



Darband Restaurant

Authentic Persian Cuisine

*1450 Kettner Blvd San
Diego, CA 92101 (Little
Italy)*

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www.5thvenuegrill.com

11 Am to 1 Am

7 Days a week

*We Deliver
Catering Available*

APPETIZER



1. **MAUST O KHIAR** Small \$5 Large \$10
Mixture of plain yogurt and chopped cucumber, flavored with mint.
2. **MAUST O MOOSIER** Small \$5 Large \$10
Delicious plain yogurt flavored with chopped shallots.
3. **MAUST SADEH** 10
Thick plain, homemade yogurt.
4. **SHIRAZI** Small \$5 Large \$10
A combination of fresh chopped cucumbers, tomato, onions, parsley and our delicious house dressing (olive oil and fresh lemon juice)
5. **KASHK E BADEMJAN**(Persian egg plant dio) 12
Sautéed cooked baby eggplant, mixed with yogurt, flavored with sautéed onion, garlic and mint
6. **MIRZA GHASSEMI** 12
A chamed baby eggplant blindes with eggs, garlic and tomato.
7. **DOLMEH** (With Cabbage) 12
Cooked cabbage, stuffed with rice tarragon, onion, basil, parsley and fresh herbs.
8. **DOLMEH** (with grape leave) 12
Cooked grape leaves, stuffed with rice tarragon, onion, basil, parsley and fresh herbs.
9. **HUMMUS** 10
Blend of garbanzo beans, sesame tahinni, garlic, fresh lemon juice and our special seasoning, served with bread.
10. **TORSHI** 8
Traditionally mixed and aged pickles, carrots, cauliflower, eggplant and herbs In grape vinegar.

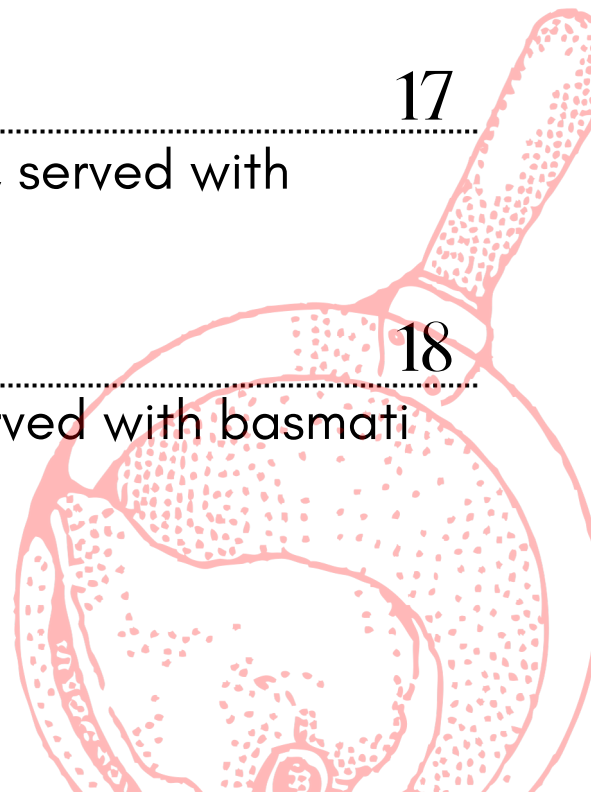


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11. **ZEYTOON PARVARDEH** 14
Mixture of olives, walnuts, mint, cilantro, garlic, pomegranate molasses and olive oil.
12. **SALAD OLIVIEH** 14
Diced chicken breast, egg, potato, peas and pickles, mixed with olive oil and mayonnaise.
13. **TAH DEEG** 14
Crunchy rice, topped with the Stew of the Day
(Add extra topping \$5)
14. **KOTLET** (persian meat patties) 14
A mixture of ground beef, potatoes, spices and herbs, pan fired to perfection.
15. **KOOKOO SABZI** (Persian herb frittata) 16
A combination of chopped, fragrant herbs, such as coriander, garlic, leeks, chives, parsley, dill and spinach with barberries and crushed walnuts and eggs.
16. **FALAFEL PLATE** 16
A combination of garbanzo beans with mediterranean spices mixed and deep fried to golden perfection, served with tahini dip and Garlic sauce.
17. **BUTTER FLY CRUNCHY SHRIMP** 16
Hand breaded jumbo Shrimp with clear tail.
18. **SHRIMP COCKTAIL** (Persian Style) 16
19. **FRENCH FRIES** 8
20. **SWEET POTATO FRIES** 8
21. **ONION RINGS** 8

