

Allergen Information

Please note that we bake our own bread on the premises and use nuts in many of our dishes. Despite efforts to avoid cross contamination, we routinely handle a number of high risk allergens in our kitchens. These include wheat flour (gluten), nuts and sesame seeds. It is therefore possible that traces of gluten, nuts and sesame may be found in any of our dishes. Please refer to the list of allergenic ingredients contained in our menu items below.

Starters

- 1) **Zeytun Hafez: Walnuts (Tree Nuts)**
- 2) **Salad-e Olivieh: Mayonnaise (Egg), Hardboiled Whole Egg**
- 3) **Kashk-e- Bademjan: Trace of Wheat Flour (Gluten), Walnuts (Tree Nuts) Kashk (Milk)**
- 4) **Baba Ghanoush: Tahini (Sesame)**
- 5) **Mirza Ghasemi: Trace of Wheat Flour (Gluten), Egg**
- 6) **Sabzi -Khordan: Feta Cheese (Milk), Walnuts (Tree Nuts)**
- 7) **Torshi: Celery, Malt Vinegar, Barley (Trace of Gluten)**
- 8) **Hafez Salad: Feta Cheese (Milk), Walnuts (Tree Nuts)**
- 10) **Mast-o Khidar: Yogurt (Milk)**
- 11) **Mast-o Mousir: Yogurt (Milk)**
- 12) **Hummus: Tahini (Sesame), Chickpeas processed at source with Peanuts and Soybeans so may contain traces of Peanut or Soy**
- 14) **Ash-e-mash: Trace of Wheat Flour (Gluten), Lentils (Legumes), Mung Beans (Legumes)**
Persian Bread: Wheat Flour (Gluten) Sesame seeds
Freshly Cut Vegetable Crudités: Contains Celery

Main Courses

- 27) **Vegetarian Ghorm Sabzi: Trace of Wheat Flour (Gluten), Sun-dried Lime Sulphites (Sulphur Dioxide), Red Kidney Beans (Legumes)**
- 28) **Vegetarian Bademjan: Trace of Wheat Flour (Gluten)**
- 29) **Vegetarian Bamieh: Trace of Wheat Flour (Gluten)**
- 30) **Vegetarian Fesenjan: Walnuts (Tree Nuts)**
- 31) **Lamb Gheimeh: Sun-dried Lime Sulphites (Sulphur Dioxide), Yellow Split Peas (Legumes)**
- 32) **Lamb Gheimeh Bademjan: Sun-dried Lime Sulphites (Sulphur Dioxide), Yellow Split Peas (Legumes)**
- 33) **Lamb or Chicken Ghorm Sabzi: Trace of Wheat Flour (Gluten), Sun-dried Lime Sulphites (Sulphur Dioxide), Red Kidney Beans (Legumes)**
- 34) **Lamb or Chicken Bademjan: Trace of Wheat Flour (Gluten)**
- 35) **Lamb or Chicken Bamieh: Trace of Wheat Flour (Gluten)**
- 36) **Chicken Fesenjan: Walnuts (Tree Nuts)**
- 37) **Grilled Salmon: Fish**
- 38) **Pan-Fried Sea Bass: Fish, Wheat Flour (Gluten)**



Additional Side Dishes

Zereshk: Contains: **Almonds, Pistachios (Tree Nuts)**, Wild Barberries **Sulphites (Sulphur Dioxide)**

Persian Bread: **Wheat** Flour (**Gluten**) **Sesame seeds**

Kuku: **Wheat** Flour (**Gluten**), **Egg**

Speciality Rice Dishes

Saturday

Zereshk Polow: Contains: **Almonds, Pistachios (Tree Nuts)**, Wild Barberries **Sulphites (Sulphur Dioxide)**

Sunday

Baghali Polow: Broad Beans (**Legumes**)

Hafez Speciality Drinks

Doogh: Contains **Yogurt (Milk)**

Hafez Desserts

Pomegranate Ice Cream: **Double Cream (Milk), Milk**

Saffron Ice Cream: **Double Cream (Milk) Milk, Pistachios (Tree Nuts)**

Mackie's of Scotland White Ice Cream: **Double Cream (Milk), Milk**

Sholeh Zard: **Almonds, Pistachio** decoration (**Tree Nuts**)

Selection of Traditional Persian Sweets and Baklava: Contain: **Egg, Wheat** Flour (**Gluten**), **Yogurt (Milk), Pistachios, Almonds (Tree Nuts)**



fine persian cuisine since 1983

5 Hereford Road, London W2 4AB

Tel: **020 7221 3167** or **020 7229 9398**

Email: info@hafezrestaurant.co.uk Web: www.hafezrestaurant.co.uk