

## Hot Drinks

Choice of milk: semi skimmed dairy / almond / oat / soya

TEA .....	£1.80
<i>Peppermint, Green tea, Earl grey, English breakfast, Camomile</i>	
PERSIAN BLACK TEA with fresh mint.....	£2
ESPRESSO .....	£2
DOUBLE ESPRESSO .....	£2
CAPPUCCINO .....	£2
CAFÉ LATTE .....	£2
CHAI LATTE .....	£2
FLAT WHITE .....	£2
AMERICANO - white or black .....	£2
CAFÉ MOCHA .....	£2.50
HOT CHOCOLATE .....	£2.50
ADD FLAVOUR .....	50p
<i>vanilla, caramel, cinnamon, hazelnut</i>	
ADD CREAM .....	50p

## Soft Drinks

WATER .....	£1.80
<i>330ml still or sparkling bottled water</i>	
BOTTOMLESS SOFT DRINK .....	£2.50
<i>Coca Cola, Diet Coca Cola, Coca Cola Zero, Sprite or Fanta</i>	
FRESHLY SQUEEZED FRUIT JUICE .....	£4.50
<i>Orange, apple, carrot, melon, ginger or mix as you like</i>	
POMEGRANATE JUICE Freshly Pressed .....	£6.50

## Iced Drinks - £3 each

- LIPTON ICED TEA - lemon or peach
- ICED COFFEE
- ICED CHOCOLATE

## Organic Superfood Smoothies - £5 each

- BERRY HIT**  
*acai, strawberries, raspberries, blueberries, goji berries and banana*
- ZINGY TROPICAL**  
*mango, avocado, kiwi, dried mulberries, apple and ashwagandha*
- NUTELLA**  
*avocado, banana, hazelnuts, cacao, hemp protein and psyllium husk*
- TROPICAL GREENS AND BANANA**  
*pineapple, kale, mint, lime, banana, ginger, moring and yacon root*

## Bottomless Persian Drinks - £2.50

- DOOGH** - minted yoghurt drink
- SHARBAT-E ABLIMOO** - refreshing mint and lime drink
- SHARBAT-E SEKANJEBIN** - cool mint with a hint of vinegar
- SHARBAT-E ALBALOO** - morello cherry drink
- SHARBAT-E SAFFRON** - chia seed, saffron, and lime drink

## Alcohol

25CL WINE .....	£7
20CL PROSECCO .....	£7
45ML PATRON TEQUILA .....	£6.50
K1 BEER .....	£4

*(Please see to our Alcohol menu for wider selection)*

## Desserts

<b>NAPELONI</b> <i>Light pastry filled with créme, traditionally one of Iran's most popular pastries.</i>	£3.50
<b>PERSIAN TEA &amp; BAKLAVA</b> <i>Ceylon cardamom tea with fresh mint served with Baklava</i>	£4
<b>BASTANI AKBAR-MASHTI</b> <i>Persian creamy saffron and pistachio ice cream with hint of rose water</i>	£4.50
<b>PALOODEH</b> <i>Persian frozen sorbet made with vermicelli noodles, lime &amp; rose water syrup, topped with Morello cherry and pistachio</i> <b>+ mix half Paloodeh and half bastani - try the best of both worlds</b>	£4.50
<b>MILKSHAKE BASTANI</b> <i>Bastani Akbarmashti - with all the goodness that comes in the icecream but in a milkshake</i>	£5.50



## Why not try our MILKSHAKE BASTANI

*with all the goodness that comes in our Bastani icecream but in a milkshake*

*Fresh Cakes and Pasteries  
available at our dessert counter  
Feel free to take a look*

**EAT IN OR TAKE AWAY**

**GET LOYALTY POINTS  
FOR TREATS**



**110 GEORGE STREET  
MARYLEBONE, LONDON W1U 8NX**

**020 3994 0999**

**eat@boteh.co.uk  
www.boteh.co.uk**



## Grills

Eat your grill the way you like.....



