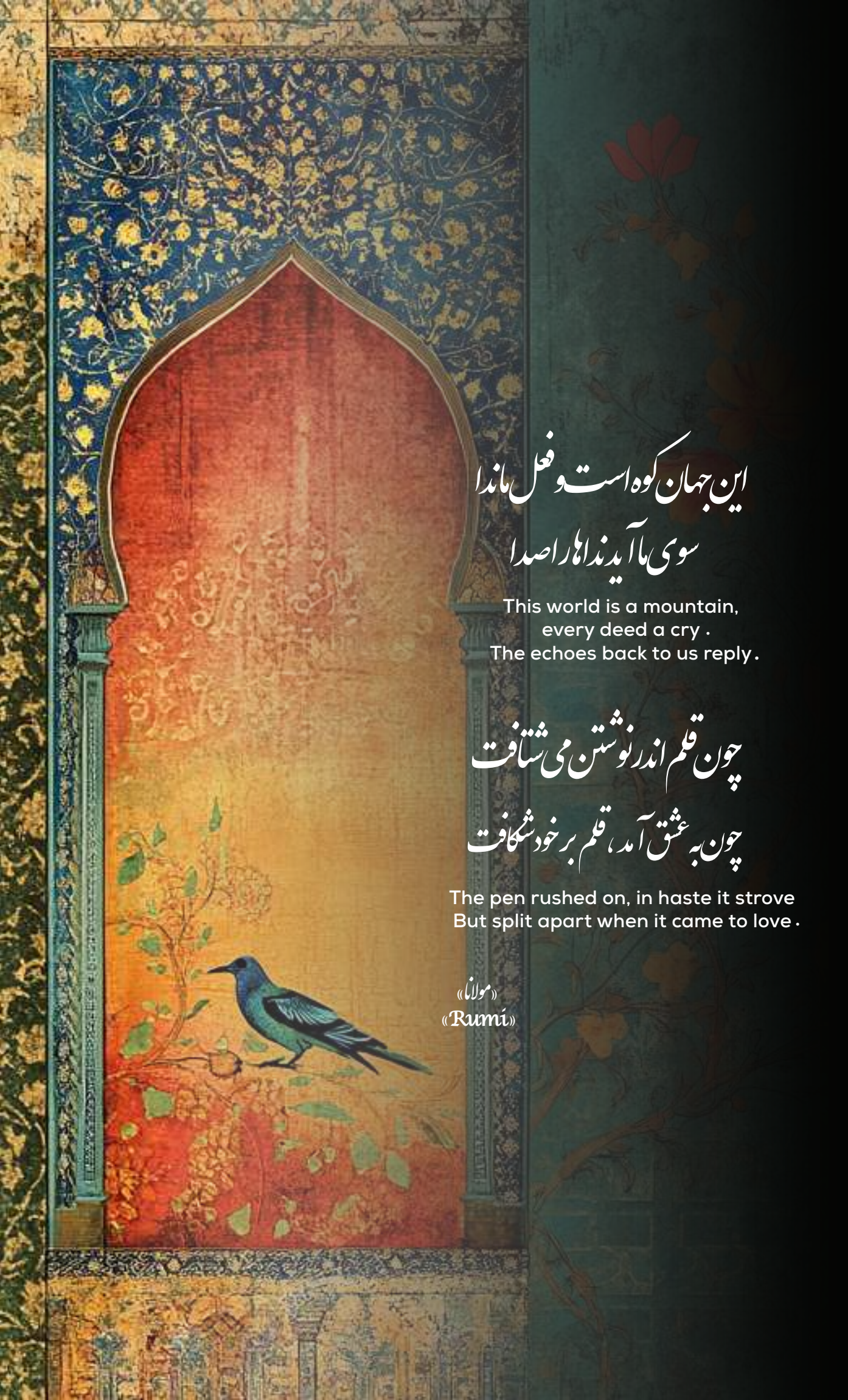





TEHRAN
Ristorante Persiano

M E N U



این جهان کوه است و فعل ماند
سوی ما آیند اها را صدا

This world is a mountain,
every deed a cry .
The echoes back to us reply .

چون قلم اندر نوشتن می شافت
چون به عشق آمد، قلم بر خود شکافت

The pen rushed on, in haste it strove
But split apart when it came to love .

