




MĀNĀ'S PLANT-BASED PERSIAN CUISINE



MENU





During the Coronavirus pandemic, I started an instagram blog (@theiranianvegan), to document my cooking, share my recipes, and to prove to others that we do not have to leave our culture behind when going plant-based, or compromise on flavour.

I created the platform to engage with the history and origins of our food as a way of maintaining the thread of continuity with my ancestors, whilst offering a space for growth as times change and as we change. Several of the recipes I make can be traced back to stone tablets from two thousand years ago. As a British-born second generation migrant, I did not wish to leave this important part of my identity behind when going plant-based ten years ago.

For Iranians, food goes beyond merely sustenance. It is first and foremost an expression of love, of warmth, of hospitality, of community, and a celebration of our rich cultural heritage. I am so grateful to have the opportunity to share it with you, whilst creating positive change in tackling the climate crisis and reducing the exploitation of other beings with each meal.

نوش جان
may it be sweet for your soul

Mana





Menu

everything is vegan

(t) - contains tree nuts (g) - contains gluten (s) - contains soya

if you are unwaged, low-income, or unable to afford full price concessions
are available

MAZEH (MEZZE)

ZAYTOUN PARVARDEH - 4.50

Green olives marinated in pomegranate molasses, ground walnuts & spices - (t)

BORANI ESFENAJ - 5.50

Strained spinach yoghurt dip with garlic & black pepper - (g)

MIRZA GHASSEMI - 6.00

Garlic, tomato & smoked aubergine dip with tofu 'egg' - (s)

PANIR O KHORMA - 8.00

Persian-style "cheese", fried dates, date syrup & walnuts, drizzled with extra virgin olive oil - (t)

MAST O KHIAR - 5.00

Mint, dill & cucumber yoghurt - (g)

SINI-E MAZEH - ALL 5 FOR 30

Mezze sharing platter: all 5 of above dishes & sharing portion of clay-oven baked barbari bread.

SIDES

SALAD SHIRAZI - 4.50

SAFFRON RICE - 5.00

CLAY-OVEN BAKED BARBARI BREAD (g) - 3.00

ASLI (MAINS)

Served with saffron rice & mini shirazi salad.

GHORMEH SABZI - 15.50

The Queen of Stews: parsley, coriander, chive & fenugreek stew, plant-based 'chicken', red kidney beans, infused with black limes - (s)

FESENJOON - 16.90

A rich, sweet & savoury ground walnut and pomegranate stew with oyster mushrooms - (t)

KABAB KOOBIDEH - 17.90

Grilled skewered plant-based mince kabab served with grilled tomato, herbs & mint and cucumber yoghurt

LUNCHTIME SPECIAL

SHADI BOWL - 13.90

Saffron rice, a choice of Mirza Ghassemi or Ghormeh Sabzi stew, topped with spinach borani, shirazi salad & marinated olives

DESSERT

MAMAN'S BAGHLAVA - 5.00

Sweet phyllo, crushed pistachios, rose petals and date syrup - (t) (g)

SAFFRON & PISTACHIO ICE-CREAM - 7.50

Made with the only spice in the world worth its weight in gold - (s)

FOR MAHSA JÎNA AMINI

ASH-E-RESHTEH (g) - 5.00, or pay what you feel

Traditional hearty noodle soup with fresh herbs, beans, pulses & mint oil.
100% of proceeds are donated to charities in support of the women-led uprising in Iran in our collective fight for freedom and human rights.



@manas_london
@theiranianvegan