

# Polaris

RESTAURANT & BAR

## Food Menu

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Welcome to our Iranian restaurant, where you'll discover the essence of Persian culinary tradition. Our dishes reflect the art of combining fresh ingredients, delicate spices, and aromatic herbs to create a balance of flavors that are both bold and comforting. Each plate tells a story of Persian culture, crafted to bring you an authentic dining experience filled with warmth and richness. Join us for a journey of flavors that captures the heart of Iranian cuisine.

A 10% service charge will be added to your bill.  
Thank you for your understanding and support!

Please be advised that our dishes may contain common allergens, including but not limited to nuts, gluten, dairy, and seafood. While we take great care in preparing food to avoid cross-contact, we cannot guarantee that any item is completely allergen-free.

If you have any specific allergies or dietary restrictions, please inform our staff, and we will do our best to accommodate your needs.



# Warm Starter

**1. KASHKE BADEMJAN.....£9.50**

Lightly Fried Aubergine With  
Onion, Walnut, Herb And Garlic  
Topped With Whey

**2. MIRZA GHASEMI.....£9.50**

Grilled Aubergine, Onion, Garlic,  
Egg & Tomato

**3. DOLMA.....£8.00**

Vine Leaves Stuffed With Rice & Herb

**4. FALAFEL.....£9.00**

Fried Vegetable Fritters With Chickpeas

**5. CHICKEN WINGS.....£9.50**

Charcoal Grilled Chicken  
Wings Marinated In Saffron,  
Lemon Juice, Olive Oil

**6. KOOKOO SABZI.....£9.00**

Fried Mix Herb, Barberry,  
Walnut With Egg

**7. KING PRAWN.....£10.50**

Grilled King Prawns Marinated In  
Saffron, Lemon Juice, Olive Oil  
Served With Pomegranate Sauce

**8. CALAMARI.....£10.50**

Grilled Calamari Marinated Saffron,  
Lemon Juice, Olive Oil Served With  
Pomegranate Sauce

**9. POLARIS MEZEH.....£35.00**

Mirza Ghasemi, Kashke Bademjan,  
Hummus, Olivieh & Mast O Khisar

## Cold Starter

**10. PANIR SABZI.....£10.00**

Feta Cheese, Mix Herb,  
Walnut, Cherry Tomato,  
Cucumber & Olives

**11. MAST O KHIAR.....£8.00**

Homemade Yoghurt  
Accompanied With  
Finely Chopped Cucumber  
& Ground Mint

**12. MAST O MUSIR.....£8.00**

Yoghurt Infused With Finely  
Chopped Shallots

**13. BABA GANOUSH.....£9.00**

Grilled Aubergine With Tahini, Yoghurt ,  
Garlic, Lemon & Olive Oil

**14. OLIVIEH.....£9.00**

Diced Chicken Breast, Potato,  
Free Range Egg, Gherkin, Peas,  
In A Light Coating Of Mayonnaise  
With Lemon Juice And Olive Oil

**15. HUMMUS.....£7.00**

Mashed Chickpeas, Tahini,  
Garlic & Olive Oil

**16. PRAWN COCKTAIL.....£9.50**

Prawn, Lettuce,  
Prawn Cocktail Sauce

# Main Dishes

All Served With Rice And Salad

**37. GHORMEH SABZI (STEW).....£22.00**

A Mix Of Diced Lamb Cooked In Parsley, Coriander, And Fenugreek Sauce With Red Kidney Beans And Whole Dried Lime.

**38. GHEIMEH BADEMJAN (STEW).....£22.00**

Yellow Split Peas And Soft Eggplant With Tender Lamb Pieces, Slow-cooked With Whole Dried Lime.

**39. BAMIEH (STEW).....£22.00**

Okra And Diced Lamb Cooked In A Special Tomato Sauce.

**40. FESENJAN (STEW).....£25.00**

Walnut Pomegranate Paste With Pieces Of Chicken.

