

### *About us*

*We introduced Afghan Cuisine in America for the first time in May, 8, 1989 we were among The first ones to bring the wonderful and delicious taste of the 5000- year Historical World flavor in today's lifestyle.*

*Bamiyan has always received the highest awards, won the reader's poll and was awarded the best Eastern Cuisine.*

*Rated # 1 of the top 10 restaurants in 2009 by The Sacramento Bee!  
Best of Dining Award Sacramento Magazine, 2010!*

### **To The Health Conscious**

Afghan Cuisine at Bamiyan Restaurant is a collection of authentic traditional recipes and a blend of exotic tastes. Afghanistan is a Land - locked country and cooks rely on fresh meats, fresh water fish, fresh and dry fruits, vegetables, dried peas, beans, yogurt, noodles, rice, and a distinctive palette of seasonings. Rice plays a very important part in Afghan cooking. Afghans are very particular about the grain of rice they choose, We use the same cooking method and techniques used in Afghanistan for centuries. Afghans do not use butter or heavy creams in their cooking. Vegetable oil, corn and olive oils are used for cooking. In almost all the recipes in Afghan cooking, a small amount of herbs, spices and seasonings are used to flavor the dish and add a sensational taste, not too overwhelming .That makes Afghan cooking very interesting and enjoyable for everyone. The Afghan Cuisine at Bamiyan Restaurant is very satisfying and Healthy for the entire family.

**BAMIYAN AFGHAN RESTAURANT RATED \*\*\*\*\* RESTAURANT**

[www.afghancuisine.com](http://www.afghancuisine.com)

## APPETIZERS

- ❖ **SAMOSAS**  
Fried crispy, thin dough filled with spiced eastern peas, potatoes and vegetables, served with homemade cilantro chutney sauce.....5.95
- ❖ **PAKAWRA**  
Slices of potatoes battered, fried crispy served with cilantro chutney sauce.....4.95
- ❖ **PATAK**  
Fried, thin dough with vegetable filling, served with cilantro chutney sauce.....5.95
- ❖ **BOLANI**  
Grilled crispy flat, thin dough filled with seasoned potatoes and vegetables, served with special house yogurt sauce.....6.95
- ❖ **APPETIZER PLATTER**  
Sampler dish includes Samosas, Pakawra, Patak and Bolani.....7.95 per person
- ❖ **BONJAN**  
Very tender and delicious eggplant topped with peas and special sauce.....6.95
- BEEF SHAMMI KEBAB**  
Very lean ground beef mixed with spices and seasonings, charbroiled.....8.50
- CHICKEN SHAMMI KEBAB**  
Ground chicken breast meat, charbroiled on the grill golden and juicy.....8.50
- ❖ **ASHAK**  
Ashak is a very traditional and very popular Afghan dish. Boiled dumplings filled with scallions and spinach, topped with mildly spiced sautéed ground beef, yellow peas and delicious homemade yogurt, garlic and mint sauce.  
(CAN BE MADE VEGETARIAN ).....8.95
- ❖ **MANTOO**  
Steamed dumplings filled with mildly spiced beef and onion, topped with yellow split peas and our special homemade yogurt, garlic and mint sauce.  
(CAN BE MADE VEGETARIAN ).....8.95
- ❖ **LEMON SALAD**  
House salad, with our own tangy spiced lemon dressing, no oil is added, topped with chilled sliced beets.....6.95
- ❖ **YOGURT SALAD**  
Deliciously prepared house salad with our homemade seasoned yogurt.....7.95
- ❖ **POMEGRANATE SALAD**  
House salad made with special pomegranate sauce, olive oil and seasonings.....8.95
- ❖ **AFGHAN NOODLE SOUP**  
A rich broth with noodles, beef and fresh vegetables, flavored with Afghan seasonings. (Add our Krot, a thick yogurt topping 1.00 ).....5.95
- ❖ **PEA SOUP**  
A very traditional Afghan yellow lentil soup, prepared in a tomato-based broth seasoned with coriander, cayenne pepper and garlic.....5.95
- ❖ **Denotes dishes which are or can be prepared as vegetarian.**

ALL MAIN ENTREES ON THIS PAGE ARE SERVED WITH A SIDE OF SPINACH RICE OR BROWN RICE AND A CHOICE OF ONE HOT VEGETABLE: EGGPLANT, PUMPKIN PUREE, SAUTEED SPINACH, SQUASH, OKRA, OR POTATOES. AFGHAN BREAD IS SERVED WITH ALL ENTREES.

