

PARWANA  
ZELMAI & FARIDA

۱۲۴ ب KITCHEN  
AYUBI

خوش آمید  
پروانه  
8443-9001

PESH GHEZAH  
*Small Appetisers*

Pekowrah \$15 VG  
*Spiced vegetable fritters,  
served with chutney.*

Chukayih \$16 V  
*Duo of traditional dips, served  
with seasoned pita crackers.*

V/VG *Vegetarian and  
vegan options available.*

MAINS  
*Share Plates*

KHAMIR BAAB  
*Dough based*

Mantu \$22 V/VGO  
*Steamed dumplings stuffed  
with carrot and sautéed onion.  
Topped with a lamb mince  
sauce and dressed with garlic  
yoghurt. Garnished with  
paprika and mint.*

Ashak \$22 V/VGO  
*Fried dumplings stuffed with  
chives. Topped with a lamb  
mince sauce and dressed with  
garlic yoghurt. Garnished with  
paprika and mint.*

PALAW  
*Afghan style rice*

Narenj Palaw \$18 VG  
*An aged long-grain rice,  
topped with candied orange  
peelings, slivered almonds  
and pistachios.*

Kabuli Palaw \$18 VG  
*An aged long-grain rice,  
topped with caramelised  
carrots, sultanas, slivered  
almonds and pistachios.*

SALAAN & QORMA  
*Sauce based sides*

Banjaan Borani \$18 VGO  
*Our signature eggplant  
simmered in fresh tomato  
sauce, topped with garlic  
yoghurt and mint.*

Dahl \$17 VG  
*A traditional dahl made  
with red and yellow lentils,  
tomato, garlic, chilli and  
fresh coriander.*

Sabzi \$17 VG  
*Spinach leaves, sauteed with  
chili, onion and garlic and  
infused with traditional spices.*

Qormeh Gosfand \$22  
*Diced lamb served in a rich  
in a tomato and onion sauce,  
flavoured with a mix of  
traditional spices.*

GOSHT  
*Grilled Afghan meats*

Karayee Gosfand \$27  
*Lamb pieces marinated in  
a yoghurt, garlic, chilli, and  
coriander sauce. Served with  
naan, salad and chutney.*

Karayee Morgh \$27  
*Pan-fried chicken pieces,  
marinated in yoghurt and  
coated with a traditional  
spice mix. Served with  
naan, salad and chutney.*

Parwana  
Afghan  
Kitchen

Banquet Menu \$50pp  
*Recommended for 8 people  
or more. Generous selection of  
starters and mains. All dietary  
requirements catered for.*



SIDES

Torshi \$5 VG  
*Spicy pickled vegetables.*

Jaan-e-ama \$5 V  
*Yoghurt and cucumber dip,  
drizzled with olive oil.*

Parwana Chutney \$5 V  
*Herbs, garlic, chilli and lemon  
juice relish.*

Naan \$5 VG  
*Traditional Afghan flat bread,  
tandoor baked.*

*In Afghanistan, meals are a ritual combining family, friends and culture.*

*Our meals are best enjoyed shared, reflecting the spirit of copiousness and generosity.*

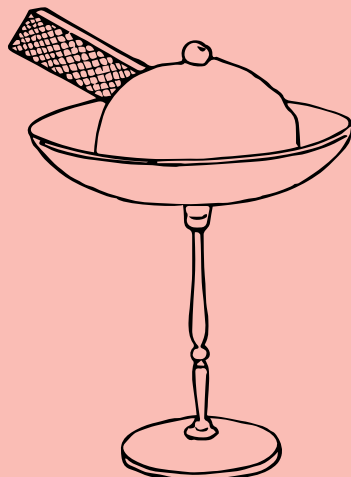
خوش آمدید

PARWANA

KITCHEN

Parwana

ب ۱۲۴



AFGHAN DRINKS

cold

**ROSE SHARBAT \$6**

A traditional Afghan drink made with rose syrup. Infused with basil seeds.

**CHERRY SHARBAT \$6**

A traditional Afghan drink made from morello cherries.

**DOGH \$6**

Savoury yoghurt drink, served with ice & mint.

SODAS

cold

**MINERAL WATER \$7**

Sparkling mineral water

**SOFT DRINKS \$4**

Coca-Cola

Diet Coke

Sprite



DESSERT

traditional

**HALWAH \$15**

A warm semolina, nut and saffron pudding served with vanilla and cardamom ice cream.

**HALWAHEH KHORMA \$15**

A date and nut pudding, served with vanilla and cardamom ice cream.

SHIRYAKH

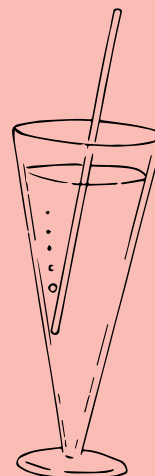
ice cream

**PESTA SHIRYAKH \$8**

Housemade rose and pistachio ice cream.

**ZANJAFIL SHIRYAKH \$8**

Housemade ginger and walnut ice cream.



LOOSE LEAF TEAS

\$4 cup / \$7 pot

**JASMINE** - floral green tea.

**BLACK TEA** - black tea delicately flavoured with cardamom.

**CHAI** - black tea flavoured with cloves, citrus peels, rose petals and cardamom.

SORRY, NO SPLIT BILLS