**41. ZERESHK POLO BA MORGH.....£23.00**

Marinated Half Chicken Cooked In Special Tomato Sauce With Saffron Rice, Garnished With Barberries, Pistachios, And Almonds.

**42. BAGHALI POLO BA MAHICHEH.....£25.00  
(LAMB SHANK)**

Slowly Cooked Lamb Shank With Broad Beans And Dill Rice.

**43. BEEF SHANK.....£35.00**

Slowly Cooked Beef Shank.

**44. TAHCHIN (CHICKEN OR BEEF).....£25.00**

Persian Rice Cake Closely Cooked With Yoghurt, Saffron, And Egg.

# Grill Menu

All Served With Rice And Salad

**17. CHELO KOOBIDEH.....£22.00**

Two Skewers Of Charcoal-grilled  
Minced Lamb.

**18. CHELO JOOJEH.....£22.00**

A Skewer Of Charcoal-grilled Diced Chicken  
Breast Marinated In Saffron And Lemon Juice.

**19. CHELO JOOJEH BA OSTOKHAN.....£25.00**

A Skewer Of Charcoal-grilled Whole Baby  
Chicken Marinated In Saffron And Lemon Juice.

**20. CHELO BARG.....£24.00**

A Skewer Of Charcoal-grilled  
Tender Lamb Fillet.

**21. CHELO CHENJEH.....£24.00**

A Skewer Of Charcoal-grilled  
Diced Lamb Fillet.

**22. CHELO KABAB TORSH (LAMB).....£25.00**

A Skewer Of Charcoal-grilled Diced Lamb  
Fillet Marinated In Sour Pomegranate Sauce, Walnut.

**23. CHELO KABAB TORSH (CHICKEN).....£23.00**

A Skewer Of Charcoal-grilled Diced  
Chicken Breast Marinated In Sour  
Pomegranate Sauce, Walnut.

**24. CHELO MOMTAZ.....£30.00**

A Skewer Of Marinated Boneless  
Chicken & a Skewer Of Minced Lamb.

**25. CHELO SOLTANI.....£35.00**

A Skewer Of Lamb Fillet (Barg)  
And Skewer Of Minced Lamb

# Grill Menu

All Served With Rice And Salad

## 26. CHELO MAKHSOOS.....£35.00

A Skewer Of Lamb Fillet (Chenjeh)  
And A Skewer Of Minced Lamb

## 27. CHELO SHISHLIK.....£25.00

A skewer of charcoal-grilled lamb chops.

## 28. GHAFGHAZI ROLL.....£35.00

Mix baby lamb fillet and chicken fillet  
marinated in saffron, lemon, and olive oil.

## 29. DANDEH KEBAB KERMANSHAHI.....£45.00

500g minced lamb with 4 pieces of lamb  
ribs served with two rice, pickles, and salad.

## 30. BONANB KABIR.....£35.00

500g minced lamb (fillet and shoulder).

## 31. BONANB GERDOEI.....£35.00

500g minced lamb (fillet and shoulder),  
walnut, and herbs.

## Mixed Grill

### 34. MIX GRILL FOR TWO

A Mixed Platter  
With Two Skewers  
Of Koobideh  
And One Skewer Of  
Joojeh & Chenjeh,  
Served With Two Saffron  
Rice And Salad.

£60.00

### 35. MIX GRILL FOR THREE

A Mixed Platter Of Three  
Koobideh, One Joojeh,  
One Chicken On The  
Bone, Chenjeh,  
Three Lamb Chops,  
Served With Three  
Saffron Rice And Salad.

£90.00

### 36. MIX GRILL FOR FAMILY

A Mixed Platter Of  
Four Koobideh,  
One Skewer Of Joojeh,  
Chicken On The Bone,  
Chenjeh, Barg, And Lamb  
Chops, Served With Four  
Saffron Rice And Salad.

