

# BANDAR®

PERSIAN PRIME RESTAURANT  
SINCE 1996

## Starters

<b>EGGPLANT (KASHK-O BADEMJAN)</b> <i>A medley of eggplant, sauteed fresh garlic and onion with a topping of homemade yogurt</i>	12.
<b>DOLMEH (STUFFED GRAPE LEAVES)</b> <i>Mixture of split peas, tarragon, basil, parsley, cilantro, chives, rosemary, and rice, stuffed and cooked in grape leaves</i>	12.
<b>SPANAKOPITA - (FROM THE OVEN)</b> <i>Traditional phyllo dough, spinach, garlic, &amp; feta cheese</i>	12.
<b>SHALLOT DIP (MUST-O MOSIER)</b> <i>Special homemade yogurt and shallots</i>	8.
<b>CUCUMBER DIP (MUST-O KHIYAR)</b> <i>Homemade yogurt mixed with chopped cucumber and mint</i>	8.
<b>CLASSIC HUMMUS</b> <i>Pureed garbanzo and sesame tahini, with extra virgin olive oil &amp; freshly squeezed lemon juice</i>	10.
<b>AVOCADO HUMMUS</b> <i>Avocado, pureed garbanzo, cilantro, sesame tahini, extra virgin olive oil and freshly squeezed lemon juice</i>	12.
<b>PESTO HUMMUS</b> <i>Organic basil pesto, pureed garbanzo, sesame, tahini, extra virgin olive oil and freshly squeezed lemon juice</i>	12.
<b>GROUP APPETIZER (VEGETARIAN)</b> <i>Feta &amp; olives, hummus classic, eggplant &amp; cucumber dip</i>	32.
<b>SOUP DU JOUR</b> <i>A delicious mixture of barley, carrots, sauteed onions, parsley, and special house seasoning</i>	8.
<b>BANDAR SALAD (SERVES 2-4)</b> <i>Organic mixed greens, romaine hearts, cucumbers, feta, tomatoes, and our special house dressing (extra virgin olive oil, fresh lime juice)</i>	12.
<b>BANDAR SALAD (INDIVIDUAL)</b>	6.
<b>SHIRAZI SALAD</b> <i>A mixture of fresh chopped cucumbers, tomatoes, onions, and house dressing (olive oil, fresh lime juice, mint)</i>	12.
<b>SIDES</b> <i>Feta &amp; Olive, Torshi, Pickles, Plain Yogurt, Tadig - 1-3 toppings (limited availability)</i>	

18% Gratuity will be added to parties of 7 or more. We require only one bill for parties of 8 or more - the bill may be paid with multiple credit cards for equal amounts.

### Prix Fixe Menu

#### Starters:

CLASSIC HUMMUS  
BANDAR SALAD

#### Choice of Entrees:

WORLD FAMOUS CHICKEN  
LAMB CHOP  
FILET MIGNON SHISH KABOB  
WILD KING SALMON  
EGGPLANT STEW

*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, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.*

