



Farsi School **Menu**

Hummus

Our oriental chick peas salad with tahina and olive oil
Calories 83, total fat 4.2gr, Carbohydrates: 7.3, Protein: 3.6

Green Salad

chopped freshly Iceberg, tomato and Cucumber served with homemade yogurt and Beetroot sauce
Calories 68, total fat 1.3gr, Carbohydrates: 26, Protein: 3.8

Salad Shirazi

Fine chopped tomato, cucumber, onion mixed with herbs and lime juice
Calories 68, total fat 4.4gr, Carbohydrates: 6.1, Protein: 0.7

Vegetable or Lentil Soup

All Veggies cooked with Persian Mild Spices
Calories 70, total fat 2.9gr, Carbohydrates: 6.5, Protein: 2.9

BBQ Items

Tikka Masti Kabab

Grilled Beef chunk marinated in our Special Labneh sauce
Calories 192, total fat 7gr, Carbohydrates: 1gr, Protein: 17gr

Joojeh Kabab

Boneless chicken fillet kabab marinated in lemon juice and saffron
Calories 110, total fat 4.2 gr, Carbohydrates: 7gr, Protein: 11gr

Joojeh Masti Kabab

chicken kabab marinated in lemon juice and Labneh
Calories 110, total fat 4.2gr, Carbohydrates: 7gr, Protein: 11gr

Koobiedeh Morgh

Calories 86, total fat 3.5 gr, Carbohydrates: 7gr, Protein: 11gr

Seafood Special

Grilled Salmon Fillet Fish

Grilled Marinated Salmon in Persian Perfection way
Calories 85, total fat 3gr, Carbohydrates: 0.4gr, Protein: 13gr

Grilled White Fillet Fish

Grilled Marinated White fish fillet in saffron and lemon juice
Calories 85, total fat 4gr, Carbohydrates: 0.5gr, Protein: 13gr

Khorak Morgh

Our Special slow cooking boiled chicken in tomato sauce
Calories 131, total fat 5.1, Carbohydrates: 7gr, Protein: 13gr

All Kababs can be served with Brown Rice or Boiled Veggies as side dish