## MEAT SHISH KEBABS

### BEEF SHAMMI KEBAB

Extra lean ground beef seasoned with a variety of spices then grilled on a skewer to perfection.....14.95

### SAUSAG KEBAB

Beef sausage charbroiled grilled on the skewer.....13.95

### CHICKEN SHAMMI KEBAB

Ground chicken breast meat mixed with onions and seasonings charbroiled golden and juicy grilled on the skewer.....15.95

### CHICKEN SHISH KEBAB

Skinless and boneless cubes of chicken breasts marinated and charbroiled golden and moist on the skewer.....16.95

### LEG OF LAMB SHISH KEBAB

Home style cubes, marinated with special seasonings, charbroiled on the grill very tender and juicy.....20.95

### BEEF TENDERLOIN SHISH KEBAB

Cut into cubes, then marinated and charbroiled on the grill on the skewer, very tender and juicy.....28.95

### LAMB LOIN CHOPS

Very delicate and tender, marinated and charbroiled on the grill.....24.95

### COMBINATION SHISH KEBAB

Leg of Lamb Shish Kebab, Chicken Breast and Beef Shammi Kebab.....25.95

## SEAFOOD

### KEBAB MAHIE

Salmon Marinated and char broiled on the grill on skewer, moist and cooked to Perfection.....19.95

### SHRIMP KEBAB

Large shrimp with lemon and seasonings char-broiled on the skewer, moist and delicious.....20.95

### SWORD FISH KEBAB

Marinated with lemon cracked pepper and special seasonings char-broiled on the grill.....21.95

### MAHIE BIRYAN

Taste of Kabul, seasoned trout fried golden crispy.....17.95

ALL OF THE ABOVE ENTREES CAN BE SERVED WITH KABELI PALOW RICE...2.95 EXTRA  
YOU MAY SUBSTITUTE YOUR RICE TO A SECOND VEGETABLE.....2.95 EXTRA

## **SULTAN'S (KING'S ) DINNER FOR THE RICE LOVER**

### ❖ **KABELI PALOW**

Special rice topped with seasoned almonds, raisins, carrots, flavored with cardamom served with Eggplant or pumpkin puree and sautéed lamb or char-broiled chicken.  
( Can be served as a vegetarian dish with eggplant and pumpkin puree ).....18.95

### **SAUTEED FISH WITH SAUCE**

Sautéed catfish cooked with onions, garlic, coriander seed, black pepper and tomatoes, served with spinach rice and eggplant.....17.95

### **KOFTA DINNER**

Delicious Afghani meatballs cooked with sauce and seasonings. Served with brown rice and choice of sautéed spinach ( Sabzi ) or potatoes ( Korma Kachalo ).....15.95

### **MORG CHALOW**

Sautéed chicken prepared with chopped onions, garlic, tomatoes, and special seasonings, served with spinach rice and eggplant ( Brony Banjan ).....15.95

### ❖ **AFGHANI PASTA**

Specially prepared pasta with fresh vegetables, seasonings and delicious house sauce.....13.95

### ❖ **MANTOO**

Steamed dumplings filled with mildly spiced beef and onions, topped with yellow split peas and our special homemade yogurt, garlic and mint sauce. Served with your choice of sautéed spinach or pumpkin puree. ( CAN BE MADE VEGETARIAN ).....16.95