with rice



in a wrap  
Gluten free available



with salad

- JUJEH KEBAB** 🌾 £11  
Tender pieces of chicken, marinated in olive oil, lime juice, saffron and sliced onion
- CHARMULA** 🌾 £11  
Chicken and capsicum in a chilli and herb marinade
- KOOBIDEH** 🌾 £9  
One Grilled skewer of finely seasoned minced lamb
- CHENGEH** 🌾 £12  
Grilled diced tender fillet of lamb marinated in lemon and onions
- BARG** 🌾 £12  
Seasoned grilled lamb tenderloin
- LAMB CHOPS** 🌾 £12  
For those who don't mind waiting a little longer these Persian style lamb chops are worth the wait! Juicy, tender and bursting flavour, these lamb chops are marinated in onions, garlic, saffron, lemon juice, salt and pepper.
- WHOLE GRILLED SEA BASS** 🌾 £15  
Grilled fresh whole sea-bass fish marinated in lemon and saffron
- GRILLED VEGETABLES** 🌾🌿 £9  
Grilled vegetables marinated in lemon and saffron
- HALLOUMI & VEGETABLES** 🌾🌿 £11  
Marinated grilled vegetables and halloumi cheese

ADD ADDITIONAL SKEWERS TO YOUR MEAL - £6 each

## Rice (Pollow)

Steamed basmati rice, mixed with various ingredients, to create a unique, long grained, light and fluffy rice dish, usually served with a side of lamb, chicken, fish or if you prefer make it a vegetarian.

Eat your rice the way you like.....



Lamb £12



Chicken £9.50



Fish £12  
Contains Gluten



Vegetarian £9.50

- Monday** **ALBALOO POLLOW** 🌾🌿🥛  
Rice with morello cherry
- Tuesday** **ADAS POLLOW** 🌾🌿🥛  
Lentil rice with side of dates and raisins
- Wednesday** **LUBIA POLLOW** 🌾🌿🥛  
Rice with french beans and tomato sauce
- Thursday** **TAHCHIN** 🌾🌿🥛  
Baked rice cake with yogurt, saffron and spinach
- Friday** **SABZI POLLOW** 🌿🥛  
Rice with dill
- Saturday** **BAGHALI POLLOW** 🌾🌿🥛  
Rice with broad beans and dill
- Sunday** **SHIRIN POLLOW** 🌾🌿🥛🥜  
Sweet rice with citrus zest, sweet carrots, almonds, pistachios and barberries
- Everyday** **ZERESHK POLLOW** 🌾🌿  
Saffron rice cooked with barberries

## Stews (Khoresht)

All stews are served with steamed Persian rice

The word khoresht is a generic word for stew dishes in Persian cuisine. There are multiple different stew dishes, and each region of Iran brings out a flavour of their local heritage. Stews are most commonly served with Steamed basmati rice, and decorated with saffron rice, to bring out the special aromas that saffron brings to the dish.

Eat your stew the way you like.....



Lamb £12



Chicken £9.50



Fish £12  
Contains Gluten



Vegetarian £9.50

- Monday** **ALOO ESFENAJ** 🌿  
Stew made with spinach, herbs and prunes
- Tuesday** **TAS KABAB** 🌾🌿  
Stew made with onions, tomatoes, carrots, potatoes and prunes
- Wednesday** **KARAFS** 🌾🌿  
Stew made with celery and mixed herbs
- Thursday** **MORGH TORSH** 🌾🌿  
Sour stew with fresh herbs and citrus
- Friday** **FESEJAN WITH DUCK** 🌾🥜  
Succulent duck pieces cooked in a rich, sweet and sour purée sauce of pomegranate and ground walnuts
- Saturday** **GHEYMEH BADEMJAN** 🌾 (Lamb only)  
Stew with aubergine, yellow split peas, tomatoes, sun-dried lime and saffron
- Sunday** **AB GOOSHT (Lamb only)** 🌾 (Please ask for gluten free bread)  
Traditional Iranian meat and chickpea stew served with bread
- Everyday** **GHORMEH SABZI** 🌾🌿  
Stew made with fresh parsley, coriander, chives, fenugreek, red kidney beans and sun-dried lime