LUNCH SPECIALS



22. **KOOBIDEH KABOB** 15
One skewer of ground sirloin, served with basmati rice and garden salad.
23. **CHICKEN KABOB** 16
One skewer of juicy charbroiled boneless chicken, served with basmati rice and garden salad.
24. **CORNISH HEN KABOB** 16
Delicious marinated chunks of Cornish game hen, skewered and charbroiled, served with basmati rice and garden salad.
25. **SHISH KABOB** 17
One skewer of juicy chunks of filet mignon, served with basmati rice and garden salad.
26. **SALMON KABOB** 17
One skewer of juicy salmon kabob, served with basmati rice and garden salad.
27. **MAHI MAHI KABOB** 18
One skewer of juicy mahi mahi, served with basmati rice and garden salad.



BEEF



28. KOOBIDEH KABOB

18

Two skewers of seasoned lean ground fillet charbroiled, served with fluffy basmati rice and charbroiled tomato.

29. SHISH KABOB

24

Charbroiled juicy chunks of marinated tenderloin, served with fluffy basmati rice and charbroiled tomato, onion and bell pepper.

30. BARG

26

Finest cut of beef tenderloin marinated in our delicious sauce, charbroiled to perfection, served with basmati rice and charbroiled tomato.

31. CHENJEH (signature plate)

27

The most delicious and juicy chunks of tenderloin, skewered and charbroiled, served with basmati rice and charbroiled tomato.

32. NADERI KABOB (Recommended)

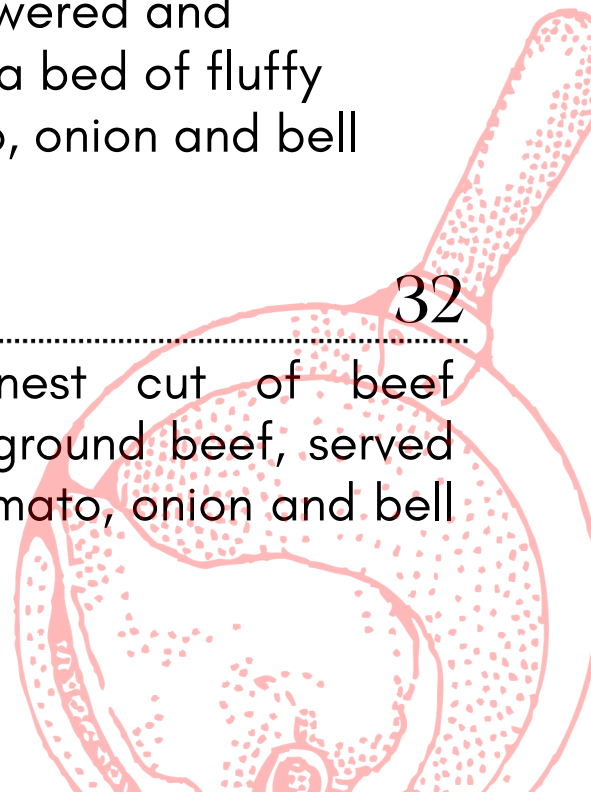
30

Marinated chunk of filet mignon, skewered and charbroiled to perfection, served on a bed of fluffy basmati rice with charbroiled tomato, onion and bell pepper.

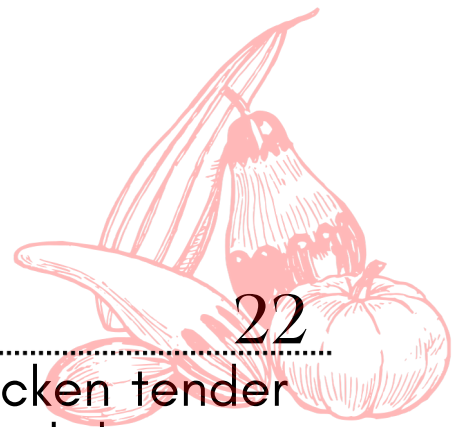
33. SOLTANI

32

A combination of charbroiled finest cut of beef tenderloin and a strip of seasoned ground beef, served with basmati rice and charbroiled tomato, onion and bell pepper.



