





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. Many 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 eight 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

(t) - contains tree nuts (g) - contains gluten (s) - contains soya  
everything is vegan

## MAZEH (MEZZE)

### ZAYTOUN PARVARDEH - 5.50

Green olives marinated in pomegranate molasses, ground walnuts, mint, garlic & ground angelica seed - (t)

### BORANI ESFENAJ - 5.50

Peppery spinach & fresh garlic strained yoghurt dip

### MIRZA GHASSEMI - 6.00

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

### PANIR O KHORMA - 7.50

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

### SALAD SHIRAZI - 5.00

Shirazi style salad: finely diced tomato, red onions & cucumbers with lime juice, extra virgin olive oil, mint & sumac

### SINI-E MAZEH - 5 FOR 30

Mezze sharing platter. Includes clay-oven baked barbari bread.

## ASLI (MAINS)

### GHORMEH SABZI - 11.90

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

### GHEYMEH BADEMJAN - 11.90

Split pea & baby button mushroom stew in cinnamon & tomato sauce garnished with matchstick fries

## NOON-O-BERENJ (BREAD & RICE)

### SAFFRON RICE - 3.25

CLAY-OVEN BAKED  
BARBARI BREAD (g) - 2.50

## DESSERT

### MAMAN'S BAGHLAVA - 5.00

Layers of phyllo, coconut syrup, crushed pistachios and rose - (t) (g)

### SAFFRON & PISTACHIO ICE-CREAM - 7.00

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

## LUNCHTIME DEALS

1 Mezze (Options 1-3) + 1 Salad Shirazi + 1 Bread/Rice - 12.95

1 Stew + 1 Salad Shirazi + 1 Bread/Rice - 15.95



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