

سفره

Sofreh

MENU

0208 949 5974

WWW.SOFREHRESTAURANT.COM

103 NEW MALDEN HIGH STREET KT3 4BP

10% SERVICE CHARGE APPLICABLE

HOT STARTERS



- 1. ASHE RESHTEH **V**** £7.95
TRADITIONAL SOUP WITH PERSIAN NOODLES, BEANS, LENTILS AND HERBS TOPPED WITH WHEY
- 2. SOUP E JOH** £6.95
A CREAM FOCUSED CHICKEN AND PEARL BARLEY SOUP
- 3. ADASI **V GF**** £6.95
SLOWLY COOKED LENTIL SOUP WITH TOMATO SAUCE
- 4. KASHK BADEMJAN **V**** £7.95
LIGHTLY FRIED AUBERGINE WITH ONION, WALNUTS, HERBS AND GARLIC TOPPED WITH WHEY
- 5. MIRZA GHASEMI **VE GF**** £7.95
GRILLED AUBERGINE, GARLIC, ONION, EGGS AND TOMATO
- 6. DOLMEH **V GF**** £6.95
VINE LEAVES STUFFED WITH RICE AND AROMATIC HERBS
- 7. FALAFEL **V**** £6.95
FOUR PIECES OF FRIED VEGETABLE FRITTERS WITH BROAD BEANS AND CHICKPEAS, SERVED WITH HUMMUS
- 8. SAMOSA** £6.95
4 PIECES (CHICKEN, OR LAMB, OR VEG)
- 9. CALAMARI **VE**** £8.50
LIGHTLY CRUMBLED CALAMARI, WITH CAESAR DRESSING, LEMON AND PARSLEY SERVED WITH SOFREH SPECIAL SAUCE
- 10. FRIED TEMPURA KING PRAWNS **VE**** £8.50
TEMPURA BATTERED KING PRAWNS FRIED AND SERVED WITH TARTAR SAUCE
- 11. CHILLI KING PRAWNS **VE**** £8.95
JUICY KING PRAWNS, GARLIC, LEMON JUICE, BLACK CRACKED PEPPER AND CHILI FLAKES WITH PESTO SAUCE
- 12. SQUID **VE**** £8.50
LIGHTLY CRUMBLED SQUID WITH CAESAR DRESSING, LEMON, AND PARSLEY SERVED WITH TARTAR SAUCE
- 13. CHICKEN WINGS **GF**** £7.95
CHARCOAL GRILLED CHICKEN WINGS MARINATED IN OLIVE OIL AND FRESH LEMON JUICE
- 14. GOLDEN RICE (TAHDIG) **VE**** £10.95
SPECIAL OVEN BAKED CRISPY RICE WITH SAFFRON. (WITH A CHOICE OF GHORME SABZI OR GHEYMEH)

COLD STARTERS

- 15. OLIVYEH GF** £7.95
DICED CHICKEN BREAST, POTATO, FREE RANGE EGG, GHERKINS AND PEAS IN A LIGHT COATING OF MAYONNAISE WITH LEMON JUICE AND OLIVE OIL
- 16. BABA GHANOUSH V GF** £6.95
GRILLED AUBERGINE WITH TAHINI, GARLIC, LEMON AND OLIVE OIL
- 17. HUMMUS V GF** £6.95
MASHED CHICKPEAS BLENDED WITH TAHINI, GARLIC, LEMON JUICE AND OLIVE OIL
- 18. MAST KHIYAR VE GF** £6.95
YOGURT WITH FINELY CHOPPED CUCUMBER AND DRIED MINT
- 19. MAST MOOSIR VE GF** £6.95
YOGURT WITH FINELY CHOPPED SHALLOT
- 20. ZEYTON PARVARDE V GF** £7.95
GREEN OLIVES MARINATED WITH LEMON JUICE, OLIVE OIL, WALNUT AND POMEGRANATE SAUCE
- 21. KHIYAR SHOR & OLIVES V GF** £5.95
PICKLED CUCUMBER AND OLIVES
- 22. TORSHI V GF** £5.95
TRADITIONAL PERSIAN HOMEMADE PICKLES WITH MIXED VEGETABLES
- 23. SIR TORSHI V GF** £5.95
TRADITIONAL PERSIAN HOMEMADE PICKLED GARLIC
- 24. NAAN V** £1.95
TRADITIONAL FLAT BREAD FRESHLY BAKED IN OUR HOUSE CLAY OVEN
- 25. GARLIC NAAN V** £2.95
TRADITIONAL FLAT BREAD WITH GARLIC AND OLIVE OIL FRESHLY BAKED IN OUR HOUSE CLAY OVEN
- 26. MIX MAZEH** £31.95
MIRZA GHASEMI, KASHK BADEMJAN, HUMMUS, OLIVYEH & MAST KHIYAR