CHICKEN



34. BONELESS CHICKEN KABOB 22

Juicy chunks of charbroiled boneless chicken tender marinated in our special sauce served with basmati rice & charbroiled tomato.

35. CHICKEN SHISH KABOB 24

Marinated juicy chunks of boneless tender with charbroiled onion, bell pepper, served with basmati rice & charbroiled tomato.

36. CHICKEN SCHNITZEL 24

A pounded and marinated chicken breast coated with bread crumbs, served with basmati rice & French fries.

37. CORNISH HEN KABOB 25

Delicious marinated chunks of cornish game hen, skewered and charbroiled, served with basmati rice & charbroiled tomato.

38. CHICKEN BARG 27

Thick strips of juicy marinated charbroiled chicken breast, served with basmati rice & charbroiled tomato.

39. CHICKEN SOLTANI 32

Combination of one strip of seasoned ground beef sirloin and thick strips of juicy marinated chicken breast, served with basmati rice & charbroiled tomato, onion and bell pepper.



LAMB



40. BAGHALI POLO-LAMB

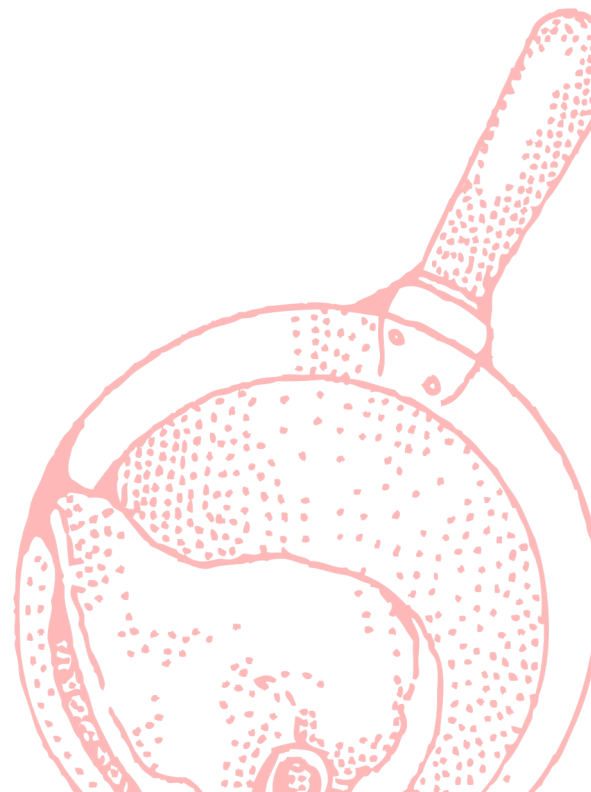
25

A whole baby spring lamb shank simmered in our homemade sauce served with basmati rice, mixed with dill and baby Lima beans.

41. SHISHLIK LAMB RACK KABOB

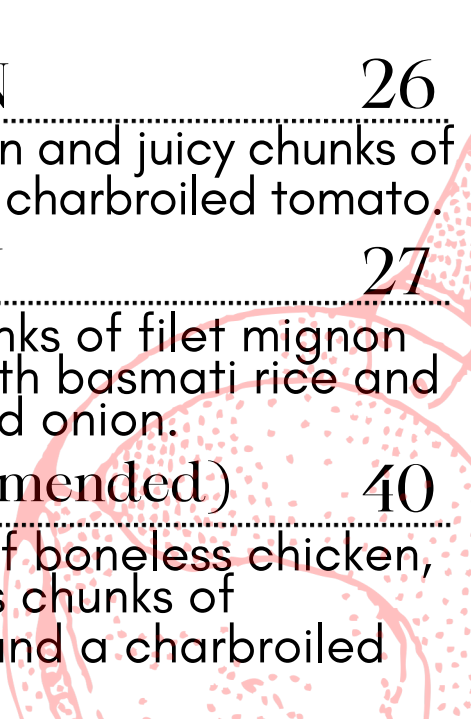
29

One skewer of juicy baby lamb rack kabob served with basmati rice & charbroiled tomato.



