

Soup

Ashe Soup traditional vegetable-noodle soup; vegetarian or with beef 5.95

Appetizers

- Aushak** steamed scallion dumplings topped with yogurt-mint sauce; with or without meat sauce 6.95
- Baunjaun Bouranee** eggplant slices layered over mint yogurt; vegetarian or with meat sauce 6.95
- Bouranee Kadu** sautéed fresh butternut squash served over mint-garlic yogurt 6.95
- Mantoo** steamed beef dumplings; topped with yogurt and meat sauce 7.95
- Boulanee** scallion turnovers; with yogurt dip on the side 5.95
- Kadu** turnovers filled with pumpkin; with yogurt dip on the side 5.95
- Kachaloo** turnovers filled with potatoes, herbs and spices; with yogurt dip on the side. . . . 5.95
- Sambusa** turnovers filled with beef and split peas; with yogurt dip on the side 5.95
- Fesenjan** sweet and sour tender pieces of boneless chicken with walnuts and pomegranate juice 8.95
- Dolma** imported grape leaves stuffed with lightly seasoned ground beef and rice, steamed to perfection 8.95
- Homus** chickpea-tahini pureé 6.95
- Saland-e Sib** fresh apples simmered with split peas and cinnamon 6.95

Salads

- Herb Salad** fresh lettuce, tomatoes & cucumbers, topped with fresh watercress;
with yogurt house dressing 9.95
- Panir Sabzee** fresh leaves of mint, basil and watercress, with scallions, radishes and feta cheese;
with yogurt house dressing 9.95
- Mosto Khiair** cool and refreshing homemade yogurt with chopped cucumbers and mint 5.95
- Salad Shirazee** chopped cucumbers, onions, tomatoes and parsley with fresh lemon dressing 7.95

Kabobs

☞ Kabobs are charcoal grilled on skewers and served with basmati rice ☞

Combination Kabob one skewer of Koobideh (minced beef), and one skewer with half Bareh (lamb) and half Morg (chicken); with white basmati rice and salad 20.95

Soltani (Lamb) one skewer of lamb and one skewer of Koobideh; with white basmati rice 19.95

Soltani (Filet Mignon) one skewer of filet mignon and one skewer of Koobideh; with white basmati rice 19.95

Soltani (Morgh) one skewer of chicken breast and one skewer of Koobideh; with white basmati rice 18.95

Barg (Filet Mignon) tender pieces of filet mignon marinated with saffron; with white basmati rice and grilled tomatoes 18.95

Koobideh two skewers of minced lean beef; with white basmati rice 14.95

Morgh marinated pieces of boneless chicken breast; with white basmati rice 15.95

Lamb Kabob (Bareh) one skewer of lamb pieces grilled with green peppers and onions; brown basmati rice topped with raisins and carrots 18.95

Choopan (Shepherd's Kabob) marinated lamb chops; with brown basmati rice topped with raisins and carrots 18.95

Mahi Kabob (Fish) grilled salmon; served with white basmati rice 17.95

Shireen Palow with Cornish Game Hen Kabob exotic sweet baked rice dish flavored with orange peels and saffron; served with charcoal grilled cornish game hen 16.95

Shireen Palow with Morgh Kabob exotic sweet baked rice dish flavored with orange peels and saffron; served with charcoal grilled boneless chicken breast 16.95

Vegetarian Dishes

Bouranee Baunjaun eggplant slices layered over mint yogurt; with fresh coriander garnish (without rice) 12.95

Quorma Baunjaun eggplant sauteéd with onions, green peppers & tomatoes; side of white basmati rice 12.95

Kabuli Palow browned basmati rice topped with raisins and carrots 12.95

Dal Chalow gently cooked pureé of split peas and pomegranate juice; white basmati rice on the side 12.95

Lubia Chalow baked red kidney beans and dried lemons; white basmati rice on the side 12.95

Sabzee Chalow sauteéd fresh spinach and herbs; white basmati rice on the side 12.95

Kadu Chalow sauteéd fresh butternut squash; with white basmati rice 12.95

Bamiyah Chalow sauteéd fresh okra with tomatoes and fresh herbs; served with white basmati rice 12.95

Sib Chalow fresh apples simmered with split peas and cinnamon; with white basmati rice 12.95

Shireen Palow exotic sweet baked rice dish flavored with orange peels and saffron 12.95

Gulpi sauteéd fresh cauliflower; with white basmati rice 12.95

Authentic Afghan Pasta Dishes

Aushak steamed scallion dumplings topped with yogurt-mint sauce; vegetarian or with meat sauce . . . 13.95

