

Banu

Small Plates

Mezze Platter (v) - £9.00

Hummus, tzatziki and babaganoush served with roasted peppers and pitta bread

Mirza Ghasemi (v) - £6.00

Soft roasted aubergine in a tomato and garlic sauce and finished with fried egg

Chicken Olivieh - £7.00

oasted diced chicken in fresh olive oil mayonnaise with potatoes, gherkins and hard-boiled egg

Kashk-e Bademjan - £7.00

Baked, crushed aubergine, slow cooked with seasoned yogurt and sprinkled with crushed walnuts and sautéed chopped mint

Stuffed Portobello Mushrooms (v) - £8.50

Filled with pesto and tomato, topped with parmesan cheese

Kuku Sabzi (v) - £7.00

Persian baked frittata with egg, parsley, coriander and chives

Soup of the Day (v) - £6.00

Freshly made soup of the day with crusty bread roll

Mast-o Khiar (v) - £5.00

Yogurt with mint and cucumber

Hummus (v) - £5.00

A blend of chick peas, tahini. Olive oil and freshly squeezed lemon juice. Served with flat bread

Dolmeh - £6.50

(Stuffed Vine Leaves)

Stuffed vine leaves cooked in a sauce of pomegranate and aromatic herbs

Taftoun (v) - £2.00

Homemade organic white flour flatbread baked in our clay oven. Baked to order

Zeytoon (v) - £4.00

Olives in a walnut and pomegranate sauce

Salads

Salad Shirazi (v) - £5.00

Medley of diced tomato, cucumber and red onion, with fresh lemon juice and olive oil

Banu Joojeh Salad (v) - £12.00

Crispy cos lettuce, mixed salad leaves, cherry tomato, sweet pepper and avocado, with Cholo Joojeh and a light balsamic dressing

Terrace Salad (v) - £8.00/£14.00

Crispy lettuce with tomatoes, cucumber, sweet pepper, avocado and carrot shavings with a light balsamic dressing

Sabzi Khordan (v) - £5.50

Assorted fresh mixed herbs, spring onion, radish, walnuts and feta cheese

Mediterranean Salad (v) - £9.00/£15.00

Crisp fresh salad with artichokes, sundried tomatoes, beetroot, mozzarella with croutons and a light pesto dressing

Chicken Caesar Salad - £11.00/£18.00

Crisp salad with tender chicken breast, parmesan shavings and croutons, drizzled in a classic Caesar dressing

Banu

Taste of Persia

Traditional Persian dishes, slow-cooked so the hand-picked spices and flavours immerse together to subtly intensify the aromatic taste. All dishes are served with either saffron rice or chips, flatbread and side salad

Ghormeh Sabzi - £13.00

Lamb Stew with a blend of mixed Persian herbs, kidney beans, sun dried lime and served with saffron rice

Gheimh Bademjan - £14.00

Lamb stew with split peas, sun dried lime, tomato, baby aubergine

Zereshk Polo - £15.00

Sweet and sour rice dish, served with chicken cooked in a tomato and saffron sauce, topped with wild barberries, crushed pistachios and almonds

Baghali Polo - £18.00

Succulent lamb shank cooked in a tomato based sauce, served with dill and broad bean rice

Fesenjan (v) - £11.00

Grilled aubergine, cooked in a rich, sweet and sour puree sauce of pomegranate and ground walnuts. Served with saffron rice and torshi (pickles)

Bamieh (v) - £10.00

Stewed okra with tomato, saffron, diced red peppers and served with saffron rice

Grills

Banu's grills are cooked traditionally over hot charcoal and suspended on flat skewers that ensure the food is heated evenly, locking in the succulent, tender flavours.

All dishes are served with either saffron rice or chips, flatbread and side salad

Cholo Joojeh - £15.00

Tender pieces of boneless breast of chicken, marinated in garlic saffron and fresh lime

Cholo Barg - £17.00

Tender, marinated fillet of lamb in olive oil and onion

Cholo Kubideh - £16.00

Skewered, freshly seasoned, hand ground shoulder of lamb

Cholo Makhsoos - £19.00

One skewer of thinly sliced, tender lamb fillet and one skewer of finely seasoned hand ground shoulder of lamb

Banu Grill - £29.00 - (for 2 people)

Selection of minced lamb skewers, tender best of end of lamb and marinated breast of chicken skewers

Grilled Salmon - £14.00

Seasoned with olive oil, saffron, ginger, garlic and lime



Colonnade Classics

Club Sandwich - £15.00

Served with grilled chicken and bacon, lettuce, tomato and finished with a fried egg on either brown or white bread or toast.

Served with fries and salad

Ribeye Steak - £20.00

7oz grilled to your liking, served with fresh crisp salad and French fries

Traditional Fish & Chips - £13.00

Beer-battered cod and chips, served with either mushy peas or baked beans and tartar sauce

Banu Burger - £15.00

Beef burger with lettuce, tomato and onion in a toasted bun, served with fries and side salad

Add Swiss cheese for £1.00

Add smoked bacon for £1.00

Mushroom Risotto (v) - £14.00

Wild mushroom Arborio risotto and parmesan shavings

Sides

Chips - £4.00

Seasonal Vegetables - £4.00

Mixed Salad - £3.00

Saffron Rice - £4.00

Sautéed Spinach - £3.00

Dessert

Chocolate Fondant - £6.00

Treat yourself to a meltingly good gooey-on-the-inside pudding, served with a scoop of vanilla ice cream

Lemon Posset - £6.00

Deliciously decadent, served with fresh strawberries, served with ice cream or cream

Apple Crumble - £6.00

Traditional is best, served with custard

Fresh Fruit Salad - £5.00

Selection of apples, melon, pineapple and grapes

Baked Vanilla Cheesecake - £6.00

A show stopping end to any dinner, served with fruit compote

Cheese and Biscuits - £8.00

Selections of cheeses, served with crackers, chutney and grapes

Ice Cream - £5.00

Choose from: Vanilla, Strawberry or Chocolate

All prices include VAT at 20%

Service is charged at 12.5%

(v) - Vegetarian