### ❖ **ASHAK**

Boiled dumplings filled with scallions and spinach, topped with mildly spiced beef, yellow peas and a delicious homemade yogurt, garlic and mint sauce. Served with eggplant ( Brony Bonjan ) or pumpkin puree ( Halwaiy Kadu )  
( CAN BE MADE VEGETARIAN ) .....16.95

### ❖ **VEGETARIAN DINNER**

Served with brown rice, okra (Bamia), sweet and spicy pumpkin puree, (Halwaiy Kadu) and eggplant (Brony Bonjan).....15.95

### ❖ **VEGETARIAN PLATTER**

Served with sautéed spinach (Sabzi), potato (Korma Kachalo), sweet and spicy pumpkin puree (Halwaiy Kadu) and eggplant (Brony Bonjan) .....14.95

### ❖ **VEGETARIAN DELIGHT**

Served with spinach rice, squash (Tryee), eggplant (Brony Bonjan) and sautéed Mushrooms (Samarog).....16.95

❖ **Denotes dishes which are or can be prepared as vegetarian.**

❖ **KID'S DINNER**

Same as adult dinner but child's portion

Chicken Shish Kebab, Beef Shammi or Chicken Shammi.....9.95

Afghani Pasta, Ashak or Meatball.....8.95

**AFGHAN HOUSE DINNER TREAT**

Authentic, traditional Afghan feast prepared and served as if you are invited to an Afghan house. This complete dinner includes appetizers, a great variety of shish kebabs, rice dishes, vegetables, dumplings and hot drinks with desserts.

Minimum of 4 people please.....38.95 per person

❖ **VEGETARIAN FEAST**

An authentic, vegetarian feast great variety of dishes, includes appetizers and dinner.

Served with hot drinks and desserts. Minimum of 4 people please.....33.95 per person

**SIDE ORDERS**

**You may order any of the dishes below as an  
Appetizer, or make your own dinner**

- ❖ **PUMPKIN PUREE** deliciously prepared, sweet and spicy (Halwaiy Kadu).....5.95
- ❖ **EGGPLANT (Brony Bonjan)** .....6.95
- ❖ **SAUTEED SPINACH (Sabzi)**.....5.95
- ❖ **POTATOES (Korma Kachalo)**.....4.95
- ❖ **SAUTEED MUSHROOMS (Samarog)**.....7.95
- ❖ **SAUTEED SQUASH (Tryee)**.....5.95
- ❖ **OKRA (Bamia)** .....5.95

- ❖ **KABELI PALOW** Special rice topped with seasoned almonds, raisins, carrots and flavored with cardamom.....8.95

- ❖ **SPINACH RICE** White long grain rice boiled then drained of water, seasoned with cumin seed, cloves, spinach leaves and then baked.....5.95

- ❖ **BROWN RICE** Long grain rice boiled then drained of water, seasoned then baked.....5.95

**SAUTEED LAMB IN SAUCE** Deliciously prepared with chopped onions, garlic, tomato sauce and special seasonings.....11.95

**SAUTEED CHICKEN** Cooked with special seasonings, spices and sauce.....10.95

**MEATBALLS** Delicious Afghan meatballs with sauce.....9.95

Bowl of thick and tasty homemade yogurt.....4.95

Bowl of homemade yogurt with chopped cucumber and mint leaves.....5.95

- ❖ **Denotes dishes which are or can be prepared as vegetarian.**

## COLD DRINKS

SOFT DRINKS, ICED TEA, LEMONADE AND Milk.....	2.50
JUICES, ORANGE, CRANBERRY, APPLE OR MIX JUICES.....	2.95
MINERAL WATER, CLUB SODA, OR TONIC.....	3.50
POMEGRANATE JUICE.....	4.50

### DAUGH ( Yogurt Beverage )

This drink is perfectly refreshing, especially in the hot summer. Delicious homemade yogurt, Chopped cucumber, mint leaves and dash of salt.....

### AFGHAN TEA ON ICE ( Kaimak Chaiky Sard )

A sweet and tasty drink with cardamom flavor regular or decaffeinated.....