COMBINATION PLATTER



42. **CHICKEN AND KOOBIDEH** 23
A combination of one skewered, juicy chunks of boneless chicken and one strip of seasoned ground sirloin, served with basmati rice and a charbroiled tomato.
43. **CHICKEN AND SHISH KABOB** 25
A combination of two skewers of boneless chicken tender and juicy chunks of filet mignon, served with basmati rice and a charbroiled tomato.
44. **SHISH KABOB AND KOOBIDEH** 25
A combination of one skewer of juicy chunks of filet mignon and ground sirloin, served with basmati rice and charbroiled tomato.
45. **CORNISH HEN AND KOOBIDEH** 26
A combination of skewer of Cornish hen and one strip of seasoned ground sirloin, served with basmati rice and a charbroiled tomato.
46. **SHISH KABOB AND CORNISH HEN** 26
A combination of skewer of Cornish hen and juicy chunk of filet mignon served with basmati rice and a charbroiled tomato.
47. **CHICKEN AND SALMON** 26
A combination of skewer of boneless chicken tender and juicy chunks of salmon served with basmati rice and a charbroiled tomato.
48. **CORNISH HEN AND SALMON** 26
A combination of skewer of Cornish hen and juicy chunks of salmon served with basmati rice and a charbroiled tomato.
49. **SHISH KABOB AND SALMON** 27
A combination of skewer of juicy chunks of filet mignon and a juicy chunk of salmon served with basmati rice and a charbroiled tomato, Bell pepper and onion.
50. **DARBAND SPECIAL (Recommended)** 40
A combination of three juicy skewers of boneless chicken, seasoned ground sirloin and delicious chunks of tenderloin, served with basmati rice and a charbroiled tomato, Bell pepper and onion.
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SEA FOOD

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51. **SHRIMP COCKTAIL** 16
Persian Style.
52. **BUTTER FLY CRUNCHY SHRIMP** 16
Hand breaded jumbo Shrimp with clear tail.
53. **CRISPY FRIED FISH AND CHIPS** 18
Hand breaded Alaska pollock served your choise of french fries.
54. **MAHI MAHI KABOB** 26
Marinated filet of mahi mahi skewered and charbroiled to perfection served with skewer of vegetables and fuffly basmati rice.
55. **SALMON KABOB** 26
Marinated filet of salmon skwered and charbroiled to perfection served with skewer of vegetables and fluffy basmati rice.
56. **JUMBO SHRIMP KABOB** 26
Jumbo marinated shrimp skewered and charbroiled to perfection and served with skewered vegetables and fuffly basmati rice.
57. **FRESH RAINBOW TROUT**
(OVEN BAKED OR PANFRIED) 26
Marinated fresh rainbow trout baked to perfection served with herb rice.
58. **GRILLED SALMON** (Pan Fried) 26
Marinated filet of salmon, seasoned to perfection and served with herb basmati rice.
59. **GRILLED TILAPIA** (Pan Fried) 26
Marinated filet of tilapia fish seasoned to perfection and served with herb basmati rice.
60. **GRILLED SEA BASS** (Pan Fried) 28
Marinate of filet of Sea Bass, seasoned and baked to perfection served with basmati rice.

