

# **Kootenay Kabab**

## **Mediterranean Cuisine & Catering**

Explore and enjoy Persian, Middle Eastern, and Mediterranean cuisine, culture, and hospitality in the heart of the Kootenays!

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### **Appetizers**

#### **Michael's Red Pepper Potato Soup - \$5 cup, \$8 bowl**

*A homemade family blend of sweet red bell peppers, potatoes, and Italian seasoning served with pita bread.*

#### **Persian Lentil Soup - \$5 cup, \$8 bowl, \$12 with rice**

*A traditional Iranian soup of red lentils, tomatoes, and Persian spices served with pita bread or with saffron rice.*

#### **Shirazi Salad - \$6**

*A classic chopped salad from the southern Iranian city of Shiraz made with herb vinaigrette dressing.*

#### **Pita bread with choice of dip - \$7**

- *Borani – Eggplant, yogurt, and garlic*
- *Tzatziki – Yogurt, cucumber, and garlic*
- *Hummus – Chickpeas, sesame tahini, and garlic*



#### **Parvaneh - \$16**

*Meaning “butterfly” in Farsi, this sampler features four appetizers: Hummus, Tzatziki, Shirazi Salad, and Mirza Ghasemi, served with two portions of pita bread.*



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Extras: Pita Bread \$0.50, Small sauce \$1, Large sauce \$5

# **Iran (Persia)**

All meals served with saffron basmati rice and a grilled tomato.

## **Koobideh Kabab: Small - \$11, Large - \$17**

*The classic Persian dish! Ground beef kabab made by hand on a skewer and flame grilled.*



## **Saffroni Kabab: Small - \$12, Large \$18**

*Ground chicken kabab made by hand on a skewer and flamed grilled.*

## **Kabab Pita Wrap - \$11**

*Choose koobideh or saffroni kabab wrapped in pita bread with traditional Persian vegetables.*

## **Joojeh Kabab - \$18**

*Marinated chicken thighs flame grilled on a skewer.*



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Extras: Grilled Tomato \$1, Rice \$5, Koobideh \$6, Saffroni \$7, Joojeh \$12

## **Soltani Kabab Platter - \$18**

*Meaning “King” in Arabic, you too can eat like a king with one koobideh kabab and one saffroni kabab.*

## **Vaziri - \$21**

*From the Farsi for “Minister” this dish is the power behind the throne! One joojeh kabab and one koobideh kabab.*

## **Persis Platter for Two - \$35**

*One koobideh kabab, one saffroni kabab, and one joojeh kabab with two servings of saffron rice and two servings of Shirazi salad!*



## **Mirza Ghasemi - \$15**

*Grilled eggplant stewed with tomato, eggs, and garlic.*

## **Gheimh Stew - \$15**

*Yellow split peas and potatoes in tomato stew.*

## **Lamb Shank - \$25**

*Slow cooked lamb served with baghali rice – basmati rice flavoured with turmeric, dill, and lima beans.*

# **The Middle East & Mediterranean Sea**

## **Donair Pita Wraps - \$10**

*Your choice of meat or falafel made with garlic and tzatziki sauce wrapped in pita bread with tomatoes, cucumbers, onions, and cabbage. Served with shallot yogurt dip.*

- *Mediterranean Beef & Lamb*
- *Arabian Chicken*
- *Mixed Meat (Half Chicken, Half Beef & Lamb)*
- *Lebanese Falafel (Substitute Hummus for Vegan)*

## **Baghali Rice Platter - \$17**

*Persian Baghali rice – basmati rice flavoured with butter, turmeric, dill, and lima beans – served with your choice of meat or falafel as well as vegetables, pita bread slices, and a choice of tzatziki or hummus.*



- *Mediterranean Beef & Lamb*
- *Arabian Chicken*
- *Mixed Meat (Half Chicken, Half Beef & Lamb)*
- *Lebanese Falafel (Substitute white rice for vegan)*

## **Baklava - \$5**

*A hand-made dessert of phyllo dough, walnuts, and honey.*

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Extras: Tzatziki or Hummus \$1, Falafel Ball \$1, Meat \$4, Baghali Rice \$6