

Kabobs

Kabobs are charcoal grilled on skewers and served with long-grain basmati rice

Combination Kabob —one skewer of Koobideh (minced beef) and one skewer with half Bareh (lamb) and half Morg (chicken); with brown basmati rice and salad	19.95
Soltani —one skewer of filet mignon and one skewer of Koobideh; with white basmati rice	17.95
Barg —tender pieces of filet mignon marinated with saffron; served with white basmati rice (also available with lamb)	16.95
Koobideh —skewers of minced lean beef; with white basmati rice	12.95
Morgh —marinated pieces of boneless chicken breast; with white basmati rice	14.95
Joojeh —marinated cornish game hen; with white basmati rice and grilled tomatoes	14.95
Lamb Kabob (Bareh) —one skewer of lamb pieces grilled with green peppers and onions; with brown basmati rice topped with carrots and raisins	16.95
Mahi (Fish Kabob) —grilled salmon; with white basmati rice	15.95
Shireen Palow with Cornish Game Hen Kabob —exotic sweet baked rice dish flavored with orange peels and saffron; served with charcoal-grilled cornish game hen	15.95
Shireen Palow with Morgh Kabob —exotic sweet baked rice dish flavored with orange peels and saffron; served with charcoal-grilled boneless chicken breast	15.95

Entree's

Quorma Sabz with Lamb —sauteéd fresh spinach and herbs with tender pieces of lamb; with white basmati rice	15.95
Kabuli Palow with Lamb —browned basmati rice with tender pieces of lamb, topped with carrots and raisins	15.95
Baunjaun Bouranee —eggplant slices layered over mint yogurt, topped with savory meat sauce	12.95
Quorma Baunjaun with Lamb —eggplant sauteéd with onions, green peppers and tomatoes with tender pieces of lamb; served with brown basmati rice	15.95
Fesenjan —sweet and sour tender pieces of boneless chicken, cooked with walnuts and pomegranate juice; served with white basmati rice	15.95
Lowand Chalow —tender boneless chicken breast sauteéd in savory yogurt sauce seasoned with fresh dill and tarragon; served with white basmati rice	14.95
Quorma Chalow —tender pieces of lamb sauteéd with potatoes, carrots and fresh coriander; with basmati rice	15.95
Lamb Curry —lamb sauteéd with onions, green peppers and curry; served with brown basmati rice	15.95
Chicken Curry —chicken breast sauteéd with fresh vegetables, curry and yogurt; served with brown basmati rice	14.95
Fish Curry —fresh salmon sauteéd in savory curry of yogurt and fresh dill; served with brown basmati rice	14.95
Shrimp Curry —sauteéd curry of shrimp and vegetables; served with brown basmati rice	14.95
Sib Chalow —tender boneless chicken breast simmered with fresh apple slices, split peas and a hint of cinnamon; served with white basmati rice	14.95

Authentic Afghan Pasta Dishes

Aushak —steamed scallion dumplings topped with yogurt-mint sauce; with or without meat sauce	11.95
Mantoo —steamed beef dumplings; topped with yogurt and meat sauce	13.95
Asheh Lubia —homemade noodles with red kidney bean sauce	11.95
Asheh Gooshti —homemade noodles with meat sauce and yogurt	11.95

Vegetarian Dishes

Bouranee Baunjaun —eggplant slices layered over mint yogurt with fresh coriander garnish (without rice)	11.95
Quorma Baunjaun —eggplant sauteéd with onions, green peppers and tomatoes; served with basmati rice	11.95
Kabuli Palow —browned basmati rice topped with raisins and carrots	11.95
Dal Chalow —gently cooked puree of split peas and pomegranate juice; with white basmati rice	11.95
Lubia Chalow —baked red kidney beans and dried lemons; with white basmati rice	11.95
Sabzee Chalow —sauteéd fresh spinach and herbs; with white basmati rice	11.95
Shireen Palow —exotic sweet baked rice dish flavored with orange peels and saffron	11.95
Kadu Chalow —sauteéd fresh butternut squash; with white basmati rice	11.95
Bamiyah Chalow —sauteéd fresh okra with tomatoes and fresh herbs; with white basmati rice	11.95
Sib Chalow —fresh apples simmered with split peas and cinnamon; served with white basmati rice	11.95

Ashe Soup—traditional vegetable-noodle soup; with or without meat 4.95

Appetizers

Aushak—steamed scallion dumplings topped with yogurt-mint sauce; with or without meat 6.95

Baunjaun Bouranee—eggplant slices layered over mint yogurt with coriander garnish; with or without meat 6.95

Bouranee Kadu—sautéed fresh butternut squash served over mint-garlic yogurt 6.95

Mantoo—steamed beef dumplings; topped with yogurt and meat sauce 7.95

Boulanee—scallion turnovers; with yogurt 4.95

Kadu—turnovers filled with pumpkin; with yogurt dip 4.95

Boulanee Kachaloo—turnovers filled with potatoes, herbs and spices; with yogurt dip 4.95

Sambusa—crispy deep-fried dumplings stuffed with beef, split peas and herbs; with yogurt dip 4.95

Fesenjan—sweet and sour tender pieces of boneless chicken with walnuts and pomegranate juice 7.95

Dolma—ground beef and rice wrapped in imported grape leaves and steamed to perfection 7.95

Homus—chickpea-tahini pureé with homemade yogurt 6.95

Salads

Herb Salad—fresh lettuce, tomatoes & cucumbers, topped with fresh watercress; with yogurt house dressing 8.95

Mosto Khiar—cool and refreshing homemade yogurt with chopped cucumbers, onion and mint 4.95

Panir Sabzee—fresh leaves of mint, basil and watercress, with scallions, radishes and feta cheese 8.95

Salad Shirazee—chopped cucumbers, onions, tomatoes and parsley with fresh lemon juice and olive oil dressing 6.95

Side Dishes

Chutney—coriander, walnuts, garlic, green peppers 1.50

Toorshi—mixed pickled vegetables 2.00

Extra Afghan Bread 1.00

Dish of Rice 4.00

Desserts

Goosh-e Fil—“Elephant Ears” fried dough 3.50

Baklava—rich layered dessert with nuts and honey 4.95

Phirnee—pistachio and rose water pudding 3.50

Coffee

Turkish Coffee 1.95

Espresso 1.95

Cappuccino 2.50

Mocha 2.50

Coconut Cream Coffee 2.95

Cafe au Lait 1.95

House Coffee 1.75

Tea

Cardamom Tea 1.75

Earl Grey 1.75

Darjeeling Tea 1.75

Pot of Persian Tea 3.50

Shir-Chay (traditional Afghan tea brewed with milk, sugar, cardamom and rose petals) 4.75

Mint Tea 1.75

Pot of Green Tea 3.50

Herbal Teas 1.75

House Tea 1.75

Beverages

Coke, Diet Coke, 7-Up, seltzer, or orange soda 1.95

Juice (apple, cranberry or orange) 2.50

Milk 1.95

Doogh (natural yogurt drink) 2.50



Bamiyan

Bamiyan Afghan Restaurant
 358 Third Avenue (corner of 26th Street)
 New York, NY 10016
 Open 12 noon to 11 pm, seven days a week
 Delivery 12 noon to 10 pm

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