



TehranRo Grill

MENU

APPETIZERS

Our Menu is Gluten Free

HUMMUS 7

Pureed Garbanzo and Sesame Tahini, with Extra Virgin Olive Oil and Freshly Squeezed Lemon Juice.

MUST O' MOUSIER 8

Special Homemade Yogurt and Shallot.

MUST O' KHIAR 8

Special Homemade Yogurt Mixed with Chopped Cucumber and Mint.

MARINATED OLIVES 8

Green and Black Olives Mixed with Crushed Walnuts, Marinated in Dried Mints, Garlics and Pomegranate Sauce.

EGGPLANT DELIGHT 12 **(KASHK E'BADEMJAN)**

Sautéed Eggplant Topped with Fried Garlic and Onions, Sautéed Mint and Finished off with Creamed Whey

POTATO SALAD (OLVIEH) 9

Cooked Chicken and Potatoes Mixed with Egg Whites, Carrots, Pickles, and Peas.

DOLMEH 8

(STUFFED GRAPE LEAVES)

Special mixture of Split Peas, Tarragon, Basil, Parsley, Cilantro, Chives, Rosemary, basmati rice, stuffed and Cooked in Grape Leaves.

GRILLED EGGPLANT AND 9 **ZUCCHINIS**

Baby eggplants and summer zucchinis marinated and grilled in between Bell Peppers.

KOOBIDEH ROLLS 13

Our Ground beef Kabob Topped with Fresh Greens and Chef's Special Sauce, Rolled in Lavash Bread

SALADS

SHIRAZI SALAD 8

A Mixture of Fresh Chopped Cucumbers, Tomatoes, Onions, & House Dressing (Extra Virgin Olive Oil, Fresh Lime Juice, Mint).

GARDEN SALAD 10

Fresh Organic Mixed Greens, Cucumbers, Corn, Carrots, Tomatoes, and Our Special House Dressing.

CHEF'S SALAD 11

Fresh Organic Mixed Greens, Tomatoes, Cucumbers, Olives, Raisins, Red Onions, and Imported Feta Cheese. .

ENTREES

Our Menu is Gluten Free
All Entrees are Served with Traditional Fluffy
Basmati Rice Topped with Saffron
And a Charbroiled Tomato.

Substitute Cherry Rice (Albalo Polo) **+3**,
Substitute Chef's Salad **+3**, Add 1 Skewer of Ground Beef **+8**

BEEF KABOBS

GROUND BEEF (KOOBIDEH) 19

Two Juicy Strips of Charbroiled Seasoned
Ground Beef and Lamb

SHISH KABOB 24

Succulent Pieces of Center-Cut Filet Mignon,
Marinated and Charbroiled.

SOLTANI KABOB 29

Combination of One Skewer of
Shish Kabob and Koobideh

CHICKEN KABOBS

CHICKEN SHISH KABOB 23

Juicy Chunks of Charbroiled Boneless
Chicken Tenderloin.

BONELESS THIGH 20

Charbroiled Marinated Succulent
Pieces of Boneless Thigh

CORNISH GAME HEN 21

(JOOJEH KABOB)

Marinated Charbroiled Chunks of Homestyle
Cornish Game Hen.

FISH KABOBS

SALMON FILET KABOB 28

Charbroiled and Garnished with Caramelized
Garlic, Lemon Juice, Saffron and Spices.

JUMBO SHRIMP KABOB 28

Charbroiled Jumbo Shrimp Marinated
in a Special Saffron Sauce.

LAMB KABOBS

RACK OF LAMB (SHISHLIK) 30

The Most Flavorful Rack of Lamb with Our
Unique Blend of Spices.

TEHRANRO'S SPECIALS

TAHCHIN 15 (Available Only Weekends)

Yogurt and Saffron Mixed with Basmati Rice, Baked with Chicken Topped with Barberries.

LAMB SHANK (MAHICHEH) 19

A Whole Baby Spring Lamb Shank Marinated, Slowly Cooked in Our Garlic and Onion Sauce.

CHEF'S SPECIAL FILET MIGNON ROLL 30 (Available Only Weekends)

Center-Cut Filet Mignon Marinated, Rolled and Stuffed with Chef's Secret salpicons.

CHEF'S SPECIAL TENDER ROLL 28 (Available Only Weekends)

Boneless Chicken Tenderloin Marinated, Rolled and Stuffed with Chef's Secret salpicons.