

## SIDES ORDERS

VEGAN OKRA STEW (V)	\$5.00
VEGAN EGGPLANT STEW (V)	\$5.00
CANNELLINI BEAN SALAD (V) (Fresh parsely, onions, olive oil)	\$5.00
BORANI (Spinach, yogurt, garlic, lentils)	\$5.00
CARROT SALAD (With raisins and pineapple)	\$4.00
MAMAN'S COLESLAW ( With onion and keylime)	\$4.00
RED CABBAGE COLESLAW	\$4.00
MUST O KHIAR (Persian cucumber, yogurt, mint)	\$5.00
ROASTED BEETS (V)	\$5.00
KARTOFFELSALAT (German potatoe salad with chives)	\$5.00
VEGGIE SKEWER (V) (Zucchini, squash, bell pepper, onion, mushroom)	\$4.00
TURNIP AND BEET PICKLE	\$4.00
SEER TORSHI (Aged garlic pickle)	\$4.00
GRILLED TOMATOES 6 pcs	\$3.00
GRILLED TOMATOES 3 pcs	\$2.00
BASMATI RICE	\$4.00
FRESH BREAD (V)	\$1.75
EXTRA SAUCE	\$1.00

## SPECIALITY RICE

SABZI POLO (V) Basmati rice, cilantro, parsely, chives, dill	\$7.00
ADAS POLO (V) Basmati rice, lentils, caramelized onions, dates, raisins	\$7.00
ZERESHK POLO (V) Basmati rice, saffron, barberries	\$7.00
SHIREEN POLO (V) Basmati rice, carrots, orange peels, almonds, saffron	\$8.00
MAMAN's LOOBIA POLO Beef tenders, green beans, simmered with rice and special sauce	\$10.00

FAMILY PLATTERS  
FOR TWO OR MORE

ALL PLATTERS COME WITH WHITE RICE, BREAD AND SPECIAL SAUCE

**COMBO FOR 2** Skewer of chicken breast, skewer of lamb OR beef chenhjeh  
\$29.00 Skewer of beef koobideh and skewer of chicken koobideh  
One appetizer**COMBO FOR 3 to 4** Three skewers of beef or chicken koobideh  
\$39.00 Skewer of beef chenhjeh OR lamb, and skewer  
of chicken breast, One appetizer and three sides**COMBO FOR 5 to 7** Five skewers of beef OR chicken koobideh  
\$69.00 Two skewers of beef chenhjeh OR Maman's lamb  
Two skewers of chicken breast  
Two appetizers and three sides

## EXTRA SKEWERS OF KABOBS

KOOBIDEH KABOB	\$5.00	SPICY GROUND CHICKEN KABOB	\$5.00
MAMAN'S LAMB KABOB	\$11.00	GROUND SAFFRON CHICKEN KABOB	\$5.00
BEEF CHENJEH KABOB	\$10.00	FILET MIGNON (BARG) KABOB	\$15.00
CHICKEN BREAST KABOB	\$8.00	SAFFRON SALMON	\$15.00

## DESSERTS

MAMAN'S MASGHATI smooth velvety texture with natural rose water	\$5.00	PERSIAN ICE CREAM Saffron, fresh cream and pistachios	\$5.00
BAKLAVA light and flaky filled with walnuts	\$4.50	BAMEYEH Deep fried choux pastry bath in saffron, honey, rose water	\$4.50

## BEVERAGES

HOME MADE MINT KAFIR	\$3.75	CHERRY SHARBAT	\$3.50
HOME MADE DOUGH (AYRAN)	\$2.75	FOUNTAIN DRINK	\$2.75
BOTTLED DOUGH	\$3.00	BOTTLED DRINK	\$2.75
MINT SHARBAT	\$3.50	BOTTLED WATER	\$1.90
TAMARIND SHARBAT	\$3.50		



## CARRYOUT &amp; CATERING AVAILABLE

4531 Wisconsin Ave NW  
Washinton DC 20016  
(Next to Whole Foods across from Target)

T : 202-683-6233 visit : mamanjoonkitchen.com

## SOUP &amp; SALADS

MAMAN's SALAD (small \$4.00) (V) Spring greens, lettuce, tomato, cucumber, kalamata olives Dijon vinaigrette or herb dressing	\$6.00
MEDITTERANEAN SALAD (V) Spring greens, iceburg lettuce, tomato, cucumber, parsley, onion olives, feta cheese, virgin olive oil and lemon juice dressing	\$8.00
TABBOULEH SALAD (V) Chopped parsley, spring onion, tomato, cucumber, cracked wheat, Virgin olive oil and lemon dressing	\$6.00
ASH E' RESHTEH (famous persian soup) Chopped herbs,beans,caramelized onions,garlic, noodles, mint, kashk (dehydrated yogurt sauce)	\$6.00
MAMAN's MUSHROOM SOUP (V)	\$6.00

MAKE  
YOUR  
OWN  
BOX

\$14.00

## 1 SELECT YOUR BASE

White basmati rice, herb rice,  
couscous, Spring greens

## 2 SELECT YOUR PROTEIN

Beef koobideh, chicken breast kabob,  
Saffron chicken koobideh, Spicy Chicken Koobideh,  
Falafel, Tofu topped with vegan fesenjan,  
Tofu topped with vegan ghormeh sabzi

## 3 SELECT THREE SIDES

Eggplant stew, okra stew, cannellini bean salad,  
maman's coleslaw, kartoffelsalat, borani,  
red cabbage coleslaw, roasted beets,  
must o khiar, turnip pickles4 SELECT YOUR SAUCE  
(ON THE SIDE)Maman's Herb, Dijon Vinaigrette, Zesty Lemon  
Spicy Cilantro, Spicy Chili4531 Wisconsin Ave NW  
Washinton DC 20016  
(Next to Whole Foods across from Target)

