

## Stews

52	<b>GHORME SABZI</b> Finely chopped fresh herbs, kidney beans, diced lamb & dried lime served with rice	<b>£17.00</b>
53	<b>GHEYME</b> Split peas in saffron and tomato sauce, diced lamb & dried lime topped with finely cut chips served with rice	<b>£17.00</b>
54	<b>BAMIYEH</b> Fried okra in tomato sauce & diced lamb served with rice	<b>£17.00</b>
55	<b>FESENJAN</b> Fried ground walnut & chicken breast cooked in pomegranate sauce served with rice	<b>£19.00</b>

## Special Dishes

56	<b>BAGHALI POLO</b> (WITH LAMB SHANK) Slow cooked succulent lamb shank served with rice mixed with <u>broad beans</u> & dried dill	<b>£21.50</b>
57	<b>LOBIYA POLO</b> (WITH LAMB SHANK) Slow cooked succulent lamb shank served with rice mixed with green beans, tomato sauce & saffron	<b>£21.50</b>
58	<b>ZERESHK POLO</b> (WITH CHICKEN) Chicken leg cooked in tomato sauce served with rice with saffron & barberries	<b>£18.50</b>

## Vegetarians

Please ask a member of staff about the ingredients in your meal before placing your order. Thank you



Management advises that food prepared here may contain or have come in contact with peanuts, tree nuts, soybeans, milk, eggs, wheat, shellfish or fish

## Soft Beverages

59	<b>COKE   DIET COKE</b> <b>COKE ZERO   FANTA   SPRITE</b> 330ml	<b>£3.40</b>
60	<b>SODA WATER</b> 150ml	<b>£3.40</b>
61	<b>TONIC WATER</b> 150ml	<b>£3.40</b>
62	<b>SLIMLINE TONIC</b> 150ml	<b>£3.40</b>
63	<b>LEMONADE</b> 150ml	<b>£3.40</b>
64	<b>DOOGH</b> (PERSIAN KEFIR) 330ml glass Traditional salty & minty yoghurt drink	<b>£4.50</b> <b>£7.00</b> (1ltr jug)
65	<b>VIRGIN MOJITO</b> 500ml	<b>£6.90</b>
66	<b>STILL MINERAL WATER</b> 1ltr bottle	<b>£3.95</b>
67	<b>SPARKLING MINERAL WATER</b> 1ltr bottle	<b>£3.95</b>
68	<b>FRESHLY SQUEEZED JUICE</b> CARROT   APPLE   ORANGE	<b>£6.50</b>
69	<b>JUICE</b> PINEAPPLE   CRANBERRY   MANGO	<b>£3.50</b>

## Dessert

70	<b>BASTANI</b> Saffron ice cream with chopped <u>pistachio</u> & chunks of frozen cream	<b>£7.90</b>
71	<b>FALOODEH</b> Frosted sweet noodles in rose water	<b>£7.90</b>
72	<b>MAKHLOUT</b> Combination of Bastani & Faloodeh	<b>£8.50</b>
73	<b>BAKLAVA</b>	<b>£9.00</b>
74	<b>ZOOLBIA AND BAMIEH</b>	<b>£7.00</b>

## SPECIAL LUNCH OFFER

MON - FRI | 12PM - 5PM

75	<b>KOOBIDEH WRAP</b> One skewer of grilled minced lamb in a wrap customisable with your choice of fresh salad and sauce options (Please inquire with the restaurant)	<b>£10.90</b>
76	<b>JOOJEH WRAP</b> One skewer of grilled marinated chicken fillet in a wrap customisable with your choice of fresh salad and sauce options (Please inquire with the restaurant)	<b>£10.90</b>
77	<b>KOOBIDEH</b> One skewer of grilled minced lamb served with rice or naan or salad	<b>£10.90</b>
78	<b>JOOJEH</b> One skewer of grilled marinated chicken fillet served with rice or naan or salad	<b>£10.90</b>
79	<b>MOMTAZ</b> One skewer of grilled marinated chicken fillet & a skewer of minced lamb served with rice or naan or salad	<b>£13.00</b>
80	<b>FALAFEL WRAP</b> A wrap filled with crispy falafel, pickles, salad & creamy hummus	<b>£8.90</b>
81	<b>KOTLET WRAP</b> A Persian-style meat patty (kotlet) wrapped with fresh salad, tomato & pickles in flatbread	<b>£9.90</b>

Opening Hours: 12:00 – 23:00



Terms & Conditions Apply:

All items are subject to availability. We reserve the right alter prices, cancel items from the menu or withdraw offers any time without notice.