£130.00

# Village Style

All Served With Rice And Salad

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|----------------------------|---------------|
| <b>45. WHOLE SHOULDER</b>  | <b>£80.00</b> |
| <b>46. WHOLE LAMB NECK</b> | <b>£50.00</b> |
| <b>47. TAJ BAREH</b>       | <b>£50.00</b> |

## Seafood

All Served With Rice And Salad

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|--|---------------|
| <b>48. WHOLE SEABASS (GRILL)</b>                         | <b>£25.00</b> |
| Marinated In Saffron, Lemon Juice & Olive Oil            |               |
| <b>49. SEABASS FILLET (GRILL)</b>                        | <b>£25.00</b> |
| Marinated In Saffron, Lemon Juice & Olive Oil            |               |
| <b>50. SALMON (GRILL)</b>                                | <b>£25.00</b> |
| Marinated In Saffron, Lemon Juice & Olive Oil            |               |
| <b>51. KING PRAWNS (GRILL)</b>                           | <b>£30.00</b> |
| Marinated In Saffron, Lemon Juice & Olive Oil            |               |
| <b>52. STUFFED SEABASS (GRILL)</b>                       |               |
| Coriander, Fenugreek, Garlic, Onion,<br>& Tamarind paste |               |

## Steak & Burger

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|---|---------------|
| <b>32. STEAK</b>  | <b>£30.00</b> |
| Dry aged for 28 days. Served with 2 sauces:<br>peppercorn sauce and creamy mushroom sauce.<br>veg grill, Special signature salad & Choose from:<br>roast potatoes, mashed potatoes, or fries. |               |
| <b>33. SIGNATURE BURGER</b>   | <b>£20.00</b> |
| Dry aged for 28 days. 2 sauce dip: cheese and<br>creamy mushroom sauce. Served with special<br>signature salad and fries.   |               |



# Salads

**53. SHIRAZI SALAD** £7.00

Finely Chopped Cucumber, Tomato, Onion, And Herbs, Drizzled With Lime Juice.

**54. GREEK SALAD** £9.00

Chopped Cucumber, Tomato, Onion, Mixed Pepper, Feta Cheese.

**55. SEASONAL SALAD** £7.00

Lettuce, Cucumber, Tomato, Carrot.

**56. CAESAR SALAD** £9.00

Lettuce, Olive, Croutons, Parmesan & Caesar Sauce.

**57. CAESAR SALAD WITH CHICKEN** £18.00

Lettuce, Olive, Croutons, Parmesan & Caesar Sauce.

**58. WALDORF SALAD** £9.00

Lettuce, Green Apple, Celery, Grape, Raisins, Walnut, Sesame.

**59. GREEN SALAD** £9.00

Mixed Leaf, Broccoli, Olive, Butter Beans, Avocado, Cucumber, Green Beans.

**60. POLARIS SALAD** £10.00

Lollo Rosso, Cherry Tomato, Pomegranate, Beetroot, Avocado, Mixed Nuts.

**61. MEXICAN SALAD** £18.00

Mix Leaf, Sweetcorn, Cherry Tomato, Black Berries, Onion, Avocado, Chicken Fajita, Mature Cheddar & Salsa

## *Rice*

62. SAFFRON RICE	£6.00
63. BARBERRY RICE	£8.00
64. BROAD BEANS RICE	£8.00
65. HERB RICE	£8.00
66. GREEN BEANS RICE	£8.00
67. CHERRY RICE	£8.00
68. JEWEL RICE	£11.00

## *Sides*

69. MASH POTATO	£4.50
70. ROAST POTATO	£4.50
71. FRIES	£4.50
72. GRILL VEG	£6.50
73. SABZI	£6.00
74. TORSHI HAFTE BIJAR	£5.00
75. SIR TORSHI	£5.00
76. MIX OLIEVS	£6.00

## *Extras*

77. FRESH NAAN BREAD	£2.90
78. SKEWER OF GRILLED TOMATO	£4.00
79. SKEWER OF KOOBIDEH	£10.00