Mantoo steamed beef dumplings; topped with yogurt and meat sauce . . . 13.95

Asheh Lubia homemade noodles with red kidney bean sauce and yogurt . . . 13.95

Asheh Gooshti homemade noodles with meat sauce and yogurt . . . 13.95

Entrées

Quorma Sabz with Lamb sautéed fresh spinach and herbs with tender pieces of lamb; served with white basmati rice . . . 16.95

Kabuli Palow with Lamb browned baked basmati rice with tender pieces of lamb; topped with shredded carrots and raisins . . . 16.95

Kabuli Palow with Chicken browned baked basmati rice with tender pieces of chicken breast; topped with shredded carrots and raisins . . . 15.95

Quorma Baunjaun with Lamb eggplant sautéed with onions, green peppers and tomatoes, with tender pieces of lamb; served with white basmati rice . . . 16.95

Fesenjan sweet and sour tender pieces of boneless chicken, simmered gently with walnuts and pomegranate juice; served with white basmati rice . . . 16.95

Sib Chalow with Chicken tender boneless chicken breast simmered with fresh apple slices, split peas and a hint of cinnamon; served with white basmati rice . . . 15.95

Lowand Chalow tender boneless chicken breast sautéed in savory yogurt sauce seasoned with fresh dill and tarragon; served with white basmati rice . . . 15.95

Quorma Chalow with Lamb tender pieces of lamb cooked with fresh tomatoes, vegetables and lentils; with white basmati rice . . . 16.95

Quorma Chalow with Chicken tender chicken breast cooked with fresh tomatoes, vegetables and lentils; with white basmati rice . . . 15.95

Lamb Curry lamb sautéed with fresh vegetables, lentils, curry and yogurt; served with white basmati rice . . . 16.95

Chicken Curry chicken breast sautéed with fresh vegetables, curry and yogurt; with white basmati rice . . . 15.95

Fish Curry fresh salmon sautéed with fresh vegetables, curry and yogurt; with white basmati rice . . . 15.95

Shrimp Curry shrimp sautéed with fresh vegetables, curry and yogurt; served with white basmati rice . . . 15.95

Gulpi with Chicken chicken breast simmered with fresh cauliflower; with white basmati rice . . . 16.95

Traditional Afghan Dinner for Two

two Soups, one Kadu, one Salad Shirazee, one Aushak,
one Kabuli Palow with Lamb or Chicken, one choice of Kabob (Barg, Koobideh, Bareh or Morgh),
freshly-baked Afghan Bread, Dessert, and one pot of Persian Tea . . . 69.95

Side Dishes

- Side of spinach, eggplant or red kidney beans 8.95
Chutney coriander, walnuts, garlic, fresh crushed hot green peppers 1.50
Toorshi pickled vegetables 2.00
Extra Afghan Bread two pieces 1.00
Dish of Rice 4.50
Side Order of Yogurt75

Desserts

- Goosh-e Fil (“Elephant’s Ear”)** fried dough drizzled with honey and ground pistachios 3.95
Malai-e Afghan home made vanilla ice cream with rose water and honey 4.95
Phirnee creamy rice-flour pudding with pistachios and rose water 3.95
Baklava rich layered dessert with nuts and honey 4.95

Beverages

- Soda** (Coke, Diet Coke, Sprite, seltzer, ginger ale, bottled water or milk) 1.95
Juice (apple, cranberry or orange) 2.50
Perrier Water 3.00
Doogh natural yogurt drink (salty) 2.50
Flavored Yogurt Drinks (raspberry, strawberry, cherry, blueberry or mango) 5.95

Tea

- Cardamom Tea . . . 1.95
Earl Grey . . . 1.95
Darjeeling Tea . . . 1.95
Pot of Persian Tea . . . 3.95
Shir-Chay–traditional Afghan tea brewed
with milk, sugar, cardamom and rose petals . . . 4.95
Pot of Green Tea . . . 3.95
Green Tea with Ginger . . . 3.95
Mint Tea . . . 1.95
Herbal Teas . . . 1.95

Coffee

- Turkish Coffee . . . 2.50
Espresso . . . 2.50
Cappuccino . . . 2.95
Mocha . . . 2.95
Coconut Cream Coffee . . . 3.50
Café au Lait . . . 1.95
House Coffee . . . 1.95

For catering information, reservations, or to book a private party, please call (212) 481-3232.
Bamiyan Afghan Restaurant is located at 358 Third Avenue (at the corner of 26th Street) in New York City.
Open daily from 12 noon to 11 pm. All major credit cards accepted. www.bamiyan.com

Please watch your valuables. We regret that we cannot be responsible for lost or stolen property. Minimum charge of \$5 per person.