## Persian Cuisine

34 Church Street, Twickenham TW1 3NR  
www.sumacrestaurant.co.uk

**020 8892 6366**



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Cold Starters

1	<b>PANIR SABZI</b>	<b>£8.50</b>
Fresh green herbs, white <u>cheese</u> & <u>walnuts</u>		
2	<b>MAST MUSIR</b>	<b>£7.50</b>
<u>Yoghurt</u> dip with finely chopped garlic shallots		
3	<b>MAST KHIAR</b>	<b>£7.50</b>
<u>Yoghurt</u> dip with finely chopped cucumber & mint		
4	<b>OLVIEH</b>	<b>£8.50</b>
Chicken, potato, <u>egg</u> , gherkin, grated carrots, peas mixed in mayo & lemon juice		
5	<b>HUMMUS</b>	<b>£7.90</b>
Pureed chickpeas, <u>tahini</u> , garlic & lemon juice		
6	<b>MIXED PICKLES</b>	<b>£7.00</b>
Pickled vegetables & mixed herbs		
7	<b>KHIAR SHOOR &amp; ZEYTOON</b>	<b>£7.00</b>
Mixture of aged olives, gherkins & mushroom		
8	<b>ZAYTOON PARVARDEH</b>	<b>£8.90</b>
Olives marinated in pomegranate puree, ground walnut & herbs		
9	<b>SHIRAZI SALAD</b>	<b>£8.50</b>
Finely chopped cucumber, tomato, red onion mixed in lemon juice, mint & olive oil		
10	<b>SUMAC SPECIAL SALAD</b>	<b>£9.90</b>
Baby leaf salad, orange, walnut, pomegranate seed, pomegranate dressing		
11	<b>GREEK SALAD</b>	<b>£9.00</b>
Tomato, cucumber, red onion, olive, feta <u>cheese</u> , salad dressing		
12	<b>BABA GHANOUSH</b>	<b>£8.90</b>
Roasted aubergine mixed with <u>tahini</u> , <u>yoghurt</u> & <u>walnuts</u> garlic puree, lemon juice garnished with chopped coriander		

Please ask a member of staff about the ingredients in your meal before placing your order. Thank you

**Food Allergy?**  
Ask before you eat ...

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Hot Starters

13	<b>ASH RESHTE</b>	<b>£8.90</b>
The most popular Persian soup made with noodles, pulses & fresh green herbs		
14	<b>SOUP OF THE DAY</b> Ask your waiter	<b>£7.50</b>
15	<b>KASHKE BADENJAN</b>	<b>£8.90</b>
Fried aubergine, onion, garlic, walnut, mint & whey		
16	<b>MIRZA GHASEMI</b>	<b>£8.90</b>
Grilled aubergine, garlic, onion, <u>egg</u> & tomato		
17	<b>DOLMEH BARGE MO</b>	<b>£8.50</b>
Vine leaves stuffed with rice & aromatic herbs		
18	<b>DOLMEH BADENJAN</b>	<b>£9.00</b>
Aubergine stuffed with rice & aromatic herbs		
19	<b>DOLMEH FEFEL</b>	<b>£9.00</b>
Sweet pepper stuffed with rice & aromatic herbs		
20	<b>KOOKOO SABZI</b>	<b>£9.00</b>
A light souffle of <u>egg</u> , fresh herbs, barberries & <u>walnuts</u>		
21	<b>SKIN ON CHIPS</b>	<b>£4.50</b>
22	<b>FRIED KING PRAWNS</b>	<b>£11.90</b>
Pan-fried garlic basil king prawns		
23	<b>CHICKEN WINGS</b>	<b>£10.90</b>
Grilled skewer of lemon saffron chicken wings		
24	<b>Pistachio Bread with Garlic Butter</b>	<b>£8.00</b>
Freshly baked naan bread topped with <u>pistachio</u> slices & garlic butter		
25	<b>NAAN BREAD</b>	<b>£2.50</b>
Freshly baked Persian bread		
26	<b>PISTACHIO NAAN BREAD</b>	<b>£6.00</b>
Freshly baked Persian bread topped with <u>pistachio</u> slices		
27	<b>MIX STARTER FOR 2 PEOPLE</b>	<b>£33.00</b>
A selected of 5 starters		
28	<b>MIX STARTER FOR 4 PEOPLE</b>	<b>£39.00</b>
A selected of 5 starters		