## HOT DRINKS

BLACK TEA, DECAFFEINATED EVENING TEA, HERBAL TEA OR COFFEE.....

### GREEN TE

Mildly sweet and flavored with cardamom.....

### AFGHAN TEA ( Kaimak Chaiky )

A sweet and tasty hot drink made with milk and flavored with cardamom, regular or

Decaffeinated. ( preferred as a relaxation for the cardamom lovers ).....

TURKISH COFFEE Sweet, flavored with cardamom regular or decaffeinated.....

## DESSERTS

### FERNEE

Special light Afghan pudding made with milk, cardamom and pistachios.....

CHOCOLATE CAKE Rich chocolate for the chocolate lovers.....

BAKLAVA House baked fresh baklava light sweet, very tasty flavored with rose water.....

### ICE CREAM AFGHANI STYLE

Vanilla ice cream, flavored with rose water topped with dates, figs and pistachios.....

### HOMEMADE RICE PUDDING

An Afghan traditional rice pudding dessert made with rice, milk, flavored with cardamom,

Rose water and topped with sliced almonds and pistachios.....

### HOUSE DESSERT

Caramelized apple with honey sauce and rose water, served with house fruit sauce made with

Raspberry, blueberry and strawberry.....

### SHARPARA

Traditional Afghan sweet made with milk, cardamom, walnuts and pistachios.....

### SWEET ALMONDS

Roasted and sugar coded almonds flavored with rose water.....

## APPETIZERS

- ❖ **SAMOSAS** Fried crispy, thin dough filled with eastern peas, potatoes and vegetables.....4.95
- ❖ **PAKAWRA** Slices of potatoes battered, fried crispy served with cilantro chutney sauce.....3.95
- ❖ **PATAK** Fried, thin dough with vegetable filling, served with cilantro chutney sauce.....4.95
- ❖ **BOLANI** Grilled crispy flat, thin dough filled with seasoned potatoes and vegetables.....5.95
- ❖ **BONJAN** very tender and delicious eggplant topped with peas and special sauce.....5.95
  
- ❖ **LEMON SALAD** With our own tangy spiced lemon dressing topped with sliced beets.....6.50
- ❖ **YOGURT SALAD** Deliciously prepared house salad with our homemade seasoned yogurt.....7.50
- ❖ **POMEGRANATE SALAD** Made with special pomegranate sauce, olive oil and seasonings....8.50
  
- ❖ **AFGHAN NOODLE SOUP** Rich broth with noodles, vegetables (can be made vegetarian).....5.50
- ❖ **PEA SOUP** A traditional Afghan yellow lentil soup.....5.50

## LUNCH SPECIALS

- ❖ **AFGHAN PASTA** Prepared with fresh vegetables, seasonings and delicious sauce.....8.95
- ❖ **VEGETARIAN PLATTER** Served with sautéed spinach, pumpkin, potatoes and eggplant.....9.95
- ❖ **VEGETARIAN LUNCH** Served with brown rice, okra, pumpkin and eggplant.....10.95
  
- ❖ **ASHAK** Boiled dumplings filled with scallions and spinach, topped with spiced beef, yellow peas and a delicious house made yogurt, garlic and mint sauce. Served with choice of sautéed spinach or pumpkin puree. ( CAN BE MADE VEGETARIAN ).....11.95
- ❖ **MANTOO** Steamed dumplings filled with mildly spiced beef and onions, topped with yellow split peas and our special house yogurt, garlic and mint sauce. Served with sautéed spinach or pumpkin puree. ( CAN BE MADE VEGETARIAN ).....11.95
  
- KOFTA** Delicious Afghani meatballs cooked with sauce and seasonings. Served with brown rice and choice of sautéed spinach or potatoes.....10.95
- MORG CHALOW** Sautéed chicken prepared with chopped onions, garlic, tomatoes, special seasonings. Served with spinach rice and eggplant.....10.95
- SAUTEED FISH WITH SAUCE** Sautéed cat fish cooked with onions, garlic, coriander seed, black pepper and tomatoes. Served with spinach rice and eggplant.....12.95

