

Maman Joon

REAL PERSIAN KABOB

DINING & CARRY-OUT

APPETIZERS

KASHK O BADEMJAN \$6.00

Sauteed eggplant, onion, mint, kashk

FALAFEL \$6.00

Chickpea patties with tahini sauce

DOLMEH \$5.00

Stuffed veggie grape leaves

SHIRAZI SALAD \$5.00

Diced cucumber, tomato, onion, mint, olive oil lemon juice

OLIVIEH SALAD \$6.50

Chicken, eggs, dill pickles, peas, mayo, olive oil

SPICY PINTO BEAN SALAD \$6.00

Beans, caramelized onions, tomato sauce, olive oil

HUMMUS \$5.00

Chickpeas, sesame paste, garlic, olive oil, lemon juice

MUST O MOOSEER \$5.00

Yogurt mixed with chopped persian shallots

SOUP & SALADS

MAMAN'S SALAD (small \$4.00) \$8.00

Spring greens, lettuce, tomato, cucumber, kalamata olive
Dijon herb dressing

MEDITERANEAN SALAD \$10.00

Spring greens, lettuce, tomato, cucumber, parsley, onion
olives, feta cheese, virgin olive oil and lemon juice dressing

TABBOULEH SALAD \$6.00

Chopped parsley, spring onion, tomato, cucumber, cracked wheat,
Virgin olive oil and lemon dressing

ASH E' RESHTEH (famous persian soup) \$6.00

Chopped herbs,beans,caramelized onions,garlic, noodles, mint,
kashk

MAMAN'S SOUP OF The Day \$6.00

SANDWICHES

GROUND CHICKEN KABOB \$10.99

Ground chicken, grated onion, cilantro, seasoning

SPICY GROUND CHICKEN KABOB \$10.99

Ground chicken, grated onion with seasoning

CHICKEN KABOB \$10.99

Chunks of chicken breast

KOOBIDEH KABOB \$10.99

Ground beef, grated onions

LAMB KABOB \$11.99

Chunks of lamb marinated in olive oil, lime juice,garlic parsley

SALMON WRAP \$11.99

Served with dill sauce

FALAFEL WRAP \$9.99

Chickpea patties, Hummus, lettuce, pickles, shirazi salad, tahini sauce

OLIVIEH WRAP \$9.99

ENTREES

KOOBIDEH KABOB (2 skewers) \$13.99

Ground beef, grated onions

BEEF CHENJEH KABOB \$16.99

Marinated tender chunks of prime beef

LAMB KABOB \$16.99

Lamb with parsley, garlic, olive oil, lemon

BARG (Fillet mignon kabob) \$20.99

Famed Persian kabob prepared with prime cut of beef

SOLTANI \$22.99

Barg and Koobideh combo

CHICKEN KABOB \$13.99

Chicken breast in a special marinade

GROUND CHICKEN KABOB (2 skewers) \$13.99

Ground chicken, grated onion, and cilantro

SPICY GROUND CHICKEN (2 skewers) \$13.99

Ground chicken, grated onion with seasoning

SALMON KABOB \$19.99

Chunks of skinless salmon fillet marinated in house sauce

LAMB SHANK (Baghali polo) \$17.99

Slow cooked full lamb shank with broad bean, dill rice.

LUBIA POLO With KOOBIDEH KABOB \$16.99

Beef tenders, green beans, simmered with rice & special sauce

GHORMEH SABZI (with basmati rice) \$13.99

Beef cubes, fresh chopped herbs, beans and sun dried lime

GHEYMEH BADEMJAN (with basmati rice) \$13.99

Eggplant, beef, split peas, sun dried lime

FESENJAN (with basmati rice) \$13.99

Chicken, walnut, pomegranate sauce

(VEGETARIAN)

FESENJAN (with basmati rice) \$13.99

Tofu, walnut, pomegranate sauce

GHORMEH SABZI (with basmati rice) \$13.99

Tofu, fresh chopped herbs, beans and sun dried lime

RATATOUILLE (served with rice or cuscus) \$12.00

Eggplant, zucchini, yellow squash, mushroom, tomato,
red onion, daikon radish, with Maman's special sauce.

MEDITERRANEAN PLATTER \$12.00

Falafel, dolme, hummus, cannellini beans, shirazi salad,
must o khar and bread

COUSCOUS SALAD \$13.99

Couscous mixed with, shirazi salad, lentils,
caramelized onions, dates, raisins

OKRA & EGGPLANT STEW \$6.00

TRY
OUR
DELIGHTFUL
VEGAN
DISHES!

