onion
29. **Bamieh** ✓ **10.90**
Okra with tomatoes, saffron, green pepper and onion
30. **Fesenjan** ✓ **12.90**
Rich sweet and sour puree sauce of pomegranate and ground walnuts with aubergine
31. **Gheimeh** **13.90**
Finely diced lamb with yellow split peas, tomatoes, sun dried lime and saffron
32. **Gheimeh Bademjan** **14.90**
Finely diced lamb with baby aubergine, yellow split peas, tomatoes, lime and saffron
33. **Ghormeh Sabzi** **14.90**
Diced lamb with fresh parsley, coriander, chives and fenugreek with red kidney beans and sun-dried lime
34. **Bademjan** **13.90**
Diced lamb with sautéed baby aubergine, tomatoes, saffron, green pepper and onion
35. **Bamieh** **13.90**
Diced lamb with okra, tomatoes, saffron, green pepper and onion
36. **Fesenjan (Hafez signature dish)** **13.90**
Succulent chicken pieces cooked in a rich, sweet and sour purée sauce of pomegranate and ground walnuts