- 27. SEASONAL SALAD** **V GF** **£6.95**
LETTUCE, TOMATOES, CUCUMBER, RED CABBAGE, CARROTS
WITH LEMON JUICE AND OLIVE OIL
- 28. SALAD SHIRAZI** **V GF** **£6.95**
PERSIAN STYLE SALAD FINELY CHOPPED CUCUMBER,
TOMATO, ONION AND MINT WITH LEMON JUICE AND
OLIVE OIL
- 29. TABOULEH** **V** **£6.95**
SALAD OF CHOPPED PARSLEY, FRESH MINT, TOMATO, RED
ONION, CRACKED WHEAT, LEMON JUICE AND OLIVE OIL
- 30. PANIR SABZI** **VE GF** **£7.95**
FRESH MINT, TARRAGON, RADISH, SPRING ONION SERVED
WITH WALNUT AND FETA CHEESE
- 31. FETA CHEESE SALAD** **VE GF** **£7.95**
LETTUCE, CUCUMBER, TOMATO, RED ONIONS, FETA
CHEESE AND OLIVES, SERVED WITH LEMON JUICE AND
OLIVE OIL
- 32. FATOUSH SALAD** **VE** **£7.95**
LETTUCE, TOMATO, CUCUMBER, SPRING ONION, PEPPER,
RADISH, SUMAC AND TOASTED NAAN BREAD, SERVED
WITH LEMON JUICE, OLIVE OIL AND POMEGRANATE
SAUCE
- 33. CHICKEN SALAD** **GF** **£8.95**
CHARCOAL GRILLED DICED CHICKEN BREAST MARINATED
IN SAFFRON AND LEMON JUICE MIXED WITH LETTUCE,
TOMATO, CUCUMBER, POMEGRANATE, LEMON JUICE AND
OLIVE OIL

GRILL

GRILLED DISHES ARE SERVED WITH SEASONAL SALAD, GRILLED TOMATO, GRILLED PEPPER AND YOUR CHOICE OF SAFFRON RICE, CHIPS OR NAAN BREAD.

Sofreh

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| 34. KOOBIDEH
TWO SKEWERS OF CHARCOAL GRILLED MINCED LAMB | £13.95 |
| 35. JOOJEH
A SKEWER OF CHARCOAL GRILLED DICED CHICKEN BREAST MARINATED IN SAFFRON AND LEMON JUICE | £14.95 |
| 36. JOOJEH TORSH
A SKEWER OF CHARCOAL GRILLED DICED CHICKEN BREAST MARINATED IN SOUR POMEGRANATE SAUCE, SAFFRON AND LEMON JUICE | £16.95 |
| 37. JOOJEH BA OSTOKHAN (ON THE BONE)
A SKEWER OF CHARCOAL GRILLED WHOLE POUSSIN (BABY CHICKEN) MARINATED IN SAFFRON AND LEMON JUICE | £16.95 |
| 38. KABAB BAKHTIARI
GRILLED WHOLE BABY CHICKEN MARINATED IN SAFFRON AND LEMON JUICE | £16.95 |
| 39. BARG
A SKEWER OF CHARCOAL GRILLED TENDER BABY LAMB | £19.95 |
| 40. CHENJEH
A SKEWER OF CHARCOAL GRILLED DICED LAMB FILLET MARINATED IN SAFFRON AND LEMON JUICE | £18.95 |
| 41. KABAB TORSH
A SKEWER OF CHARCOAL GRILLED DICED LAMB FILLET MARINATED IN SOUR POMEGRANATE SAUCE, SAFFRON AND LEMON JUICE | £20.95 |
| 42. SHISHLIK
A SKEWER OF CHARCOAL GRILLED LAMB CHOPS MARINATED IN SAFFRON AND LEMON JUICE | £20.95 |
| 43. GHAFGHAZI
A SKEWER OF LAMB FILLET AND CHICKEN BREAST | £17.95 |
| 44. MEDITERRANEAN KABAB
A SKEWER OF DICED LAMB AND A SKEWER OF GRILLED ONION AND PEPPERS | £19.95 |



