**Lunch**
available 11am - 4pm

**Soups**
- **Aush**: rice noodles, ground beef, fresh dill, red kidney beans, and strained garlic yogurt (veggie available) — 11 (gf)
- **Nask**: yellow lentils & carrots — 10 (gf)
- **Chicken vegetable soup** — 9 (gf)

**Rice**
*Rice in Afghanistan is second only to turbans and tribal feuds... in other words, serious business. At Lapis we offer the “bentley” of rice.*
- **Chalow**: long-grained white rice & cumin — 5 (v, gf)
- **Palow**: rice with caramelized onion & chef’s spices — 6 (v, gf)
- **Gabuli palow**: Afghan rice pilaf topped with a julienne of carrots & raisins served with lamb — 18 veggie — 10 (v, gf)

**Qormas (Stews)**
- **Lamb Shank**: tenderized bone-in lamb served with aromatic herbed tomato sauce & white rice — 26 (gf)
- **Morgh Qorma**: sautéed bone-in chicken, served with tomatoes, yellow split peas, dried plums & spices — 13 (gf)
- **Kofta**: spiced beef meatballs with carrots & potatoes in an herbed & aromatic tomato onion sauce — 15 (gf)
- **Mogheen**: sautéed bone-in chicken, served with tomatoes, yellow split peas, dried plums & spices (gf)
- **Kofta**: spiced beef meatballs with carrots & potatoes in an herbed & aromatic tomato onion sauce — 15 (gf)

**Pick one item per box — 16**
- **Shola**: 16 bean risotto — 10 (v, gf)
- **Sabzi**: fresh spinach sautéed with leeks, onions, garlic & cilantro — 10 (v, gf)
- **Bamya**: whole, fresh okra cooked in a seasoned tomato, garlic & onion sauce — 10 (v, gf)
- **Lubya**: red kidney beans with herbs & spices in a tomato sauce — 10 (v, gf)
- **Zardak**: caramelized carrots & onions with yellow split peas & dried plums — 10 (v, gf)
- **Gulpee**: sautéed cauliflower in a tomato sauce with spices & cilantro — 10 (v, gf)
- **Dal**: yellow lentils in a garlic, onion & cumin sauce — 10 (v, gf)
- **Samarok**: sautéed mixed mushrooms in a garlic & onion sauce — 10 (v, gf)

**Vegetarian Dishes**
- **Bonito**: 16 bean risotto — 10 (v, gf)
- **Sabzi**: fresh spinach sautéed with leeks, onions, garlic & cilantro — 10 (v, gf)
- **Bamya**: whole, fresh okra cooked in a seasoned tomato, garlic & onion sauce — 10 (v, gf)
- **Lubya**: red kidney beans with herbs & spices in a tomato sauce — 10 (v, gf)
- **Zardak**: caramelized carrots & onions with yellow split peas & dried plums — 10 (v, gf)
- **Gulpee**: sautéed cauliflower in a tomato sauce with spices & cilantro — 10 (v, gf)
- **Dal**: yellow lentils in a garlic, onion & cumin sauce — 10 (v, gf)
- **Samarok**: sautéed mixed mushrooms in a garlic & onion sauce — 10 (v, gf)

**Sides**
- **Naan**: homemade whole wheat Afghan flatbread — 3 (v)
- **Mawst**: homemade yogurt with cucumber & dried mint — 2 (v, gf)