Vegetarians

Main Courses

Most grills are expertly marinated in a vibrant mix of saffron, lemon juice, virgin olive oil, onion, salt & pepper

29	<b>CHELO KOOBIDEH</b>	<b>£16.50</b>
Two skewers of grilled minced lamb served with grilled tomato & rice		
30	<b>KOOBIDEH &amp; NAAN</b>	<b>£16.50</b>
Two skewers of grilled minced lamb served with grilled tomato & naan bread		
31	<b>CHELO JOOJEH</b>	<b>£17.50</b>
One skewer of grilled succulent, marinated chicken fillet served with grilled tomato & rice		
32	<b>CHELO JOOJEH (on the bone)</b>	<b>£18.50</b>
Grilled skewer of marinated (whole) baby chicken served with grilled tomato & rice		
33	<b>CHELO BARG</b>	<b>£22.50</b>
Grilled skewer of thinly sliced, tender, marinated lamb fillet served with grilled tomato & rice		
34	<b>CHELO CHENJEH</b>	<b>£22.50</b>
Grilled skewer of thick diced, tender, marinated lamb fillet served with grilled tomato & rice		
35	<b>GHAFGHAZI</b>	<b>£19.90</b>
Grilled skewer of marinated diced lamb fillet, chicken fillet, onion, pepper with grilled tomato & rice		
36	<b>SHISHLIK</b>	<b>£23.00</b>
Grilled skewer of tender marinated lamb chops served with grilled tomato & rice		
37	<b>MAKHSOOS</b>	<b>£25.00</b>
Grilled skewer of marinated thinly sliced lamb fillet & a skewer of minced lamb with grilled tomato & rice		
38	<b>SOLTANI</b>	<b>£24.90</b>
Grilled skewer of marinated diced lamb fillet & a skewer of minced lamb with grilled tomato & rice		
39	<b>MOMTAZ</b>	<b>£21.00</b>
Grilled skewer of marinated chicken fillet & a skewer of minced lamb served with grilled tomato & rice		
40	<b>VAZIRI</b>	<b>£28.00</b>
One skewer of flat lamb fillet, one skewer of chicken fillet, marinated with saffron, served with rice		

— All our grills served with either rice or chips or bread or salad. —

41	<b>JOOJEH TORSH</b>	<b>£19.00</b>
Grilled skewer of chicken fillet marinated in ground <u>walnuts</u> , herbs & pomegranate sauce with rice		

Mixed Grills

42	<b>MIX GRILL FOR 2 PEOPLE</b>	<b>£48.00</b>
Grilled skewer of marinated diced lamb fillet, a skewer of chicken fillet & two skewers of minced lamb served with two portions of rice, grilled tomatoes & salad		
43	<b>MIX GRILL FOR 4 PEOPLE</b>	<b>£76.00</b>
Grilled skewer of marinated diced lamb fillet, a skewer of chicken fillet, four skewers of minced lamb & one Ghafehazi served with four portions of rice, grilled tomatoes & salad		

Seafood

44	<b>MAHI</b>	<b>£21.90</b>
Grilled marinated whole sea bass served with grilled tomato & rice		
45	<b>KING PRAWNS</b>	<b>£21.90</b>
Grilled marinated king prawns served with grilled tomato & rice		
46	<b>SALMON</b>	<b>£21.90</b>
Grilled marinated salmon fillet served with grilled tomato & rice		

Vegetarians

47	<b>GRILLED MIX VEGETABLES</b>	<b>£12.50</b>
Grilled skewer of pepper, shallot, courgette, aubergine & tomato		
48	<b>MORASSA POLO</b>	<b>£13.50</b>
Rice with sliced <u>pistachios</u> , <u>almonds</u> , orange peel & saffron		
49	<b>GHORME SABZI</b>	<b>£15.50</b>
Finely chopped fresh herbs, kidney beans, Mushroom & dried lime served with rice		
50	<b>GHEYME BADENJAN</b>	<b>£15.50</b>
Fried aubergine in saffron and tomato sauce, split peas & dried lime served with rice		
51	<b>BAMIYEH</b>	<b>£15.50</b>
Fried okra in tomato sauce served with rice		