GRILL

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- 45. MOMTAZ** £17.95
A SKEWER OF MARINATED BONELESS CHICKEN AND A SKEWER OF MINCED LAMB. BOTH CHARCOAL GRILLED AND SERVED WITH GRILLED TOMATO AND PEPPER
- 46. SOLTANI** £21.95
A SKEWER OF BABY LAMB FILLET (CHENJEH) AND A SKEWER OF MINCED LAMB. BOTH CHARCOAL GRILLED AND SERVED WITH GRILLED TOMATO AND PEPPER
- 47. MAKHSOOS** £22.95
A SKEWER OF LAMB FILLET (BARG) AND ONE SKEWER OF MINCED LAMB, SERVED WITH GRILLED TOMATO AND PEPPER
- 48. SOFREH SPECIAL (1 PERSON)** £21.95
A SKEWER OF CHARCOAL GRILLED LAMB FILLET AND CHICKEN FILLET CUBES MARINATED IN SAFFRON AND LEMON JUICE, AND A SKEWER OF MINCED LAMB, SERVED WITH GRILLED TOMATO AND PEPPER
- 49. SOFREH SPECIAL (2 PERSON)** £41.95
A MIXED PLATTER WITH TWO SKEWERS CHARCOAL GRILLED MINCED LAMB KEBAB AND ONE SKEWER OF LAMB FILLET AND CHICKEN FILLET CUBES MARINATED IN SAFFRON AND LEMON JUICE SERVED WITH GRILLED TOMATO AND PEPPER
- 50. SOFREH SPECIAL (4 PERSON)** £69.95
A MIXED PLATTER OF FOUR SKEWERS OF CHARCOAL GRILLED MINCED LAMB, ONE SKEWER OF LAMB FILLET AND CHICKEN FILLET CUBES AND A SKEWER OF WHOLE POUSSIN (BABY CHICKEN), MARINATED IN SAFFRON AND LEMON JUICE SERVED WITH GRILLED TOMATO AND PEPPER

SEAFOOD

- 51. SEA BASS** £19.95
GRILLED FILLET OF SEA BASS MARINATED IN A SPECIAL SAUCE, SERVED WITH SAFFRON RICE AND GRILLED PEPPER
- 52. SALMON FILLET** £19.95
GRILLED FILLET OF SALMON MARINATED IN SPECIAL SAUCE, SERVED WITH SAFFRON RICE AND GRILLED PEPPER
- 53. PRAWNS** £19.95
A SKEWER OF CHARCOAL GRILLED KING PRAWNS MARINATED IN SPECIAL SAUCE, SERVED WITH SAFFRON RICE AND GRILLED PEPPER

STEWES

54. GHEYME BADEMJAN

CHUNKS OF BONELESS LAMB LEG, SPLIT PEAS, FRIED AUBERGINE AND DRIED LIME COOKED IN SAFFRON AND TOMATO SAUCE SERVED WITH SAFFRON STEAMED BASMATI RICE

£15.95

55. GHEYMEH

CHUNKS OF BONELESS LAMB LEG, SPLIT PEAS, FRIED POTATO (CHIPS) AND DRIED LIME COOKED IN SAFFRON AND TOMATO SAUCE, SERVED WITH SAFFRON STEAMED BASMATI RICE

