


# PERSIAN PROMISE


BRINGING YOU OUR FOOD    WHO WE ARE    ENVIRONMENT    PORTFOLIO    CONTACT


## Takeaways


All our meals from the kitchens of Persian Promise look and taste like they've been home-cooked with love and flair for the most sophisticated palettes in the world.


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 [Seafood Dishes](#)

 [Lamb Dishes](#)

 [Chicken Dishes](#)

 [Beef Dishes](#)

 [Vegetarian Dishes](#)

 [Extras](#)

[View Cart](#)

# Seafood Dishes

# Looking for a take away meal delivered fresh to your door that is just that little bit different!



We offer you a delightful range of quality dishes. Always let us know in advance of any allergies you may have and we will endeavour to respect your needs.

- Seafood Dishes
- Chicken Dishes
- Lamb Dishes
- Beef Dishes
  
- Vegetarian Dishes
- Vegan Dishes
- Dishes for those with allergies too
- Extras to go with your dish

## Maygoo Pollow - £10.50

Prawns cooked with fried onion and sultanas with rice. So yummi!

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Seafood is an integral part of the cuisine of the coastal states of Iran and this dish comes from the cities of Bushehr and Khuzestan, located in the southwestern region of Iran.

Although, Iranian cuisine in general is neither hot nor spicy, many Khuzestani meals are rather hot and heavily spiced. We prefer to serve this dish delicate and aroatic.



## Baghali Polo Ba Maahi - £14.00

Broadbean Rice with fish  
sultanas and onion

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Persian herb rice with fish, baghali polo ba mahi, is a popular dish served for Nowruz, making use of fresh herbs that are a big part of the celebration. It's also a tasty, fresh and healthy meal that's delicious any time.

This tasty fish and rice dish is another common part of the festivities, but it's definitely something you could enjoy any time.



# Lamb Dishes

□ One of the best slow cooked meats ever - come spring time there's nothing better to share with friends!



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## Adas Polow - £10.50

Persian Green Lentils, minced meat, sultanas and onion with rice and saffron.

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Adas polow is one of the traditional Iranian dishes that I grew up with. It's a great rice dish to prepare when you don't have a lot of time on your hands yet you want something special. Rice with lentils is not usually served in formal gatherings. However, you can make it for your family, close relatives and friends. We serve Adas polow with cooked ground lamb. You can serve the cooked ground lamb over the rice, on the side of the rice or you can cook it together with rice and lentils in the same pot.



## Lubia Pollo - £10.50

Green bean with diced lamb cooked with deep tomato suace and rice.

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Lubia Polo (Persian green bean rice) served with lamb meat, is a quick and easy comfort dish that is simple but tastes magical! A healthy and complete one pot meal, your next go-to recipe for a weeknight dinner or a quick fix for a party. Guaranteed you will love this nourishing meal that is packed with protein, fiber and complex carbohydrates.



Aash e Mast - £10.50

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Aash is like deep soup it has different ingrediants but they are really nice comfort food, in this Aash it is herbs, split chickpeas,rice. Small meat ball,yogurt.



Ghormeh Sabzi with  
Chellow (white Persian  
Rice) - £12 .50

Lamb, cooked with aromatic  
herbs bursting with Persian  
flavour and served with  
white rice

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Ghormeh Sabzi is Lamb, cooked with aromatic  
herbs bursting with Persian flavour and served  
with white rice





## Dolmeh (Lamb) - £9.50

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Vine leaf filled with minced meat ,aroma hearbs, split chickpeas, rice cooked in sweet and sour suace. Good as a starter or finger food.

These dolmeh are based on the Persian version in honour of the fact that our heritage is Persian and my place of birth is Iran, plus the fact they are really delicious, full of lots of great herbs and with the addition of creamy yellow split peas.



## Kotlets - £10.50

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**Persian meat patties cooked on a skillet**

Persian meat patties with some potato, very delicious and perfect if you want to make a roll, or have this with some salad and fries.



## Gheimeh - £10.50

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Slow cooked diced mutton, served in rich tomato sauce split chickpeas, little zesty which comes from dry lime and off course lovely saffron and aroma Persian promise spices with some fries on top.



# Halim bademjan - £13.00

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If you like aubergine, you would like this food, Aubergine, lamb, walnut, fried onion, rice,kashk( from yogurt)mint, garlic.

Enter halim, a lamb-and-wheat breakfast porridge garnished with butter, cinnamon, and sugar—think of it as a cousin to savory oatmeal, congee, or polenta. Halim gives us two new broken rules: Puree the meat, and develop the heck out of the gluten.





# Khoresh karafs - £12.00

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if Celery is one of your favorite vegetable, I am sure you would love to try this food, it is a very delicious stewed celery stalks with diced lamb.



## Halim - £12.00

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If you like to have something different for Breakfast you could try this food. Halim is look like porridge but it is with Wheat,lamb,on top with sugar, cinnamon, sesame seed.



## Shami - £13.00

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This food is so delicious, it looks like a Burger but is not a burger. Minced lamb, so soft and yummi and even if you like to make it like a roll, just with some fries and salad. All Persian promise minced meat is prepared at home so there is no extra fat in it.



# Koofteh - £12.00

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Time for meat ball, try this and you will love it, minced lamb, fried onion, herbs, walnuts, sultanas, in deep tomato sauce.





# Chicken Dishes

□ Don't waste your time trying to impress with wise words or witty repartee, all you need is a chicken takeaway and a bottle of wine



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## Olivere Salad - £10.50

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The name of this food seems you should expect kind of salad but actually this is a main food and is so yummi, Chicken, potato, gerkin, mayonaise. Has many uses, for finger food, party, roll.