«مولانا»
«Rumi»



The Persian cuisine sinks its roots into a millennia-old history dating back to Cyrus the Great, who, already 2,500 years ago, was a lover of fine dining at his court.

The ancient traditions of this cuisine have been preserved intact in the skilled hands of today's women, passed down with motherly love from mother to daughter.





APPETIZERS



*TRIS DI MAZÈ^{6,7,8}

12€

Mirsa Ghasemi: Smoked eggplant cream with garlic, turmeric, and tomato
Zeitun Parvarde: Green olives marinated in pomegranate sauce with walnuts, garlic, mint, lemon, and Persian herbs
Masto Musir: Creamy yogurt with shallots



*KASHK BADEMJAN^{6,7,8}

9.5€

Cream of eggplant with garlic, mint, walnuts, spices, and Kashk (fermented cooked yogurt)

کاشک بادجمان



MIRSA GHASEMI⁶

9.5€

Smoked eggplant cream with garlic, turmeric, tomato, and spices

میرزا قاسمی



DOLME VEGETARIANO

9€

Grape leaves stuffed with rice, vegetables, and spices

دلمه بدون گوشت



*KUKU SABZI^{6,7,8}

9.5€

Persian-style vegetable frittata with spinach, leeks, parsley, dill, mint, eggs, walnuts, and barberries

کوکو سبزی



MASTO KHIAR⁷

4.5€

Creamy yogurt with cucumbers and fresh mint

ماست و خیار



MASTO MUSIR⁷

4.5€

Creamy yogurt with shallots

ماست موسیر



SALAD SHIRAZI

5€

Traditional Persian salad with diced cucumbers, tomatoes, onions, mint, olive oil, and lime

سالاد شیرازی



*SALAD SPINACI^{7,8}

8€

Fresh spinach salad with feta cheese, walnuts, and pomegranate sauce

سالاد اسفناج



*ZEITUN PARVARDE⁸

7.5€

Green olives marinated in pomegranate sauce with walnuts, garlic, lemon, and Persian herbs

زیتون پرورده



TORSHI

4€

Assorted pickled vegetables

ترشی

•• Cover charge €2.5••

Substances or products that may cause allergies or intolerances

MAIN COURSES

-  **CELO KABAB SULTANI** 28€
Beef fillet marinated in saffron, onion, and olive oil, with a skewer of mixed ground lamb and beef steak. Served with grilled tomato and Persian steamed basmati rice infused with saffron
چلوکباب سلطانی
-  **CELO KABAB VAZIRI** 24€
Grilled skewer of mixed ground lamb and beef steak, alongside chicken thighs marinated with saffron, lemon, and onion. Served with grilled tomato and Persian steamed basmati rice infused with saffron.
چلوکباب وزیر
-  **CELO KUBIDE**_{1,6,7} 19€
Two grilled skewers of mixed ground lamb and beef steak, accompanied by grilled tomato and Persian steamed basmati rice infused with saffron.
چلوکوبیده
-  **CELO KUBIDE 1/2** 14€
چلوکوبیده
-  ***CELO TORSH**_{1,6,7,8} 24€
Grilled skewer of beef fillet marinated in pomegranate concentrate, saffron, walnuts, and red onion. Served with grilled tomato and Persian steamed basmati rice infused with saffron.
چلو ترش
-  **CELO GIUGE**_{1,6,7} 18€
Grilled skewer of chicken thighs marinated with saffron, lemon, and onion. Served with grilled tomato and Persian steamed basmati rice infused with saffron.
چلو جوجه
-  **CELO CENGE**_{1,6,7} 22€
Beef fillet marinated with saffron, onion, and olive oil. Served with grilled tomato and Persian steamed basmati rice infused with saffron.
چلو پنجه
-  **NUNO KABAB**₁ 15€
Traditional Persian bread served with two grilled skewers of mixed ground lamb and beef steak, accompanied by grilled tomato and fresh basil.
نون و کباب
-  **CELO SHISHLIK**_{1,6,7} 26€
Saffron lamb chops marinated with saffron, yogurt, onion, salt, and pepper. Served with grilled tomato and Persian steamed basmati rice infused with saffron.
چلو شیشلیک