All kabob entrees are served with Rice or Salad with Bread & Yoghourt Sauce

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

202-683-6233
mamanjoonkitchen.com

*****ECRWSS****
Local
Postal Customer

PRDRT STD
ECRWSS
U.S. POSTAGE
PAID
EDDIE RETAIL

APPETIZERS

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

ENTREES

All entrees are served with Rice OR Salad with Bread & Yoghourt Sauce

KOOBIDEH KABOB (2 skewers) Ground beef mixed, grated onions	\$13.99
BEEF CHENJEH KABOB Marinated tender chunks of prime beef	\$16.99
LAMB KABOB Lamb marinated in olive oil, lime juice, garlic, parsley	\$16.99
BARG FILET MIGNON KABOB Famed Persian kabob prepared with a prime cut of beef	\$20.99
SOLTANI Barg and koobideh combo	\$22.99
BRAISED LAMB SHANK (Baghali Polo) Slow cooked full lamb shank with Maman's broad beans and dill rice	\$17.99
LUBIA POLO WITH KOOBIDEH KABOB Beef tenders, green beans, simmered with rice and special sauce	\$16.99

ENTREES

All entrees are served with Rice OR Salad with Bread & Yoghourt Sauce

CHICKEN KABOB Chicken breast in a special saffron marinade	\$13.99
GROUND CHICKEN KABOB (2 skewers) Ground chicken, grated onion, saffron and cilantro	\$13.99
SPICY GROUND CHICKEN (2 skewers) Ground chicken, grated onion, with Maman's special seasoning	\$13.99
SALMON KABOB Chunks of skinless salmon fillet marinated in saffron	\$19.99
FESENJAN Sweet and sour chicken stew with pomegranate walnut sauce, served with basmati rice	\$13.99
GHEYMEH BADEMJAN (with basmati rice) Eggplant, beef, split peas, sun dried lime	\$13.99
GHORMEH SABZI (with basmati rice) Beef cubes, fresh chopped herbs, beans and sun dried lime	\$13.99

VEGETARIAN

FESENJAN (With Basmati Rice) Tofu, walnut, pomegranate sauce	\$13.99
GHORMEH SABZI (With Basmati Rice) Tofu, fresh chopped herbs, beans and sun dried lime	\$13.99
RATATOUILLE (Served with Rice or Couscous) Eggplant, zucchini, yellow squash, mushrooms, tomatoes, red onions, daikon radish, with Maman's special sauce	\$12.00
MEDITERRANEAN PLATTER Falafel, dolmeh, hummus, cannellini beans salad shirazi, mast o khiar & bread.	\$12.00
COUSCOUS SALAD Couscous mixed with shirazi salad, lentils, caramelized onions, dates and raisins.	\$13.99
OKRA & EGGPLANT STEW	\$6.00

SANDWICHES

GROUND CHICKEN KABOB Ground chicken, grated onion, cilantro, seasoning	\$10.99
SPICY GROUND CHICKEN KABOB Ground chicken, grated onion with seasoning	\$10.99
CHICKEN KABOB Chunks of chicken breast	\$10.99
KOOBIDEH KABOB Ground beef, grated onions	\$10.99
LAMB KABOB Lamb marinated in olive oil, lime juice, garlic, parsley	\$11.99
SALMON WRAP Served with dill sauce	\$11.99
FALAFEL WRAP Chickpea patties, Hummus, lettuce, pickles, shirazi salad, tahini sauce	\$9.99
OLIVIEH WRAP	\$9.99

COMBO

All combos are served with Rice OR Salad with Bread & Yoghourt Sauce

COMBO 1 Chicken breast kabob with ground beef koobideh kabob	\$16.99
COMBO 2 Beef chenjeh kabob with beef koobideh kabob	\$18.99
COMBO 3 Chicken breast kabob with ground chicken	\$16.99
COMBO 4 lamb kabob with beef koobideh kabob	\$18.99
SUPREME 1 Prime beef chenjeh kabob with chicken breast kabob	\$19.99
SUPREME 2 lamb kabob with chicken breast kabob	\$19.99

SIDES ORDERS

CANNELLINI BEANS SALAD

(Fresh parsely, onions, olive oil)

\$5.00

BORANI

(Spinach, yogurt, garlic, lentils)

\$6.00

CARROT SALAD

(With raisins and pineapple)

\$6.00

MUST O KHIAR SMALL \$2.00 LARGE \$5.00

(Persian cucumber, yogurt, mint)

ROASTED BEETS

(House special)

\$5.00

TURNIP PICKLE

\$5.00

KARTOFFELSALAT

(German potatoe salad with chives)

\$5.00

VEGGIE SKEWER

(Zucchini, squash, bell pepper, onion, tomato)