### SULTAN'S (KING'S) LUNCH FOR THE RICE LOVER

- ❖ **KABELI PALOW** Special rice topped with seasoned almonds, raisins, carrots, flavored with cardamom served with eggplant or pumpkin puree and sautéed lamb or charbroiled chicken. ( can be served as a vegetarian dish with eggplant and pumpkin puree ).....14.95
  
- ❖ **AFGHAN HOUSE LUNCH TREAT** Authentic, traditional Afghan sampler dishes includes Appetizers, rice dishes, vegetable dishes and meat dishes ( CAN BE SERVED AS VEGETARIAN ) Minimum of 4 people please.....14.95 per person

- ❖ Denotes dishes which are or can be prepared as vegetarian.

**ALL THE FLOWING LUNCHES ARE SERVED WITH SIDE OF SPINACH RICE OR BROWN RICE AND A CHOICE OF ONE HOT VEGETABLE, EGGPLANT, PUMPKIN PUREE, SAUTEED SPINACH, SQUASH, OKRA, OR POTATOES. AFGHAN BREAD IS SERVED WITH ALL LUNCHES.**

<b>SAUSAGE KEBAB</b> Beef sausage charbroiled on the grill on the skewer.....	9.95
<b>BEEF SHAMMI KEBAB</b> Extra lean ground beef seasoned with a variety of spices, then grilled on a skewer to perfection.....	10.95
<b>CHICKEN SHAMMI KEBAB</b> Ground chicken breast meat mixed with onions and seasonings charbroiled golden and moist on the skewer.....	11.95
<b>CHICKEN SHISH KEBAB</b> Skinless and boneless cubes of chicken breasts marinated and charbroiled on the grill very tender and juicy.....	12.95
<b>LEG OF LAMB SHISH KEBAB</b> Home-style cubes, marinated with special seasonings, Charbroiled on the grill very tender and juicy.....	15.95
<b>MAHIE BIRYAN</b> Taste of Kabul seasoned trout fried golden crispy the traditional way.....	12.95

**ALL OF THE ABOVE ENTREES CAN BE SERVED WITH KABELI PALOW RICE.....1.95 EXTRA  
YOU MAY SUBSTITUTE YOUR RICE TO A SECOND VEGETABLE.....1.95 EXTRA**

## **SIDE ORDERS**

**YOU MAY ORDER ANY OF THE DISHES BELOW  
AS AN SIDE DISH OR MAKE YOUR OWN LUNCH**

❖ <b>PUMPKIN PUREE</b> deliciously prepared, sweet and spicy ( Halwaiy Kadu ).....	5.95
❖ <b>EGGPLANT</b> ( Brony Bonjan ).....	6.95
❖ <b>SAUTEED SPINACH</b> ( Sabzi ).....	5.95
❖ <b>POTATOES</b> ( Korma Kachalo ).....	4.95
❖ <b>SAUTEED MUSHROOMS</b> ( Samarog ).....	7.95
❖ <b>SAUTEED SQUASH</b> ( Tryee ).....	5.95
❖ <b>OKRA</b> ( Bamia ).....	5.95
❖	
❖ <b>SPINACH RICE</b> White long grain rice boiled then drained of water, seasoned then backed.....	5.95
❖ <b>BROWN RICE</b> Long grain rice boiled then drained of water, seasoned then backed.....	5.95
❖ <b>KABELI PALOW</b> Special rice topped with seasoned almonds, raisins, carrots and flavored with cardamom.....	8.95
❖ <b>BOWL OF THICK AND TASTY HOMEMADE YOGURT</b> .....	4.95
❖ <b>BOWL OF HOMEMADE YOGURT WITH CHOPPED CUCUMBERS AND MINT LEAVES</b> .....	5.95

❖ Denotes dishes which are or can be prepared as vegetarian.

