

# PERSIAN VEGAN V MENU



VEGETARIAN KHORESH BAMIEH



GHUREH BADEMJAN STEW

## Persian Stews

### VEGAN KHORESH BAMIEH

Okra cooked in tomato sauce & garlic. Served with basmati rice |

27

### GHUREH BADEMJAN STEW

Eggplants braised with green grapes, tomatoes and saffron sauce |

27

### IMPOSSIBLE<sup>®</sup> FASENJAN STEW

Vegan meatballs made in-house with impossible meat cooked in pomegranate sauce. Served with basmati rice |

39

### VEGAN GHORMEH SABZI

A savoury medley of red beans, herbs, sun-dried lime and fresh vegetables. Served with Persian rice |

29

Prices shown are subject to 8% GST & 10% service charge



Shabestan

Finest Persian Cuisine





MIRZA  
GHASSEMI



FALAFEL

### Tips:

On a vegan diet, you can have plant-based food including:

- Fruits and vegetables
- Legumes such as peas, beans and lentils
- Nuts and seeds
- Breads, rice and pasta
- Dairy alternatives such as soymilk, coconut milk and almond milk
- Vegetable oils



SHIRAZI SALAD



FATTOUSH SALAD



GREEK SALAD



KASHK-E BADEMJAN



ZEYTOON PARVADEH

## Mezze

### DOLME

Vine leaves stuffed with a mixture of rice and savoury herbs | 🌱

12

### KASHK-E BADEMJAN

Eggplant Dip | A mixture of sautéed eggplant, onion, mint and sun-dried yoghurt | 🌱

16

### FALAFEL

A vegetarian speciality found across borders, from the Nile to the mountains of Alborz. Fried chickpea patties, drizzled and served with homemade sauce | 🌱

16

### MIRZA GHASSEMI

A pasty blend of walnuts, pomegranate molasses, toasted breadcrumbs, olive oil, roasted peppers and Persian spices. Served with our freshly baked Persian bread

26

## Salads

### TABOULI SALAD

Chopped parsley, onion, tomato, olive oil and bulgur

16

### SHIRAZI SALAD

Freshly chopped cucumber, tomato and onion with Shabestan's Shirazi dressing | 🌱

14

### GREEK SALAD

Romaine lettuce, tomato, olive, cucumber, onion, baby spinach, feta cheese, lemon & olive oil dressing | 🌱

14

### ZEYTOON PARVADEH

Marinated green olives with walnuts, mountains herbs, spices, pomegranate sauce and fresh pomegranate | 🌱 🌱

16

### FATTOUSH SALAD

Romaine lettuce, tomato, cucumber, onion, and radish, garnished with sumac, dried mint, extra virgin olive oil, toasted bread, and pomegranate sauce

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