PIZZA

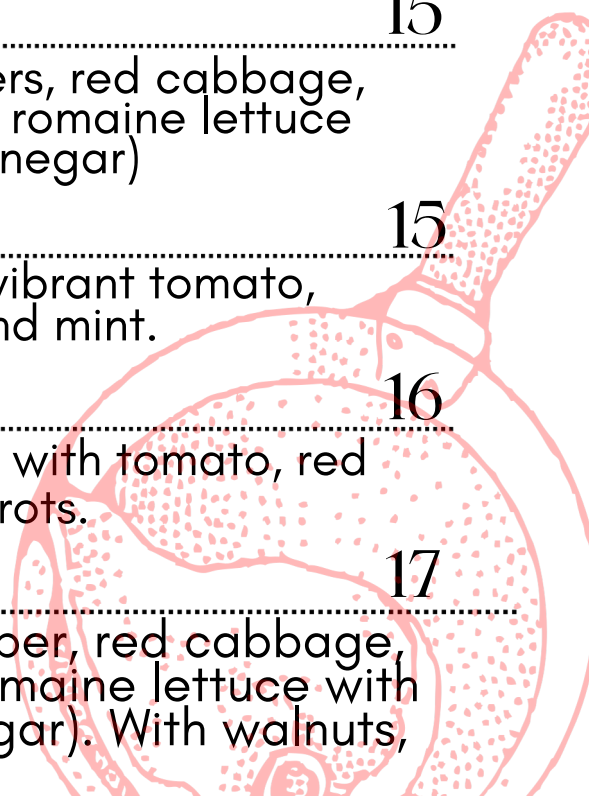
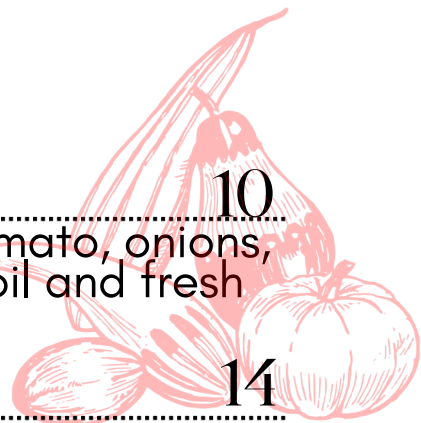


61. MUSHROOM AND SAUSAGE 23
62. VEGETARIAN
(Mushroom,bell pepper,olive,onion) 25
63. MARGARITA
(tomato,basil,garlic,mozzarella) 23
64. BLACK OLIVE AND MUSHROOM 23
65. BEEF KABOB AND MUSHROOM
(Ground beef kabob and works) 25
66. GHORMEH SABZI
(The most unique persian stew) 25
67. EGG PLANT (Persian style) 25
68. SPINACH PIZZA
(Mozzarella,Spinach,ricotta and mushroom) 25
69. SMOKED TURKEY AND MUSHROOM 25



SALADS

70. **SHIRAZI** 10
A combination of fresh chopped cucumbers, tomato, onions, parsley and our delicious house dressing (olive oil and fresh lemon juice)
71. **TABOULI** 14
Mixture of chopped parsley, tomato, green onion, mint, lemon juice, buglar, red onion and extravirgin olive oil.
72. **GARDEN SALAD** 14
Fresh lettuce, tomato, cucumber, green pepper and red cabbage, with your choice of dressing.
73. **SABZINEH** 14
Combination of fresh herbs, tomato, cucumber, olives, carrots, raisins, walnuts and fete cheese, served with bread.
74. **CAESAR SALAD** 15
Garden fresh romaine lettuce, garlic croutons, tomato, Caesar dressing. topped with Parmesan cheese.
75. **ARUGULA SALAD** 15
Tasty blend if peppery baby arugula, sharp Parmesan cheese, dried cranberries and nutty almonds.
76. **KALE SALAD** 15
Made with fresh hearty kale, Parmesan cheese, toasted almonds, dried cranberries with extra virgin olive oil and fresh lemon juice.
77. **GREEK SALAD** 15
Feta cheese, kalamata olives, cucumbers, red cabbage, green pepper, and tomato on a bed of romaine lettuce with our house dressing (olive oil and vinegar)
78. **AVOCADO SALAD** 15
Made with rich and creamy avocados, vibrant tomato, Persian cucumbers, bright red onions and mint.
79. **TUNA SALAD** 16
A scoop of tuna with baby field greens, with tomato, red onion, black olives, bell pepper and carrots.
80. **DARBAND SALAD** 17
Feta cheese, kalamata olives, cucumber, red cabbage, green pepper, tomato on a bed of romaine lettuce with our house dressing (olive oil and vinegar). With walnuts, raisins and dates.



VEGETARIAN



81. TABOULI

14

Mixture of chopped parsley, tomato, green onion, mint, lemon juice, buglar, red onion and extravirgin olive oil.

