

## Breakfast

### Plates (All Day)

#### Eggs Your Way on Sourdough Toast (V) £6.50

Scrambled, Fried, Poached

#### Avocado on Sourdough Toast (V, DF) £8

With red chillies and pumpkin seeds | add poached egg 10 | add smoked salmon or ham 12

#### Persian Omelette (V) £10.50

2 Cornish farm eggs poached in an aromatic sauce of tomato, onion and garlic

#### Green Shakshuka (V) £10.50

2 Cornish farm eggs in sautéed spinach and herbs, roasted almonds, labneh & house bread

### Bowls (until 11.30)

#### Homemade Granola (V, PB\*) £6

with berries, Greek yoghurt, seeds & nuts  
Add Coconut Yoghurt £1

#### Fruit salad (V, PB, DF) £5.50

seasonal fresh fruit salad

#### Vegan Oat Porridge (Pb) £6

With coconut milk, cinnamon, banana, maple syrup & berries compote

## Lunch

### Salads

**Any 2 for £8 / Any three for £9.50**

- Shiraz style salad Vine ripe tomato, Persian cucumber, spring Onion, sumac, mint, citrus dressing (V, GF, PB)
- Lentil, beetroot, feta cheese, tarragon, balsamic dressing (V, GF)
- Fussili, green peas, sundried tomato, rocket, feta cheese basil & parsley dressing (V)
- Gem lettuce, radish, dill, honey & mustard dressing (V, GF, PB)

### Main with a Choice of Salad

- **Saffron Chicken Kebab (GF) £11:** Free range chicken breast, basmati rice & grilled tomato (GF)
- **Chenjeh Kebab (GF) £13.50:** Prime lamb fillet, basmati rice & grilled tomato (GF)
- **Slow Cooked Meatball (GF, DF) £11** Meatball made with beef slowly cooked in tomato & aromatic herbs sauce, basmati rice with lentil, raisins & cinnamon (GF, DF)
- **Sabzi Polo Mahi (GF) £12** Roasted salmon marinated in saffron & lemon served with fresh herbed rice, house pickles (GF)

### Vegetarian Main with a Choice of Salad £9.50/£11

- **Fresh Herbs Frittata (GF, DF) "Kuku Sabzi"**
- **Green Beans & Cherry Tomato Frittata "Kuku Lubia"**
- **Roasted Cauliflower and Spinach Frittata "Kuku Gole-Kalam"**
- **Roasted Aubergine (GF, PB\*) £**with slowly cooked tomato and garlic sauce, strained yoghurt (Tahini sauce\*)

## Sides and Dips

#### Smoked Eggplant & Garlic Dip (V, GF, PB) £5.50

served with House bread

#### Sauteed Spinach & Yoghurt Dip (V, GF) £4

Served with house bread

#### Hummus (V, GF, PB) £5

Served with house bread

#### Torshi (V) £4

Assorted house pickles

#### House bread £1.50

Persian house flat bread (Sangak)



## Drinks & Sweets

### Coffee & Infusions

#### House Coffee Blend

Latte | cappuccino | Flat white 2.90  
Americano 2.70  
Espresso 2.40 | Machiato 2.60

#### Infusions £3

Persian Cardamon  
Ginger Twist Tea  
Mixed fruit and Herb tea  
Organic Jasmine  
English Breakfast | Earl Grey

### Juices and Smoothies

#### Green Smoothie (GF, DF, PB) £4

Spinach, mango, pineapple, kiwi, banana, honey, almond milk

#### Berry smoothie (GF, DF, PB) £4

Four berries, banana, chia seeds, coconut milk

#### Orange Juice £3

#### Saffron House lemonade £4

### Soft Drinks

Coca Cola £3  
Jarr Organic & craft brewed Kambucha £4  
Sparkling Water £2.50

Diet Coke £2.80  
Fentiman's Raspberry 275ml £3.30  
Still Water £2

### Sweets

Home-made carrot cake (V) £ 3.80

Vegan banana bread (PB) £3.80

Gluten free home-made chocolate brownie  
(GF, V) 2.80

Cinnamon Bun £3

Mandarin & chocolate loaf (GF, DF)

Assorted Persian cookies (V) £1.50

Baklava (V) £1.50

Gluten free hazelnut & chocolate cookie  
(GF) £2.50

*Please ask us for allergy info. All foods may contain nuts*