T : 202-683-6233

visit : mamanjoonkitchen.com

## APPEITZERS

(V) INDICATES VEGAN (B) INDICATES SERVED WITH HALF FRESH BREAD

KASHK E' BADEMJAN (B) Sauteed eggplant, onion, mint, yogurt	\$6.00
MAMAN'S FALAFEL (V) Chickpea patties with tahini sauce	\$5.00
DOLMEH (V) Stuffed veggie grape leaves	\$5.00
SALAD E' SHIRAZI (V) Diced cucumber, tomato, onion, mint, olive oil lemon juice	\$5.00
SALAD OLIVIEH (B) Chicken, eggs, dill pickles, peas, mayo, olive oil	\$6.50
SPICY PINTO BEAN SALAD (V) Beans, caramelized onions, tomato sauce, olive oil	\$5.00
HUMMUS (V) (B) Chickpeas, sesame paste, garlic, olive oil, lemon juice	\$5.00
MUST O MOOSEER (B) Yogurt mixed with chopped persian shallots	\$5.00

ENTREES  
(BEEF & LAMB DISHES)

KOOBIDEH KABOB (2 skewers) Seasoned ground beef mixed with grated onions	\$12.00
BEEF CHENJEH KABOB Marinated tender chunks of prime beef	\$15.00
MAMAN's SPECIAL LAMB KABOB Lamb with parsley, garlic, olive oil, lemon	\$15.00
BARG (Fillet mignon kabob) Famed Persian kabob prepared with prime cut of beef	\$19.50
SOLTANI (Served to kings) Barg and Koobideh combo	\$21.00
BRAISED LAMB SHANK (Baghali polo) Slow cooked full lamb shank with Maman's broad bean, dill rice.	\$16.00
MAMAN's LUBIA POLO With KOOBIDEH KABOB Beef tenders, green beans, simmered with rice and special sauce	\$14.00
GHORMEH SABZI (Chopped fresh herbs & beef stew) Beef cubes, fresh chopped herbs, beans and special lime	\$12.50

\* All entrees are served with basmati rice or  
salad or half rice and half salad  
All entrees come with fresh baked bread  
grilled tomatoes and special sauce.ENTREES  
(CHICKEN & FISH DISHES)

CHICKEN KABOB Chicken breast in a special saffron marinade	\$12.00
CHICKEN KOOBIDEH (2 skewers) Ground chicken, grated onion, saffron and dill	\$12.00
SPICY CHICKEN KOOBIDEH (2 skewers) Ground chicken, grated onion with Maman's special seasoning	\$12.00
SAFFRON SALMON KABOB Chunks of skinless salmon fillet marinated in saffron served with herb rice	\$18.00
FESENJAN (chicken stew with pomegranate walnut sauce) Sweet and sour stew served with basmati rice	\$13.50

\* All entrees are served with basmati rice or  
salad or half rice and half salad  
All entrees come with fresh baked bread  
grilled tomatoes and special sauce.ENTREES  
(VEGETARIAN DISHES)

FESENJAN (with basmati rice) (V) Sweet and sour tofu stew with pomegranate and walnut sauce	\$12.00
GHORMEH SABZI (with basmati rice) (V) Tofu stew with fresh herbs special lime and kidney beans	\$12.00
MAMAN's RATATOUILLE (V) (Choice of rice or couscous) Eggplant, zucchini, yellow squash, mushroom, tomato, red onion, daikon radish, with Maman's special sauce.	\$12.00
MEDITERRANEAN PLATTER (V) Falafel, dolma, hummus, spicy or cannellini bean salad salad shirazi, tabouli, must o khiar with fresh baked bread	\$12.00
COUSCOUS SALAD (V) Couscous mixed with, shirazi salad, lentils, caramelized onions, dates, raisins	\$12.00

mamanjoonkitchen.com

Mâman Joon  
REAL PERSIAN KABOB

## SANDWICHES

GROUND SAFFRON CHICKEN KABOB Fresh ground chicken, grated onion, dill, saffron seasoning	\$9.00
GROUND SPICY CHICKEN KABOB Ground chicken, grated onion, saffron and dill	\$9.00
CHICKEN KABOB Chunks of chicken breast in Maman's saffron marinade	\$9.00
KOOBIDEH KABOB Fresh ground beef, grated onions, special seasoning	\$9.00
MAMAN's SPECIAL LAMB KABOB Lamb marinated in olive oil, lime juice, garlic, parsley	\$10.00
FALAFEL Chickpea patties, Hummus, lettuce, pickles, shirazi salad, tahini sauce	\$8.00
OLIVIEH SALAD Chicken, eggs, potato, pickles, peas, mayo, virgin olive oil	\$8.00

\* Sandwiches are wrapped in fresh baked bread,  
most come with parsley, onion, pickle, lettuce,  
tomato and special sauce.

## COMBO PLATTER

COMBO 1 Chicken breast kabob with ground beef koobideh kabob	\$15.00
COMBO 2 Beef chenhjeh kabob with beef koobideh kabob	\$17.50
COMBO 3 Chicken breast kabob with ground chicken koobideh kabob	\$16.00
COMBO 4 Maman's special lamb kabob with beef Koobideh kabob	\$17.50
SUPREME 1 Prime Beef Chenhjeh Kabob With Chicken Breast Kabob	\$18.00
SUPREME 2 Maman's lamb kabob with chicken breast kabob	\$18.00