



A L O U N A K

Persian restaurant est 1996

# Persian Restaurant

## Food Menu



Alounak.w14



[www.alounakpersianrestaurant.co.uk](http://www.alounakpersianrestaurant.co.uk)



02076031130





## Alounaks History

Alounak Restaurant, located in Kensington, London, is renowned for its authentic Persian cuisine and has established itself as a beloved culinary destination over the years. Alounak's journey began in the early 1990s in a small caravan serving koobideh, a period when Persian cuisine was not as widely recognized in the UK as it is today. The founders, passionate about their cultural heritage and the unique flavors of Iran, sought to introduce Londoners to traditional dishes prepared with genuine ingredients and time-honored techniques. The restaurant's name, "Alounak," which means "a small hut" in Persian, was chosen to evoke a sense of warmth, simplicity, and authenticity.

Alounak quickly gained a reputation not just for its food, but for its hospitality. The warm, welcoming staff, many of whom are Persian themselves, contribute to the restaurant's inviting atmosphere. Over the years, Alounak has attracted a loyal customer base, including both local residents and visitors from around the world, all drawn by the promise of an authentic Persian dining experience.



## Warm Starters

1. Ash e Reshteh (آش رشته) **V** 7.90  
Persian Noodle soup, Fresh Herbs, beans, Chick peas, Fried onions and kashk
2. Mirza Ghassemi (میرزا قاسمی) **D** 7.90  
Char Grilled aubergine fried onion, garlic, eggs & tomato
3. Kashk-E Bademjoon (کاشک بادمجان) 7.90  
A tasty dish of aubergine, garlic, onion, mint, walnuts and yoghurt whey **D V N**
4. Mixed Starter **D V N** 29.90  
Combination of starters of No.2,3,6,7



## Cold Starters

5. Paneer Sabzi Starter (پنیر سبزی) **V** 9.90  
Fresh herbs mint, tarragon, radish, persian feta Cheese, walnuts
6. Hummos (هوموس) **V** 6.90  
Houmous pureed chickpeas, tahini, garlic, pine nuts, lemon juice
7. Salad Olviyeh (سالاد الویه) 7.90  
Persian salad chicken, potato, boiled egg, peas, pickled cucumber, mayo
8. Boorani (بورانی) **V** 6.90  
Sauteed spinach onion, garlic, natural yoghurt
9. Mast o Khiair (ماست خیار) **V D** 6.90  
cucumber, natural yoghurt
10. Mast o Moosir (ماست موسیر) **V D** 6.90  
Shallot, natural yoghurt



## Side

11. Fresh Naan Bread (نان تافتون) 1.90
12. Turshi Makhloot (ترشی مخلوط) 4.90  
Mixed vegetable pickles
13. Zereshk (زرشک) (Fried Forest Berries) 4.90
15. Fries (سیب زمینی) 4.50
16. Pickles (خیارشور و زیتون) 5.90  
Cucumber, olives & pickles
17. White Rice (برنج سفید) 4.90
18. Baghali Polo (باقالی پلو) 6.90

## Salad

19. Salad Shirazi (سالاد شیرازی) 6.90  
Mixed salad cucumber, tomato, red onion, mint, oil & lemon juice dressing
20. Mixed Salad (سالاد فصل) 6.90  
Seasonal Salad - Lettuce, Cucumber, Tomato, Onion & Parsley
21. Greek Salad (سالاد یونانی) 6.90  
Cucumber, Tomato, Onion Lettuce, Feta Cheese & Olives

**V** Veg  
**D** Dairy  
**N** Nuts



22. Koobideh & Bread (کوبیده با نان) 15.90  
Two skewers of grilled minced lamb served with freshly made naan bread and grilled tomato & salad
23. Chelo Koobideh (چلو کوبیده) 16.90  
Two skewers of grilled minced lamb served with saffron rice and grilled tomato
24. Chelo Barg (چلو برگ) 21.90  
A skewer of grilled, tender baby lamb fillet served with grilled tomato and a choice of saffron rice or salad
25. Chelo Makhsos (چلو برگ و کوبیده) 24.90  
A skewer of grilled minced lamb and a skewer of grilled tender diced baby lamb fillet, served with grilled tomato and a choice of saffron rice or salad.
26. Chelo Chenjeh (چلو چنجه) D 21.90  
A skewer of diced baby fillet lamb served with grilled tomato and a choice of saffron rice or salad
27. Chenjeh & Koobideh (چنجه و کوبیده) D 21.90  
A skewer of diced lamb fillet served with grilled tomato and a choice of saffron rice or salad
28. Chicken On the Bone (جوجه با استخوان) D 18.90  
On the bone - A grilled portion of marinated baby chicken served with grilled tomato and Saffron rice or salad
29. Chicken Boneless (جوجه بدون استخوان) D 17.90  
One skewer of chicken breast marinated in saffron & garlic served with Saffron rice or salad or bread
30. Momtaz (جوجه و کوبیده) D 22.90  
One skewer of boneless chicken & 1 skewer minced lamb served with grilled tomato & Saffron rice or bread
31. Alounak Special (ویژه آلونک) D 23.90  
One skewer of mixed tender lamb and chicken fillet & a skewer of minced lamb served with a grilled tomato & Saffron rice or bread or salad
32. Chef Special (برگ و جوجه) D 27.90  
One skewer of marinated lamb fillet &  
One skewer of chicken breast marinated in saffron and garlic, served with Saffron rice or salad