\$5.00

GRILLED TOMATOES 3 pcs \$2.00 6 pce \$3.00

BASMATI RICE

\$5.00

MAMAN'S COLESLAW

\$5.00

SEER TORSHI

(Aged garlic pickle)

\$5.00

FAMILY PLATTER

ALL PLATTERS COME WITH RICE & BREAD

COMBO FOR 2
\$39.00

Skewer of beef koobideh, skewer of lamb OR beef chenjeh
Skewer of chicken breast and skewer of ground chicken
with choice of two sides

COMBO FOR 3 to 4
\$49.00

Three skewers of beef koobideh OR ground chicken
Skewer of beef chenjeh OR lamb, and skewer
of chicken breast, with choice of four sides

COMBO FOR 5 to 7
\$79.00

Five skewers of beef koobideh OR ground chicken
Two skewers of beef chenjeh OR lamb
Two skewers of chicken breast, with choice of five sides

Side Choices

HUMMUS / KASHK O BADEMJAN / MUST O KHIAR / SHIRAZI SALAD
CANNELLINI BEANS SALAD / DOLMEH / ROASTED BEETS / TURNIP PICKLE

COMBO

COMBO 1 \$16.99

Chicken breast kabob with ground beef koobideh kabob

COMBO 2 \$18.99

Beef chenjeh kabob with beef koobideh kabob

COMBO 3 \$16.99

Chicken breast kabob with ground chicken koobideh kabob

COMBO 4 \$18.99

lamb kabob with beef Koobideh kabob

SUPREME 1 \$19.99

Prime Beef Chenjeh Kabob With Chicken Breast Kabob

SUPREME 2 \$19.99

lamb kabob with chicken breast kabob

SIDES ORDERS

CANNELLINI BEANS SALAD \$5.00

(Fresh parsely, onions, olive oil)

BORANI \$6.00

(Spinach, yogurt, garlic, lentils)

CARROT SALAD \$6.00

(With raisins and pineapple)

MUST O KHIAR SMALL \$2.00 LARGE \$5.00

(Persian cucumber, yogurt, mint)

ROASTED BEETS \$5.00

(House special)

TURNIP PICKLE \$5.00

KARTOFFELSALAT \$5.00

(German potatoe salad with chives)

VEGGIE SKEWER \$5.00

(Zucchini, squash, bell pepper, onion, tomato)

GRILLED TOMATOES 3 pcs \$2.00 6 pce \$3.00

BASMATI RICE \$5.00

MAMAN'S COLESLAW \$5.00

SEER TORSHI \$5.00

(Aged garlic pickle)

EXTRA SKEWRS OF KABOBS

KOOBIDEH KABOB \$6.00

LAMB KABOB \$11.99

BEEF CHENJEH KABOB \$10.99

CHICKEN BREAST KABOB \$8.00

SPICY GROUND CHICKEN KABOB \$6.00

GROUND CHICKEN KABOB \$6.00

FILET MIGNON (BARG) KABOB \$16.00

SALMON \$15.00

DESSERTS

MAMAN'S MASGHATI \$5.00

velvety texture with saffron & rose water

BAKLAVA \$4.50



BEVERAGES

HOME MADE DOUGH (AYRAN) \$2.75

BOTTLED DOUGH \$3.00

FOUNTAIN DRINK \$2.75

BOTTLED DRINK \$2.75

BOTTLED WATER \$1.90

FAMILY PLATTER

ALL PLATTERS COME WITH RICE & BREAD

COMBO FOR 1 TO 2

\$39.00

Skewer of beef koobideh, skewer of lamb OR beef chenjeh
Skewer of chicken breast and skewer of ground chicken
with choice of two sides

COMBO FOR 3 to 4

\$49.00

Three skewers of beef koobideh OR ground chicken
Skewer of beef chenjeh OR lamb, and skewer
of chicken breast, with choice of four sides

COMBO FOR 5 to 7

\$79.00

Five skewers of beef koobideh OR ground chicken
Two skewers of beef chenjeh OR lamb
Two skewers of chicken breast, with choice of five sides

Side Choices

HUMMUS / KASHK O BADEMJAN / MUST O KHIAR / SHIRAZI SALAD

CANNELLINI BEANS SALAD / DOLMEH / ROASTED BEETS / TURNIP PICKLE

DESSERTS

MAMAN'S MASGHATI \$5.00

Velvety texture with saffron & rose water

BAKLAVA \$4.50

BEVERAGES

HOT TEA \$1.90

BOTTLED DOUGH \$3.00

BOTTLED DRINK \$2.75

FOUNTAIN DRINK \$2.75

BOTTLED WATER \$1.90