•• Cover charge €2.5••

Substances or products that may cause allergies or intolerances

MAIN COURSES



-  ***SINI MAKHSUS** ^{7,8} 43€
 Kubide skewer – a blend of ground lamb and beef steak
 GIUGE skewer – tender chicken marinated with saffron, lemon, and onion
 Torsh skewer – beef fillet marinated with pomegranate concentrate, saffron, walnuts, and red onion
 CENGE skewer – beef fillet marinated with saffron and onion
 سینی مخصوص
-  ***CELO MAHICE** ^{6,7} 21€
 Slow-cooked lamb shank in a spiced broth and tomato sauce.
 Served with basmati rice with broad beans and dill, or Persian steamed basmati rice infused with saffron.
 چلو ماهیچه
-  ***CELO GHEIME** ^{6,7} 16€
 Traditional Persian stew with veal shank, tomato, yellow lentils, dried lime, potatoes, and aromatic spices. Served with Persian steamed basmati rice infused with saffron.
 چلو قیر
-  ***MORGH NARDUN** ^{6,7,8} 18.5€
 Traditional Persian stew with chicken leg, pomegranate concentrate, tomato sauce, and aromatic spices. Served with Persian steamed basmati rice infused with saffron.
 مرغ ناردون
-  ***ZERESHK POLO** ^{6,7,8} 18€
 Chicken leg simmered in a spiced broth with tomato sauce. Served with Persian steamed basmati rice infused with saffron, garnished with pistachios and barberries.
 زرشک پلو

•• Cover charge €2.5••

Substances or products that may cause allergies or intolerances

MAIN COURSES

*GHORME SABZI^{6,7} 16€

Traditional Persian stew with veal shank, Persian herbs, red beans, dried lime, and aromatic spices. Served with Persian steamed basmati rice infused with saffron.

قورمه سبزی

*CELO BADEMJAN^{6,7} 16€

Traditional Persian stew with veal shank, tomato, yellow lentils, dried lime, eggplants, and aromatic spices. Served with Persian steamed basmati rice infused with saffron.

چلو بادمجان



Vegetarian option available

چلو بادمجان گیاهی 13€

CELO^{6,7} 7.5€

Traditional Persian steamed basmati rice with saffron and butter

چلو

CHEF'S SPECIALITIES

giorno per giorno

*CELO FESENJAN^{6,7,8} every Saturday 20€

A classic Persian stew of chicken, walnuts, pomegranate concentrate, and aromatic spices. Served with Persian steamed basmati rice infused with saffron.

چلو فسنجان

DISI/ABGUSHT⁶ every Sunday 18€

A classic Persian comfort dish: slow-cooked stew of chickpeas, cannellini beans, potatoes, tomato, veal, dried lime, and aromatic spices. Traditionally served in terracotta pots with bread.

دیزی

LUBIA POLO^{6,7} every Monday 16€

Traditional Persian spiced rice with tomato, tender veal morsels, green beans, cinnamon, and saffron.

لوبیا پلو

ALÙ ESFENAJ^{6,7} every Wednesday 16€

A traditional Persian stew of veal, spinach, dried plums, and aromatic spices. Served with Persian steamed basmati rice infused with saffron.

آلو اسفناج

*TAHCHIN^{3,6,7,8} every Thursday 18€

A classic Persian oven-baked rice cake layered with chicken, barberries, pistachios, yogurt cream, and saffron.

ته چین

SABZI POLO MAHI^{4,6,7} every Friday 23€

Traditional Persian herb basmati rice, served with salmon marinated in saffron and lemon.

سبزی پلو ماهی

.. Cover charge €2.5..

Substances or products that may cause allergies or intolerances

DESSERTS

Persian desserts are very sweet, with refined flavors and unusual sweet-and-savory contrasts.

It is remarkable what the historian Herodotus (484 BC) wrote about Persian sweets:

"They eat few main dishes but many desserts, not all served at the same time [...]. For Persians, dessert is not meant to satisfy hunger, but to 'tickle' the palate."

Indeed, this tradition has never been lost. Here are some of the delicacies with which Persians "tickle" the appetite.

