

# the pomegranate

## traditional iranian cuisine

420 college street

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*Iranian cuisine, with its varied flavours imparts the diverse landscape of the Iranian plateau and its culture. Many unique ingredients and cooking techniques still remain unknown on the global menu. Iranian cuisine is nutritionally balanced, easy to digest and very delicious! We prepare our rice in the same way as our ancestors hundreds of years ago, rinsing out the fattening starch. The result is a light-textured fluffy rice with an extraordinary taste. We hope you enjoy your **pomegranate** experience!*

*Noosh-e Jaan! (Bon appétit)*

### Appetizers

**all appetizers are served with warm barbary flatbread**

|                              |   |                        |
|------------------------------|---|------------------------|
| <b>maast-e saadeh</b>        | simple fresh creamy yogurt dusted with dried mint and rose petals   | <b>\$3.50</b>          |
| <b>maast-o khiar</b>         | a blend of English cucumber, walnuts, raisins and rose petals and mint in a rich creamy yogurt                                | <b>\$4.95</b>          |
| <b>maast-o museer</b>        | delicious creamy yogurt sprinkled with persian shallots   | <b>\$4.95</b>          |
| <b>spinach borani</b>        | dip of sautéed spinach, garlic and creamy yogurt  | <b>\$4.95</b>          |
| <b>mirza qasemi</b>          | a dip of charred eggplant in a mildly spicy garlic tomato sauce   | <b>\$7.50</b>          |
| <b>kashk-e bademjaan</b>     | a dip of charred eggplant, persian whey, sautéed garlic and walnuts topped with caramelized onion                             | <b>\$8.95</b>          |
| <b>dolmeh</b>                | the ultimate in stuffed vine leaves with a lemony blend of rice and herbs   | <b>4 pieces \$3.50</b> |
| <b>noon-o paneer-o gerdu</b> | a platter of creamy feta cheese, morrocan cured olives, fresh herbs and walnuts served with warm barbary bread                | <b>\$6.50</b>          |
| <b>zeitoon parvardeh</b>     | vegetarian caviar – a tapenade of green olives marinated in a pomegranate walnut sauce with a generous amount of fresh garlic | <b>\$4.50</b>          |
| <b>pickled pleasures</b>     | pickled persian gherkins, aged garlic, shallots and a mixture of traditional vegetable torshi                                 | <b>\$3.50</b>          |

### Salads

|                      |   |               |
|----------------------|---|---------------|
| <b>salad shirazi</b> | a diced english cucumber, red onion, and juicy tomato salad topped with herbs marinated in lemon juice                  | <b>\$5.95</b> |
| <b>the pom salad</b> | mixed greens topped with feta cheese, walnuts, pomegranate seeds, Moroccan cured olives, tomato, cucumber and red onion | <b>\$7.95</b> |

|                       |  |                                  |
|-----------------------|--|----------------------------------|
| <b><u>Entrées</u></b> | All our meat is certified <b>Halal</b><br>Entrées are served with the <b>finest aromatic basmati rice, salad shirazi and mixed greens</b><br>We would be happy to replace the rice serving for extra salad at no extra charge<br>Add a side order of <b>creamy yogurt</b> dusted with rose petals to your entrée | <b>\$1.50</b>                    |
| <b>aloo gheysi</b>    | a stew of bokhara plums and dried apricots in a saffron sauce with boneless chicken thigh pieces   | <b>\$16.50</b>                   |
| <b>qeymeh</b>         | a savoury stew of yellow split peas, lamb chunks and sun-dried lime cooked in a tomato saffron sauce topped with cinnamon  | <b>\$16.50</b>                   |
| <b>mirza qasemi</b>   | a vegetarian dish of charred eggplant purée in a mildly spicy garlic tomato sauce<br><b>served with saffron basmati rice</b><br><b>served with baqali polo -a dill &amp; fava bean saffron basmati rice</b>  | <b>\$11.95</b><br><b>\$14.95</b> |
| <b>adas polo</b>      | lentils, dates and sultana raisins steamed into a saffron basmati rice topped with barberries and caramelized onion<br><b>vegetarian</b><br><b>with braised lamb shank</b>   | <b>\$11.95</b><br><b>\$16.95</b> |
| <b>morasa polo</b>    | jewelled rice – slivers of seville orange peel, almond and pistachio with diced carrots and barberries blended in saffron basmati rice served with a braised lamb shank  | <b>\$17.50</b>                   |
| <b>fesenjaan</b>      | a ground walnut and pomegranate reduction cooked into a rich stew with<br><b>w/boneless chicken breast pieces</b><br><b>vegetarian w/king oyster and button mushrooms</b>  | <b>\$16.50</b><br><b>\$16.50</b> |
| <b>baqali polo</b>    | dill and large green fava beans steamed into saffron basmati rice, served with a braised lamb shank and persian pickles  | <b>\$16.95</b>                   |

**please ask about our daily specials**

**If a Pot Can Multiply**

*One day Mulla Nasruddin borrowed a cooking pot from a neighbour. The next day, he placed a smaller pot inside and returned it.*

*“What’s this?” asked the neighbour.*

*Mulla answered: “Your pot was pregnant and gave birth to this one last night.” The neighbour was elated.*

*He took the pots and thanked Mulla Nasruddin for delivering the baby pot.*

*Shortly afterwards Mulla borrowed the same pot again, but did not return it. The man came by to ask for the pot.*

*Please note: a gratuity of 15% will be added to groups of 6 or more*