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# BANDAR

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## Entrees

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

<b>Beef</b>		<b>Lamb</b>	
<b>SOLTANI (Prime Center-Cut Filet Mignon)</b> <i>Combination of charbroiled filet mignon and a strip of seasoned ground filet (barg and koobideh)</i>	36.	<b>LAMB SHANK</b> <i>A whole baby spring lamb shank, simmered in fresh tomato based sauce and spices</i>	21.
<b>BARG (Prime Center-Cut Filet Mignon)</b> <i>Our signature cut of marinated charbroiled filet mignon</i>	32.	<b>BAGHALA POLO</b> <i>A whole baby spring lamb shank, simmered in fresh tomato based sauce &amp; spices, served with dill &amp; lima bean rice</i>	25.
<b>KOOBIDEH (Ground Filet)</b> <i>Two juicy strips of charbroiled seasoned ground filet</i>	20.	<b>LAMB CHOP (Shish Lik)</b> <i>Marinated flavorful "french-cut" lamb chop</i>	34.
<b>SHISH KABOB (Prime Center-Cut Filet Mignon)</b> <i>Marinated chunks of filet mignon charbroiled &amp; served with grilled vegetables (tomato, onion &amp; bell pepper)</i>	39.	<b>BONELESS LAMB</b> <i>Boneless lamb tenderloin marinated, charbroiled to your taste and served with grilled vegetables</i>	34.
<b>LUBIA POLO</b> <i>Diced filet mignon and fresh green beans with caramelized onions, cooked in a fresh tomato based sauce, mixed with basmati rice and served with a strip of ground filet</i>	18.	<b>Combination</b>	
<b>Poultry</b> All chicken is marinated in saffron, onion, fresh lemon juice		<b>BANDAR SPECIAL (Recommended For 2)</b> <i>Your choice of any two charbroiled entrees, served with grilled vegetables. **combination entrees excluded</i>	56.
<b>WORLD FAMOUS CHICKEN</b> <i>Juicy chunks of charbroiled boneless chicken tenderloin</i>	23.	<b>Seafood</b>	
<b>CHICKEN SALAD</b> <i>Our World Famous Boneless Chicken Tenderloin served with a fresh organic green salad</i>	28.	<b>WILD KING SALMON</b> <i>Charbroiled and Coated with a mixture of garlic, fresh lemon, saffron and seasoning, served with grilled vegetables (tomato, onion and bell pepper)</i>	29.
<b>CHICKEN COMBINATION</b> <i>Combination of our World Famous Boneless Chicken Tenderloin and a strip of Koobideh</i>	27.	<b>Stew</b>	
<b>ADAS POLO (Lentils Rice &amp; Chicken)</b> <i>Basmati rice mixed with current raisins, lentils, dates, and saffron, served with charbroiled chicken tenderloin</i>	28.	<b>GOURMET STEW (Ghormeh Sabzi)</b> <i>Steamed and sauteed fresh herbs, red beans, traditional dried lime, cooked with baby spring lamb shank</i>	27.
<b>ZERESHK POLO (Barberry Rice &amp; Chicken)</b> <i>Charbroiled chunks of chicken tenderloin, served with Rice &amp; barberry (sweet and tart red berries)</i>	26.	<b>EGGPLANT STEW (Gheimh Bademjan)</b> <i>A medley of eggplant, yellow split peas, sautéed onions, in a fresh tomato based sauce and baby spring lamb shank</i>	28.
<b>ALBALU POLO (Black Cherry Rice)</b> <i>Chunks of charbroiled chicken tenderloin, served with rice and black cherry</i>	28.	<b>POMEGRANATE STEW (Fesenjan)</b> <i>Sweet flavored pomegranate sauce with finely crushed walnuts served with choice of chicken or lamb shank.</i>	29.
<b>CHICKEN SHISH KABOB</b> <i>Charbroiled chicken tenderloin served with grilled vegetables (tomato, onion, bell pepper)</i>	26.	<b>Vegetarian</b>	
<b>CORNISH GAME HEN (Joojeh Kabob)</b> <i>Charbroiled chunks of home style cornish game hen</i>	21.	<b>EGGPLANT STEW (Gheimh Bademjan)</b> <i>A medley of eggplant, yellow split peas, sautéed onions, in a fresh tomato based sauce, served with grilled vegetables</i>	22.
<b>CHICKEN BARG</b> <i>A thick strip of juicy charbroiled chicken tenderloin</i>	22.	<b>Side Orders</b>	
<b>CHICKEN SOLTANI (Chicken &amp; Beef Combination)</b> <i>A thick strip of juicy charbroiled chicken tenderloin with a strip of charbroiled beef ground filet</i>	28.	<i>Plain Rice</i>	6.
		<i>Mixed Rice</i>	8.
		<i>Lentil Rice, Barberry Rice, Black Cherry Rice, Lima Bean Rice, or Green Bean Rice</i>	
		<b>Substitutes</b>	
		<i>Substitute Rice with Any Mixed Rice, Salad or Half Salad</i>	5.