# Mixed Grills



## 33. Mixed Kebab For 2 (میکس کباب ۲ نفره) D 78.90

Mixture of one skewer of lamb fillet, 2 skewers of minced lamb, one skewer of baby chicken and one skewer boneless marinated chicken breast served with 2 portion of rice and salad or naan

## 34. Mixed Kebab For 4 (میکس کباب ۴ نفره) D 98.90

Mixture of one skewer of lamb fillet barg, 4 skewers of minced lamb, one skewer of baby chicken and one skewer boneless marinated chicken breast & one skewer of diced tender lamb fillet served with 4 portion of Saffron rice and salad or naan

# Extra Grills

## 35. Koobideh (کوبیده تک سیخ) 6.90

## 36. Chicken On the Bone (جوجه با استخوان) D 13.90

## 37. Chicken Boneless (جوجه بدون استخوان) D 12.90

## 38. Barg (برگ) 17.90

## 39. Chenjeh (چلو چنجه) D 16.90

## 40. Tomato & Onion 4.50

# Seafood

## 41. Rice & Fish (برنج و ماهی) 20.90

Specially marinated sea bass served with rice & salad

## 42. Rice & Prawns (برنج با میگو) 21.90

Specially marinated king prawns served with rice & salad

### Food Allergies and Intolerances

At Alounak Restaurant, we are dedicated to providing a safe and enjoyable dining experience for all our guests. We understand the importance of accommodating those with food allergies and intolerances. Please inform your server of any allergies or dietary restrictions when placing your order. While we take great care in preparing your meal, please note that our kitchen handles a variety of common allergens.



V Veg  
D Dairy  
N Nuts

# Stews & Rice Dishes

43. Okra (خورشت بامیه با برنج) 17.90  
Okra & Diced lamb cooked in a special tomato sauce served with saffron rice
44. Gheymeh Bademjan (خورشت قیمه بادمجان) 17.90  
Tomato based lamb stew cooked with yellow split peas, aubergine and sundried lime served with saffron rice.
45. Gheymeh (خورشت قیمه) 17.90  
Yellow split peas, diced lamb, whole dried lime, cooked in special tomato sauce garnished with fried potatoes served with saffron rice
46. Zereshk Polo With chicken (زرشك پلو با مرغ) 17.90  
Sweet and sour forest berries mixed with saffron and steamed rice served with chicken
47. Baghali Polo lamb shank (باقالی پلو با ماهیچه) 21.90  
A Herb steamed Rice dish with Broad Beans & Dill served with a whole slowly lamb shank
48. Ghormeh Sabzi (خورشت قورمه سبزی) 17.90  
Chunky Lamb pieces with Dried Lemon, Kidney Beans mixed with a finely chopped & fried Herbs & Vegetables served with saffron rice
49. Vegetarian Dish (خورشت بدون گوشت) V 15.90  
Mixed vegetable meal served with rice & salad



0% service charge

V Veg  
D Dairy  
N Nuts



# Soft Drinks

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50. Coke	2.90
51. Diet Coke	2.90
52. 7Up	2.90
53. Fanta	2.90
54. Doogh Small	3.50
55. Doogh Large	8.90
56. Fresh Lemonade with mint	5.50
57. Water ( Still / Sparkling)	2.90
58. Large Water ( Still / Sparkling)	4.90
59. Super Green ( Smoothie )	5.90
60. Mixed berry ( Smoothie )	5.90
61. Milk Shake ( Bannana / Oreo )	5.90
62. Pina Colada ( Moktail )	5.90
Pine Apple & Coconut	
63. Mohito	5.90
Mint, Fresh Lime, 7Up	



0% service charge



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## Desserts

BAKLAVA	4.90
Traditional sweets mixed with nuts & coconut	
Zolbia Bamieh	4.90
Traditional persian dessert	
Falodeh	5.90
Persian noodle sorbet with a hint of lemon juice	
Persian Ice Cream	5.90
Made with saffron, cream and nuts	
Vanilla Ice Cream	4.90
Vanilla gelato , with chocolate sauce	
Cheese Cake	5.90
Baked cheese cake on a crunchy biscuit base	
Chocolate Cake	5.90
Chocolate brownie & chocolate fudge sauce topped with chocolate mousse	

## Hot Drink

Tea Pot	4.90
Persian Tea / Green Tea / Mint Tea	
Espresso ( Double )	2.50
Americano	2.90
Latte	3.50
Cappuccino	3.50
Hot Chocolate	3.50