## Zereshk Pollow - £11.00

Chicken, with subtle and aromatic spices. Stewed in a tomato sauce and served with saffron rice with zereshk

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Often known as "celebration rice" or "jewelled rice", this is often cooked for weddings. It is made with wild, red barberries (zereshk), which give the dish its jewel-like appearance and an exotic, slightly tart taste. It is usually served with chicken, as we do in this our most favourite recipe, the chicken, while delicious, is considered the accompaniment and the rice is the centrepiece.



## Tah-Chin - £13.00

Persian Upside Down  
Layered Saffron Rice &  
Chicken

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This is a divine dish of layered saffron rice and cooked chicken bound together by seasoned yogurt and egg yolk mixture. In Iran, we love our rice and love to layer it with different types of vegetables and meat. Since the rice is served upside down and cuts like a cake, you can have your rice cake with a thick tah-dig and eat it too! "Tah" is a Persian/Farsi word for bottom and "chin" is the root word for "chidan" which means putting things in order, arranging and in this case, layering.





Fesenjan - £12.00

Persian Pomegranite  
Chicken

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One of the very special and traditional Persian stew, very deep suace with Pomegranate puree sweet and sour taste and walnuts with chicken which is perfect with saffron rice. It will take you to Heaven.



## khoreh e Bademjan - £10.50

Persian Aubergine Stew with  
Chicken

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Khoreh e Bademjan is a classic Persian recipe loved by all the aubergine fans who would gladly have it for d repetition! requests and would do my best to fulfill them if at all possible.

A stew made with Chicken pieces and large cubes of aubergine cooked in a tomato sauce and served with pollow.



# Beef Dishes

Most Persian dishes are made with lamb or veal but beef is an equal meat to use. I have tried various cuts of beef over the years and found the shoulder cuts (not all) to be the most flavorful,



# tender and juicy cuts for Persian stews. Try it, you might be surprised!

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## Khorak Zaban (Persian Calf Tongue) - £15.00

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khorak zaban is an excellent and luxurious food for your parties. If you are looking for a new and special food for your guests, order this dish. The tongue is pure meat, have you ever tried tongue, it is slow cooked and it is so tender. If you order this food you could ask for gravy. Needs to be ordered 2 days in advance.





# Vegetarian Dishes

□ Until he extends the circle of his compassion to all living things, man will not himself find peace.

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## Kashke Bademjan - £9.50

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Kashke Bademjan is one of the most popular Persian appetizers. Bademjan is eggplant or aubergine in Farsi. Kashk is a yogurt product that traditionally is made through a long process, from very firm strained yogurt. The final product is either formed into balls, or pressed through a large holed sieve into strips, and dried.



# Lubia Pollow - £8.50

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Lubia Polo (Persian green bean rice) is a quick and easy comfort dish that is simple but tastes magical! A healthy and complete one pot meal, your next go-to recipe for a weeknight dinner or a quick fix for a party. Guaranteed you will love this nourishing meal that is packed with protein, fiber and complex carbohydrates.



# Baghali Pollow - £8.50

## Persian Dill Rice

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Baghali polo is the famous Persian dill rice with broad beans. It is a traditional favourite and a definite item on Persian restaurant menus.

Baghali means broad beans in Persian (Farsi).



## Kookoo Sabzi - £9.00

A great one-pan vegetarian meal made of several fresh herbs and just enough eggs to hold it all together

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Kookoo sabzi is a fresh herb dish served for lunch/dinner during Nowruz (Persian New Year). This dish is a great one-pan vegetarian meal made of several fresh herbs and just enough eggs to hold it all together. We bake this in the oven rather than frying it on the stove as it absorbs less oil, (which is always a good thing for the health conscious!).





## Dolmeh (Vegetarian) - £8.50

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Most countries around the Eastern Mediterranean seem to have some version or another of stuffed grape leaves/stuffed vine leaves. The names vary from dolmeh, dolma and dolmades depending on the language and the fillings vary as well, although the majority contain rice along with various herbs.

These dolmeh are based on the Persian version in honour of the fact that our heritage is Persian and my place of birth is Iran, plus the fact they are really delicious, full of lots of great herbs and with the addition of creamy yellow split peas.





# Falafel - £8.50

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Falafel is a deep-fried ball, or a flat or doughnut-shaped patty, made from ground chickpeas. Herbs, spices, and onion relatives are commonly added to the dough. It is a well-known Middle Eastern dish that most likely originated in Egypt.



# Extras

 **Everyone  
needs that little bit  
extra!**

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## Portion of fries - £1.50

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A generous portion of fries as a side dish for those with a larger appetite



## Shirazi Salad - £3.00

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Salad e Shirazi is different from your ordinary salads. It is almost always served as a side salad. It has a citrusy mild flavoured dressing that complements the main course without being too filling. We

usually use Persian cucumbers when available or English cucumbers for this salad. Both of these varieties have very little seeds and skin so delicate that no peeling is needed.



## Borani Esfenage - £4.00

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This delicious and healthy side dish is very easy to make. Borani Esfenaj goes great with bread, most rice and stew dishes, grilled meat, fish and bread.





# Chellow - £2.00

Add to Cart

Rice, cooked the Persian way. The holy grail of Persian cuisine and the centre of every meal, the rice is steamed to achieve perfect, elegant, separated grains






## Saffron Rice - £2.00

**Add to Cart**

Saffron rice is quite possibly the most beautiful side dish to grace any dinner table. Colored with the reddish threads from the saffron flower stigmas, saffron rice has a subtle yet fragrant aroma that enhances the flavor of the dish. Often found in Indian, Persian, and Greek cuisines, to name a few. Saffron rice is delicious served alongside lamb meatballs, chicken, grilled aubergine, and any vegetarian dish





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