**GHEYMEH (Lamb only)** 🌾  
Stew made of diced lamb with yellow split peas, potato strings, tomatoes, sun dried lime and saffron

**GHALIEH MAHI** 🌾🌿  
Stew made with mixed herbs with tamarind, slightly spicy

**BAMIEH** 🌾🌿  
Stew made with Okra (lady finger) tomatoes and saffron

**FESEJAN** 🌾🌿🥜  
Pomegranate and ground walnuts stew (sweet & sour)

## Extras

- RED ONION £1
- GRILLED ONION £1
- GREEN CHILLIES £1
- GRILLED GREEN CHILLIES £1
- FETA CHEESE £1
- RICE OF THE DAY £4.50
- PLAIN RICE £3.50
- TOMATO BULGUR £3.50
- FRIES £2.90
- SWEET POTATO FRIES £3.50

## Side Tasters - £3.50 each Recommended with lavash bread (homemade flat bread) £1.80

- KASHK-E BADEMJAN** 🌿🌾🥛  
Aubergine and herbs in seasoned yogurt
- MIRZA GHASEMI** 🌿🌾  
Charred aubergines in tomato sauce with garlic & egg
- KUKU SABZI** 🌿🥛🥜  
Oven baked, Egg, fresh herbs and walnuts
- SALAD OLIVIEH** 🌾  
Chicken, potato, carrot, egg, gherkin and peas mixed with mayonnaise
- SALAD SHIRAZ** 🌾🌿  
Finely chopped cucumber, tomato, onion and dried mint with lemon juice & olive oil
- MASTO KHIAR** 🌿🌾🥛  
Minty yoghurt and cucumber with garlic
- MAST MOUSIR** 🌿🌾🥛  
Thick yogurt with finely chopped shallots
- COTLET**  
Pan fried minced lamb
- TORSHI** 🌾🌿  
Persian mixed pickled vegetables
- TAHDIGH KHORESHT** 🌿  
The crispy rice from the bottom of the rice pan topped with stew of your choice
- FETA SALAD** 🌿🌾🥛  
Mixed salad with feta cheese
- ZEYTON PARVARDEH** 🌿🌾🥜  
Marinated olives with walnuts and pomegranate
- SABZI PANIR** 🌿🌾🥛  
Mint, spring onion, radish, tarragon, feta cheese and walnuts
- GHALIEH SAUCE** 🌾🌿  
Mixed herbs with tamarind, slightly spicy, side portion
- FESEJAN SAUCE** 🌾🌿🥜  
Pomegranate and walnut stew, side portion
- GHORMEH SABZI SAUCE** 🌾🌿  
Herb stew with parsley, leek, green onion, cilantro, kidney beans

🌾 = Gluten Free 🌿 = Vegetarian 🌿 = Vegan 🥜 = Contains Nuts 🥛 = Contains Dairy ALLERGENS: You should always advise your server of any special dietary requirements, including intolerances and allergies. Where possible, our staff will advise you on alternative dishes. However, while we do our best to reduce the risk of cross-contamination in our restaurant, we CANNOT guarantee that any of our dishes are free from allergens and therefore cannot accept any liability in this respect. Guests with severe allergies are advised to assess their own level of risk and consume dishes at their own risk. Please note all our food is cooked fresh to order, therefore may result in some delay during busy hours.

Today's Soup - £4

Today's Aash (Broth) - £6

Salad Buffet - £6.50 (free with main)

See our selection of  
today's freshly made  
Cibatts & Sandwiches  
at the counter