£15.95

56. BAMIYE

TOMATO BASED LAMB STEW COOKED WITH OKRA SERVED WITH SAFFRON STEAMED BASMATI RICE

£15.95

57. GHORME SABZI

TRADITIONAL STEW WITH LAMB, MIXED HERBS, KIDNEY BEANS AND DRIED LIME, SERVED WITH SAFFRON STEAMED BASMATI RICE

£16.95

58. FESENJAN

FRIED CHOPPED WALNUTS AND CHICKEN COOKED IN POMEGRANATE SAUCE, SERVED WITH SAFFRON STEAMED BASMATI RICE

£17.95

59. KARAFS

TENDER LAMB SLOWLY COOKED WITH ONIONS, MIXED HERBS, CELERY STALKS AND DRIED LIME SERVED WITH STEAMED SAFFRON RICE

£16.95

VEGETARIAN / VEGAN

60. VEGETARIAN BAMIYE

OKRA COOKED IN TOMATO SAUCE, GARLIC AND SPICES SERVED WITH SAFFRON STEAMED BASMATI RICE

£14.95

61. VEGETARIAN GHORME SABZI

PERSIAN STEW WITH MIXED HERBS, KIDNEY BEANS AND DRIED LIME, SERVED WITH SAFFRON STEAMED BASMATI RICE

£14.95

62. VEGETARIAN KARAFS

CELERY STALKS COOKED WITH ONIONS, MIXED HERBS AND DRIED LIME SERVED WITH STEAMED SAFFRON RICE

£14.95





63. VEGETARIAN FESENJAN **£15.95**
 WALNUTS AND POMEGRANATE SAUCE SERVED WITH STEAMED SAFFRON RICE

64. VEGETARIAN LOBIYA POLO **£8.95**
 GREENS BEANS, MIXED SPICED AND SAFFRON COOKED IN A SPECIAL SAUCE MIXED WITH RICE

65. FALAFEL **£12.95**
 SEVEN PIECES OF FRIED VEGETABLE FRITTERS WITH BROAD BEANS AND CHICKPEAS, SERVED WITH HUMMUS AND NAAN BREAD

SPECIALS

66. BAGHALI POLO MAHICHE **£18.95**
 LAMB SHANK COOKED IN SPECIAL SAUCE, SERVED WITH SAFFRON STEAMED BASMATI RICE, FRESH DILL AND SHELLED BROAD BEANS

67. ZERESHK POLO **£17.95**
 RICE MIXED WITH SAFFRON, SLIVERED PISTACHIOS, ALMOND AND BARBERRY, SERVED WITH BOILED CHICKEN IN TOMATO SAUCE

68. LUBIA POLO MAHICHE **£18.95**
 GREENS BEANS, MIXED SPICES AND SAFFRON COOKED IN A SPECIAL SAUCE MIXED WITH RICE, SERVED WITH LAMB SHANK

69. KOOFTEH TABRIZI **£18.95**
 PERSIAN MEATBALL IN A SPECIAL TOMATO SAUCE MADE WITH MEAT, HERBS AND SPICES SERVED WITH NAAN BREAD. A LOCAL FAVOURITE IN THE CITY OF TABRIZ

70. HALIM **£9.95**
 SPECIAL SLOW COOKED PERSIAN PORRIDGE MADE WITH WHEAT AND MEAT SERVED WITH CINNAMON SUGAR

71. SOFREH SPECIAL LAMB **SATURDAY & SUNDAY** **£120.00**
 ROASTED LAMB SHOULDER FOR 4 TO 6 PEOPLE SERVED WITH TWO BAGHALI POLO RICE WITH HERBS AND BROAD BEANS AND TWO SAFFRON RICE AND SALAD **PLEASE ORDER 24HR IN ADVANCE**

EXTRAS



72. FRENCH FRIES	£3.95
73. SAFFRON RICE	£4.50
74. BAGHALI RICE	£6.90
75. BARBERRY RICE	£6.90
76. ZERESHK TOPPING	£3.50
77. SKEWER OF GHAFGHAZI	£13.00
78. SKEWER OF SHISHLIK	£15.00
79. SKEWER OF CHENJEH	£14.00
80. SKEWER OF BARG	£14.00
81. SKEWER OF KOOBIDEH	£4.95
82. SKEWER OF GRILLED JOOJEH (BONELESS)	£10.00
83. SKEWER OF GRILLED JOOJEH (ON THE BONE)	£12.00
84. SKEWER OF GRILLED TOMATO	£3.50
85. SKEWER OF GRILLED PEPPER	£3.95
86. SKEWER OF GRILLED ONION	£3.95
87. YOLK	£2.95

