

## EXTRAS

### COLD EXTRAS

#### MAST KHIYAR

A light and nutritious sauce featuring yoghurt, mint and finely chopped cucumber **GF**

#### HUMMUS

Deliciously creamy dip combining mashed chickpeas, blended with tahini, olive oil, fresh garlic and lemon juice **GF**

#### BABA GHANOUSH

A delicious offering of grilled eggplant combined with tahini, cumin, fresh coriander and yoghurt **GF**

#### ZEYTUN PARVARDE

Green olives, delicately marinated with lemon juice, olive oil, walnut and pomegranate sauce. A unique combination of flavours offering a tangy, yet creamy dish **GF**

#### OLIVIEH

Traditional Iranian salad, combining tender diced chicken, fresh potato, egg, carrots, and gherkins. Finished with creamy mayonnaise with a hint of lemon juice **GF**

#### NAAN

A traditional crispy flatbread baked fresh in our clay oven. The perfect accompaniment to our main dishes

#### GARLIC NAAN

Freshly baked in our clay oven, a traditional flatbread drizzled with garlic and butter

### WARM EXTRAS

#### KASHK BADEMJAN

Gently fried eggplant, mashed with fried onion, walnut, herbs and garlic. Topped with whey **GF**

#### MIRZA GHASSEMI

A subtly flavoured yet rich starter. Grilled eggplant, seasoned with onion, garlic, tomato and egg **GF**

#### FALAFEL

Delicious broad bean and chickpea fritters marinated in lemon juice and olive oil. Deep-fried to crispy perfection **GF**

#### KIBBEH

Crispy fried lamb meatballs delicately flavoured with spices and cracked wheat **(contains nuts)**

#### KUKU SABZI

A traditional light and fluffy Iranian omelette, stuffed with fresh herbs **GF**

#### CHELO KABAB

Grilled minced lamb skewers seasoned with onions and bread crumbs and delicately spiced with sumac

#### JOOJEH KABAB

Grilled chicken skewers, marinated in yoghurt, delicate spices, lemon juice and garlic



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OPEN 7AM - 7PM WEEKDAYS

eden iranian fusion eatery



WELLINGTON CBD | BREAKFAST LUNCH DINNER  
DINE IN/TAKAWAY

## WELCOME TO EDEN

A unique addition to Wellington's dining scene, Eden is the only Iranian eatery in our thriving city. Our family run restaurant is proud to support the local refugee community, striving to support families by providing employment opportunities.

Offering Wellingtonians a selection of fresh, healthy food and strong coffee, our produce is sourced locally, ensuring we deliver on our promise to provide a nutritious dining option for the local community.

Sustainability is important to us, and we are committed to using sustainable practices from kitchen to table. Our takeaway boxes are 100% biodegradable, our commitment to the environment is 100% too!

## IRANIAN CUISINE

We provide an intoxicating array of authentic cuisine from our homeland, Ahvaz in the Khuzestan Province of Iran. Our cuisine promises to delight and surprise you. A predominantly gluten free menu selection is weaved throughout an extensive offering of vegetarian, vegan, chicken and lamb dishes.

You won't be disappointed by our enticing variety of mouthwatering options.

## PRICING

### LARGE LUNCHBOX

A large lunchbox with up to 5 items \$14

### MEDIUM LUNCHBOX

A medium lunchbox with up to 4 items \$12

### EXTRA ITEMS

Extra servings \$3  
Extra servings in separate lunchbox \$3.5

## MENU

### BREAKFAST

#### TRADITIONAL BREAKFAST

A tempting selection of flatbreads served with tabrizi cheese, feta, walnut, mint, cucumber and spring onion

#### HALEEM

Spice-infused lamb and crushed wheatmeal slowly cooked to create a rich and hearty stew

#### HARIRAH

A hearty soup with tomato, lentils, chickpeas, almonds, onions, rice and olive oil with tender beef, lamb or chicken

#### RICE PORRIDGE

Iranian porridge with rice, maple syrup and cardamon

#### ASHE RESHTEH

Traditionally prepared to welcome in the New Year, this deliciously thick soup is made with Iranian noodles, beans, lentils and a selection of herbs. Topped with whey to bring the delicate flavours together

#### ADASI

A rich tomato, lentil and potato soup infused with a delicate blend of herbs and spices **GF**

### LUNCH AND DINNER

#### RICE DISHES

#### ZERESHK POLO

Chicken delicately simmered in tomato sauce and served with saffron rice, slivered pistachios, almonds and forest berries **GF**

#### BAGHALI POLO

Tender lamb shank cooked in a rich mint sauce and served with saffron rice, broad beans and fresh dill **GF**

#### BIRYANI

Spiced basmati rice served with tender shredded chicken and a selection of vegetables

#### ADAS POLO

Basmati rice layered with lentils and topped with caramelised onions and raisins

#### TAH CHIN

Iranian rice cake with shredded chicken, saffron, eggs and spices

### STEWES

#### GHEYMEH

Cubed boneless lamb, delicately simmered in saffron and tomato sauce with split peas, fried potato and dried lime. Served with saffron steamed rice **GF**

#### BAMIYE

Spicy braised lamb and okra stew served with saffron steamed rice **GF**

#### GHORME SABZI

Traditional slow cooked lamb and herb stew with black-eyed beans and dried lime. Served with saffron steamed rice **GF**

#### FESENJAN

Slow cooked chicken breast with a walnut and pomegranate sauce. Served with saffron steamed rice **GF**

#### LAMB SHANK SOUP

Tender lamb shank with chickpeas, onion, potato, garlic and infused with traditional Iranian spices

#### CHICKEN

Delicately spiced chicken thigh in a tomato, capsicum and onion sauce

### SALADS

#### SEASONAL SALAD

Lettuce, cherry tomato, cucumber, and sweet corn. Lightly dressed with lemon juice and olive oil **GF**

#### SALAD SHIRAZI

A refreshing Iranian salad with finely chopped cucumber, tomato, onion and mint with an olive oil and lemon juice dressing **GF**

#### FETA SALAD

Lettuce, cherry tomato, red onion, feta and olive salad, with a lemon juice and olive oil dressing **GF**

#### TABBOULEH

A light salad of chopped parsley, fresh mint, tomato, onion and cracked wheat. Served with lemon juice and olive oil

#### FATTOUSH SALAD

A colourful tossed salad with lettuce, tomato, cucumber, mint, parsley, radish and sumac with a refreshing lemon juice and olive oil dressing. Served with flatbread

#### CHICKEN SALAD

Chargrilled chicken breast marinated in saffron and lemon juice. The delicate flavours are accompanied by lettuce, tomato, cucumber, and pomegranate with a delicious lemon juice and olive oil dressing **GF**