- | | | |
|---|--|------------------|
|  | *SHOLE ZARD 8 | 6.5€ |
| | Traditional Persian saffron rice pudding with almonds, pistachios, and rose water (golab). | شله زرد |
|  | *FERENI 7,8 | 6.5€ |
| | Traditional Persian rice cream with milk, cinnamon, pistachios, and rose water (golab). | فرنی |
|  | MASGHATI | 7€ |
| | Traditional Persian pomegranate pudding | مسقطی |
|  | *BASTANI 7,8 | 8.5€ |
| | Traditional Persian saffron ice cream with pistachios and rose water (golab). | بستنی |
|  | *DELBAR 7,8 | 7€ |
| | Delicate pistachio mousse | دلبر |
|  | *BAKLAVA 1,8 | 6.5€ |
| | Thin layers of pastry, walnuts, pistachio, honey, sugar, spices | باقلوا |
|  | *KANAFE (KATAIFI) 7,8 | 6.5€ |
| | Delicate phyllo pastry rolls filled with walnuts and sweetened with | رشته قنادی |
|  | TIRAMISU PISTACCHIO 1,8 | 8.5€ |
| | Creamy pistachio dessert with mascarpone, eggs, and rose water (golab) | تیرامیسو پسته ای |

•• Cover charge €2.5••

Substances or products that may cause allergies or intolerances

DRINKS

 **Water** 1L 3€
آب

 **DUGH** 250 mL 5.5€ 500 mL 8.5€
a traditional Persian yogurt drink with sparkling water and mint, enjoyed during or after the meal. دوغ

 **DRINKS** Coca Cola, Coca Zero, Fanta, Sprite can 33 cl 4€
Beer bottle 33 cl 6€

 **COCKTAIL** Aperol Spritz 8€

 **COFFE & HOT DRINKS** Espresso 2.5€
Decaffeinated coffee 2.5€
Espresso with liqueur (Caffè corretto) 4€
Persian tea 7€
Persian saffron tea 10€

 **LIQUEURS** Amari, Grappe 4€
Typical liqueurs 6€

WINES

RED WINES

House Red Wine 250 mL 5€ 500 mL 10€
Chianti Classico 375 mL 14€ 750 mL 22.5€
Chianti 375 mL 10€ 750 mL 18€
Rosso di Montalcino 750 mL 28€
Brunello di Montalcino 750 mL 59€
Shiraz (CASALE DEL GIGLIO) 750 mL 27€
Shiraz (CASTELLO DI POPPIANO) 750 mL 28€
Guadalmare Maremma Toscana (CASTELLANI) 750 mL 26€
Bolgheri villa donoratico 750 mL 55€
Botrosecco 750 mL 32€

•• Cover charge €2.5••

WINES

SHIRAZ

Shiraz is a grape variety of Eastern origin (Ancient Persia), although some legends trace its roots to the historic cities of Syracuse and Arethusa.

Today it is cultivated in nearly all the world's wine-growing regions; in Italy, especially in Tuscany, Lazio, Puglia, Piedmont, and Sicily.

WHITE WINES

House White Wine 250 mL	5€	500 mL	10€
Satrico (CASALE DEL GIGLIO) 375 mL	12€	750 mL	18€
Vernaccia 750 mL			20€
Chardonnay 750 mL			21€
Vermentino 750 mL			22€
Pinot Grigio 750 mL			24€
Pinot Bianco 750 mL			24€

ROSÉ WINES

Albiola 750 mL	22€
Alié 750 mL	28€

SPARKLING WINES

Prosecco 750 mL	23€
Spumante 750 mL	21€

•• Cover charge €2.5••

EU Regulation 1169/11

Food allergens and those present in our products

1. Cereals containing gluten (i.e. wheat, rye, barley, oats, spelt, kamut, or their hybrid strains) and derived products.
2. Crustaceans and products thereof.
3. Eggs and products thereof.
4. Fish and products thereof.
5. Peanuts and products thereof.
6. Soybeans and products thereof.
7. Milk and products thereof, including lactose.
8. Nuts, namely: almonds (*Amygdalus communis* L.), hazelnuts (*Corylus avellana*), walnuts (*Juglans regia*), cashew nuts (*Anacardium occidentale*), pecans (*Carya illinoensis* (Wangenh) K. Koch), Brazil nuts (*Bertholletia excelsa*), pistachios (*Pistacia vera*), Queensland nuts (*Macadamia ternifolia*), and derived products.
9. Celery and products thereof.
10. Mustard and products thereof.
11. Sesame seeds and products thereof.
12. Sulphur dioxide and sulphites in concentrations higher than 10 mg/kg or 10 mg/litre, expressed as SO₂.
13. Lupin and products thereof.
14. Molluscs and products thereof.

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