DESSERTS

- 88. BASTANI** £6.95
PERSIAN ICE CREAM MIXED WITH PISTACHIOS AND SAFFRON
- 89. FALOODEH** £6.95
TRADITIONAL PERSIAN DESSERT MADE WITH RICE NOODLES AND ROSE WATER
- 90. MAKHLOOT** £7.95
BASTANI (SAFFRON ICE CREAM) SERVED WITH FALOODEH
- 91. HAVIJ BASTANI** £7.95
PERSIAN TRADITIONAL ICE CREAM SERVED WITH CARROT JUICE
- 92. BAGHLAVA** £6.95
LAYERS OF FILO PASTRY WITH PISTACHIO AND SYRUP
- 93. ZOOBIA BAMIEH** £6.95
PERSIAN SWEET DOUGHNUTS WITH SAFFRON AND ROSE WATER
- 94. NEW YORK CHEESECAKE** £7.95
DELICIOUS NEW YORK CHEESECAKE
- 95. BISCOFF CHEESECAKE** £7.95
WHITE CHOCOLATE AND LOTUS BISCUIT BLONDIE
- 96. CHOCOLATE FONDANT** £7.95
WARM CHOCOLATE CAKE WITH A MELTING CHOCOLATE CENTER SERVED WITH VANILLA ICE CREAM
- 97. ITALIAN ICE CEAM** £6.95
AVAILABLE IN CHOCOLATE OR VANILLA



COLD DRINKS



98. FRESH JUICE (ORANGE, APPLE, CARROT)	£5.50
99. COCA COLA ORIGINAL	£3.30
100. DIET COKE	£3.30
101. COKE ZERO	£3.30
102. FANTA	£3.30
103. SPRITE	£3.30
104. DOUGH (YOGURT DRINK)	SM £3.30 JUG £6.95
105. STILL WATER	SM £2.95 LG £4.95
106. SPARKLING WATER	SM £2.95 LG £4.95

HOT TEA

107. PERSIAN TEA	£3.00
108. SAFFRON TEA	£3.95
109. EARL GREY	£3.00
110. ENGLISH BREAKFAST	£3.00
111. FRESH MINT TEA	£3.00
112. PEPPERMINT TEA	£3.00
113. PERSIAN TEA FOR 4	£6.00
114. SAFFRON TEA FOR 4	£7.00

COFFEE



115. CAPPUCCINO	£3.50
116. CAFE LATTE	£3.50
117. MOCHA	£3.50
118. ESPRESSO	SM £1.99 LG £2.50
119. MOCHIATTO	SM £2.20 LG £2.70
120. FLAT WHITE	£3.20
121. HOT CHOCOLATE	£3.20
122. AMERICANO	£3.20
123. FREDDO ESPRESSO	£3.90
124. FREDDO CAPPUCCINO	£3.90
125. GREEK FRAPPE	£4.50
126. ICE CREAM FRAPPE	£4.90
127. ICED LATTE	£3.90

SMOOTHIES

128. BIG FIVE PINEAPPLE, MANGO, STRAWBERRY, KIWI	£5.50
129. PASSION SHOOT PASSION FRUIT, PINEAPPLE, MANGO	£5.50
130. BERRIES GO AROUND STRAWBERRIES, BLACKBERRIES, RASPBERRIES	£5.50

LUNCH SPECIAL 12PM TO 3PM

MONDAY TO SATURDAY



131. KOOBIDEH **£8.95**

A SKEWER OF CHARCOAL GRILLED MINCED LAMB SERVED WITH NAAN BREAD OR SAFFRON RICE OR SALAD

132. JOOJEH **£8.95**

A SKEWER OF CHARCOAL GRILLED BONELESS CHICKEN BREAST SERVED WITH NAAN BREAD OR SAFFRON RICE OR SALAD

133. MOMTAZ **£11.95**

A SKEWER OF CHARCOAL GRILLED MINCED LAMB AND MARINATED BONELESS CHICKEN BREAST SERVED WITH NAAN BREAD OR SAFFRON RICE OR SALAD

WRAPS

134. KOOBIDEH WRAP **£8.95**

A SKEWER OF CHARCOAL GRILLED MINCED LAMB SERVED WITH NAAN BREAD & SALAD

135. JOOJEH WRAP **£8.95**

A SKEWER OF CHARCOAL GRILLED BONELESS CHICKEN SERVED WITH NAAN BREAD & SALAD

136. FALAFEL WRAP **£8.95**

FIVE PIECES OF FRIED VEGETABLE FRITTERS WITH BROAD BEANS AND CHICKPEAS, SERVED WITH HUMMUS, NAAN BREAD & SALAD





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TAKE-OUT • DELIVERY • CATERING

