

# BANDAR®

PERSIAN PRIME RESTAURANT  
ESTABLISHED 1996

## WE SERVE ONLY THE FINEST

Since all our food is prepared fresh to your order, some selections may take up to 30-40 minutes. We appreciate your patience.

### Starters

- EGGPLANT (KASHK-O BADEMJAN)** 18.  
*A medley of eggplant, sautéed fresh garlic and onion with a topping of homemade yogurt*
- DOLMEH (STUFFED GRAPE LEAVES)** 20.  
*Mixture of split peas, tarragon, basil, parsley, cilantro, chives, rosemary and rice, stuffed and cooked in grape leaves*
- FETA AND OLIVE** 14.  
*Traditional feta, kalamata olives and walnuts*
- SHALLOT DIP (MUST-O MOSIER)** 14.  
*Special homemade yogurt and shallots*
- CUCUMBER DIP (MUST-O KHIYAR)** 12.  
*Homemade yogurt mixed with chopped cucumber and mint*
- CLASSIC HUMMUS** 12.  
*Pureed garbanzo and sesame tahini, with extra virgin olive oil and freshly squeezed lemon juice*
- PESTO HUMMUS** 12.  
*Organic basil pesto, pureed garbanzo, sesame tahini, extra virgin olive oil and freshly squeezed lemon juice*
- AVOCADO HUMMUS** 14.  
*Avocado, pureed garbanzo, cilantro, sesame tahini, extra virgin olive oil and freshly squeezed lemon juice*
- GROUP APPETIZER (VEGETARIAN)** 45.  
*Feta and olives, hummus classic, eggplant and cucumber dip*
- TADIG (Limited availability)**  
*Fresh crispy rice with 1-3 different stew toppings:  
Plain \$8, Gheimh \$20, Pomegranate \$30, Ghormeh sabzi \$40*

### Soup

- A'SHE RESHTEH (VEGETARIAN )** 16.  
*A delicious cooked mixture of lentils, garbanzo beans, fresh herbs, hand mad Persian noodles, with a topping of homemade yogurt, sautéed garlic with mint and onion*

### Salad

- BANDAR SALAD (SERVES 2-4)** 18.  
*Organic mixed greens, romaine hearts, cucumbers, feta, tomatoes, and our special house dressing (extra virgin olive oil, fresh lime juice)*
- SHIRAZI SALAD** 16.  
*A mixture of fresh chopped cucumbers, tomatoes, onions, and house dressing (olive oil, fresh lime juice, mint)*

"Bandar prepares the finest Persian food in the city."

-Eleanor Widmer-Reader's

We prepare the finest meals from the best ingredients. Our food is organic, gluten free and charbroiled. We use fresh ingredients with no artificial additives. \*please note: consuming raw or under cooked meats, poultry, seafood, may increase your risk of foodborne illness, especially if you have any food allergies and/or dietary restrictions, certain medical conditions. please inform us immediately as not all ingredients are listed.

A 4% Surcharge will be added to all guest checks to help increasing costs and in our support of the recent increases to minimum wage and benefits for our dedicated team members. We are not responsible for lost or stolen articles-For safety, please no strollers-20% gratuity automatically added to total bill-Additional cake fee-We have the right to refuse service to anyone

Copyright Since 1996. Bandar Restaurant Inc. All rights reserved.

# BANDAR®

PERSIAN PRIME RESTAURANT  
ESTABLISHED 1996

## Entrees

All Entrees are Served with Traditional Fluffy Basmati Rice topped with Saffron Rice

### Poultry

All chicken is marinated in saffron, onion and fresh lemon juice

**WORLD FAMOUS CHICKEN** 33.  
*Flavorful marinated charbroiled boneless Chicken tenderloin served with basmati rice and grilled tomato*

**CHICKEN SALAD** 36.  
*World famous boneless Chicken tenderloin served with a fresh organic green salad*

**ADAS POLO** 38.  
*Basmati rice mixed with currents, lentils, dates and saffron served with World famous Chicken*

**ZERESHK POLO** 36.  
*Basmati rice topped with sweet and tart red Barberries and saffron served with World famous Chicken*

**ALBALU POLO** 36.  
*Basmati rice mixed with Black cherry served with World famous Chicken (may contain cherry seeds)*

**CHICKEN SHISH KABOB** 36.  
*World famous Chicken served with grilled bell peppers, onions and tomatoes*

**CHICKEN SOLTANI (Chicken & Beef Combination)** 39.  
*World famous Chicken served with a strip of ground beef filet served with basmati rice and grilled tomato*

**CORNISH GAME HEN (Joojeh Kabob)** 35.  
*Charbroiled home style Cornish game hen*

### Beef

**SOLTANI (Prime Center-Cut Filet Mignon) 16 oz.** 51.  
*Combination of charbroiled filet mignon and a strip of seasoned ground filet (barg and koobideh)*

**BARG (Prime Center-Cut Filet Mignon)** 45.  
*Our signature cut of marinated charbroiled filet mignon*

**KOOBIDEH (Ground Filet) 24 oz.** 34.  
*Two juicy strips of charbroiled seasoned ground filet*

**SHISH KABOB (Center-Cut Filet Mignon)** 58.  
*Marinated chunks of filet mignon charbroiled and served with grilled vegetables (tomato, onion and bell pepper)*

### Lamb

**LAMB SHANK** 34.  
*Baby spring lamb shank, simmered in fresh tomato based sauce and spices*

**LAMB CHOP (Shish Lik) 18 oz.** 47.  
*Marinated flavorful "french-cut" lamb chop*

**BAGHALI POLO** 39.  
*A whole baby spring lamb shank, simmered in fresh tomato based sauce and spices, served with dill and lima bean rice..*

### Seafood

**WILD KING SALMON** 37.  
*Charbroiled coated with a mixture of garlic, fresh lemon juice, saffron, and served with grilled vegetables (tomato, onion and bell pepper)*

### Stew

**GOURMET STEW (Ghormeh Sabzi)** 38.  
*Mixture and steamed fresh herbs (fenugreek, parsley, cilantro, chives, lime, scallion) cooked with lamb and beans*

**EGGPLANT STEW (Gheimeh Bademjan)** 39.  
*A medley of eggplant, yellow split peas, sautéed onions, in a fresh tomato sauce cooked with lamb*

**POMEGRANATE STEW (Fesenjan)** 38.  
*Sweet flavored pomegranate sauce with finely crushed walnuts served with choice of chicken or lamb*

### Vegetarian

**GOURMET STEW (Ghormeh Sabzi)** 33.  
*Steamed and sautéed fresh herbs, red beans, traditional dried lime served with grilled vegetables*

**EGGPLANT STEW (Gheimeh Bademjan)** 33.  
*A medley of eggplant, yellow split peas, sautéed onions, in a fresh tomato based sauce, served with grilled vegetables*

**POMEGRANATE STEW (Fesenjan)** 33.  
*Sweet flavored pomegranate sauce with finely crushed walnuts served with grilled vegetables*

**TRIO STEW** 37.  
*Combination of 3 vegetarian stews served with basmati rice & topped with saffron*

### Sides

**BBQ Bread** 8.

**Side Plain Rice** 12.

**Take-Out Plain Rice** 15.

**Take-Out Mixed Rice** 15.

**Side Mixed Rice** 20.

*Adas, Zereshk, Albalu*

*Albalu rice may contain cherry seeds*

### Substitutes

*Substitute rice with any mixed rice* 8.

*Substitute rice with salad* 8.

**For Vegan Options - Ask your Server**