

# Banu

## Small Plates

### **Taftoon (v) - £2.00**

Homemade organic bread baked to order

### **Mezze Platter (v) - £15.00**

Selection of hummus, mast-o khiar, mirza ghasemi and salad shirazi

### **Hummus (v) - £6.00**

Mashed chickpeas, blended with tahini, olive oil, lemon juice, salt and garlic

### **Chicken Olivieh - £7.00**

Potato salad mixed with chicken, gherkin, egg, mayonnaise and olive oil

### **Kashk-e Bademjan (v) - £7.00**

Crushed aubergine with mint, garlic and walnut

### **Kuku Sabzi (v) - £7.00**

Persian herb omelette

### **Zeytoon (v) - £6.00**

Green olives, pomegranate paste, walnuts, garlic and herbs

### **Mast-o Khiar (v) - £5.00**

Yogurt with mint and cucumber

### **Borani Spinach (v) - £6.00**

Fresh spinach mixed with thick yogurt and herbs

### **Sabzi Khordan (v) - £6.00**

Plate of fresh herbs, feta cheese, spring onion, radish, walnuts and dates

### **Mirza Ghasemi (v) - £7.00**

Crushes, smoked aubergine with tomato, garlic and egg

## Salads

### **Chef Special - £12.50**

Beetroot with baby spinach and cherry tomato, served with grilled chicken and orange sauce

### **Banu Salad (v) - £11.00**

Crispy cos lettuce, mixed salad leaves, cherry tomato, sweet pepper, avocado, raisins and prunes tossed with pomegranate seeds and walnuts

### **Rocket Salad (v) - £9.00**

Mixed rocket leaves, feta cheese, fresh lemon juice

### **Goodness Bowl (v) - £15.00**

Quinoa, fettuccine, sweet potato, avocado with omega seeds, pomegranate and lemon

### **Shirazi Salad (v) - £5.00**

Traditional Iranian salad made with tomatoes, red onion, cucumber, olive oil, lemon, mint and dill

### **Dezfuli Salad (v) - £9.00**

A mixture of pomegranate seeds, cucumber, mint, angelica powder and lemon

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## Lamb Dishes

### **Gheime Badenjan - £16.00**

Lamb and split peas in a tomato sauce, served with saffron rice and salad

### **Cholo Barg - £21.00**

Grilled tender thin layer of lamb served with saffron rice and salad

### **Baghali Polo - £20.00**

Succulent lamb shank served with rice and broad beans, infused with dill

### **Chenje - £21.00**

Diced tender lamb fillet, served with saffron rice and salad

## Chicken Dishes

### **Zereshk Polo - £16.00**

Slow cooked chicken in a tomato sauce, served with saffron rice and barberries

### **Cholo Joojeh - £16.00**

Tender chicken breast cubes, marinated in saffron, lemon and onion. Served with saffron rice and salad

### **Fesenjan - £16.00**

Slow cooked chicken in a walnut and pomegranate sauce, served with saffron rice

### **Ghafghazi - £19.00**

One skewer of diced lamb and chicken filer with pepper and onion, served with saffron rice and salad

## Vegetarian

### **Gheime Badenjan (v) - £14.00**

Split peas in a tomato sauce, served with saffron rice and

### **Loobia Polo (v) - £13.00**

Chopped green beans, infused with tomato. Served with saffron rice and salad

### **Mixed Steamed Vegetables - £12.00**

Cauliflower, carrot, broccoli,

### **Fesenjan (v) - £15.00**

Slow cooked walnuts in a pomegranate sauce, served with saffron rice and salad

### **Selection of Persian Rice (v) - £12.00**

Saffron rice, barberry rice, rice with broad beans and dill, rice with green beans and tomato puree

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## Fish

### **Grilled Seabass - £19.00**

Marinated in paprika, garlic and olive oil. Served with saffron rice, steamed vegetable or salad

### **Grilled Salmon - £22.00**

Served with salad, saffron rice or steamed vegetable

## Sandwich

### **Club Sandwich - £14.95**

Chicken breast, bacon, boiled egg, salad and tomato. Served on white or brown toast

### **Smoked Salmon - £9.95**

Smoked layer of salmon with cream cheese.

## Cold Drink

**Sparkling water - £2.50**

**Still water - £2.50**

**Tonic water - £2.90**

**Lemonade - £2.90**

**Juice - £2.95**

**Coke - £2.75**

## Sweet

**Homemade baklava - £5.50**

**Homemade Cakes - £5.00**

**Fruit Salad - £9.00**

**Ice cream - £9.00**

## Tea

**Fresh Mint - £4.50**

**Peppermint - £2.95**

**Ginger and Lime - £2.95**

**Camomile - £2.95**

**English Breakfast - £2.50**

**Earl Gray - £2.50**

## Coffee

**Espresso - £2.95**

**Double Espresso - £3.95**

**Americano - £2.80**

**Cappuccino - £3.95**

**Latte - £3.95**

**Filter Coffee - £2.95**

All prices include VAT at 20%

Service is charged at 12.5%

(v) - Vegetarian

Some of our dishes may contain milk, egg, nuts, gluten, sesame, lupin, celery, mustard, fish, crustaceans, molluscs. Please ask a member of staff for further information