

FOOD

Persian culinary culture is deeply rooted in its rich agricultural identity. The central tenet of the cuisine is using fresh ingredients when in season, and in their preserved format during the off seasons. The influences are broad and shared among many countries of the region, extending all the way to the Mediterranean. Nooshe Jaan - may it be sustenance for your soul!

Light Food

Herb Kuku Wrap **9.50**

Fresh herbs cooked with eggs, barberries and walnuts wrapped in a pita with an eggplant yogurt sauce, dill pickles, radishes and homemade pickled cabbage; served with a side of yogurt dip

Beef and Potato Kotlet Wrap **9.50**

Ground beef and potato patty, wrapped in a pita with a zesty tomato sauce, homemade pickled cabbage, pickles and crispy fried shallots; served with a side of yogurt dip

Aush **Sm 5 Lg 7**

A braised vegetable and legume soup which is a staple of Iranian and Afghan cuisine. There are infinite local variations using seasonal produce
**Ask about today's selection*

Bulgur Wheat Salad **Sm 5 Lg 8**

Bulgur wheat, tomatoes, cucumber, parsley and green onions in a mint vinaigrette

Combo Special **14**

Your choice of wrap with a small soup or salad

Mezze Platter **Sm 15 Lg 29**

A snacking platter filled with Middle Eastern and Mediterranean influenced nibbles. Whether dipping the fresh vegetables into the lime hummus or eggplant and whey dip, or spreading the feta and walnut spread on the pita rolled up with the fresh herbs, enjoying the dried fruits, artichokes and olives, there are several ways to enjoy this finger food. ** Rice crackers available

Breads and Spreads **Sm 15 Lg 25**

Middle eastern bread served with a selection of spreads/dips

Desserts

Baklava **6**

A delicate layering of phyllo dough, walnuts, cardamom with a rosewater syrup topped with pistachios

Saffron Rice Pudding **5**

Rice cooked with sugar, almonds and the delicate flavours of saffron and rosewater; a Persian favourite

Cake Yazdi **6**

A traditional cardamom and rosewater infused cake

Zaban **\$2; 3 for \$5**

A light pastry sweetened with honey and sprinkled with pistachios

Cookies **1.5-3**

** See display case for featured varieties*

Cakes **8**

We lovingly select everything we serve and collaborate with talented pastry chefs, including Montreal's Christophe Morel
**See display case for featured flavours*

Ice Cream **6.5**

Delicious uniquely Persian ice cream experience. Flavours: saffron pistachio, pistachio, pomegranate

Ice Cream Sandwich (Nooni) **7**

Saffron ice cream, with crunchy pistachios and cream battles between 2 thin wafers

Faloodeh (rice noodles in sorbet) **6.5**

A special Persian treat of crunchy rice noodles in frozen fruit sorbet
Flavours: lime, pomegranate

Café Crema **6**

A decadent coffee based frozen treat that is best described as a cross between a soft-serve ice cream and whipped mousse

Feature Selections

We like to change things up from time to time, so check our blackboard and display case for something new!