82. VEGGIE SKEWER WITH RICE

13

83. VEGGIE WRAP (With saffron rice) 14

Skewer of grilled tomato, bell pepper, and onion with lettuce sprouts, saffron rice and our delicious sauce wrapped in lavish bread.

84. KOOKOO SABZI (Persian herb frittata) 16

A combination of chopped, fragrant herbs, such as coriander, garlic, leeks, chives, parsley, dill and spinach with barberries and crushed walnuts and eggs

85. FALAFEL PLATE 16

A combination of garbanzo beans with mediterranean spices mixed and deep fried to golden perfection, served with tahini dip and Garlic souce.

86. VEGETARIAN PLATE 18

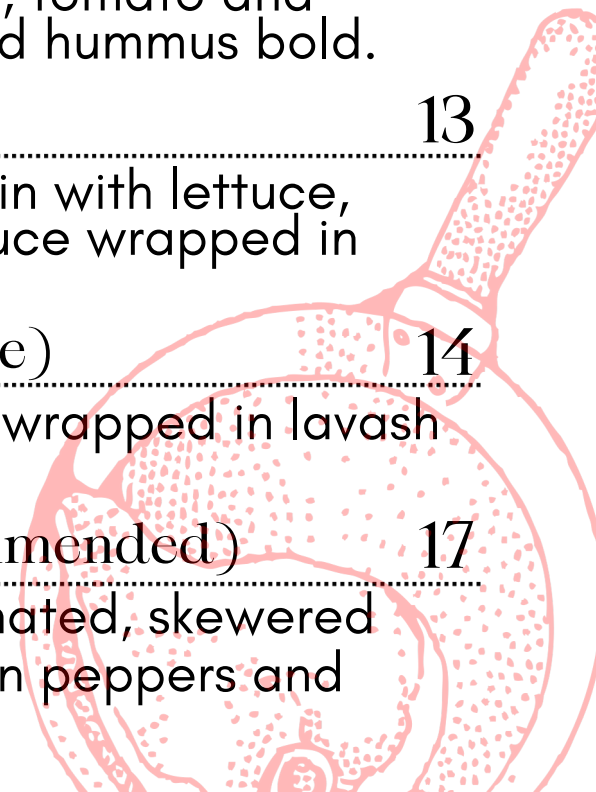
A combination of dolmeh, hummus, skewer of tomato, bell pepper and onion, and a garden salad served with basmati rice.



GOURMET SANDWICHES AND WRAPS



87. **CHICKEN KABOB** 13
Charbroiled chunks of marinated boneless chicken with lettuce, tomato, onions and special sauce, wrapped in lavash bread.
88. **CHICKEN WRAP (With saffron rice)** 14
The same as above with saffron rice wrapped in lavash bread.
89. **CHICKEN SHISH KABOB (Highly Recommended)** 15
Juicy chunks of marinated boneless chicken with grilled onions, green peppers, tomato and our special sauce wrapped in lavash bread.
90. **CHICKEN BARBERRIES (With saffron rice)** 16
Juicy chunks of marinated boneless chicken with tomato, onion, lettuce and saffron rice with barberries and our secret sauce.
91. **MEDITERRANEAN CHICKEN (with hummus)** 16
Juicy chunks of marinated skewered and charbroiled chicken with onion, green pepper, tomato and lettuce with our special sauce and hummus bold.
92. **BEEF KABOB** 13
Skewers of seasoned ground sirloin with lettuce, tomato, onion and our special sauce wrapped in lavash bread.
93. **BEEF WRAP (With saffron rice)** 14
Same as above with saffron rice, wrapped in lavash bread.
94. **SHISH KABOB (Highly Recommended)** 17
Juicy chunks of filet mignon, marinated, skewered and charbroiled with onions, green peppers and tomato.



95. MEDITERRANEAN SHISH KABOB
(With hummus)

18

Juicy chunk of filet mignon skewered and charbroiled with onion, green pepper, tomato and lettuce with our special sauce and hummus.

96. SALMON KABOB

16

Skewers of seasoned juicy salmon with lettuce, tomato, bell pepper, onion and our special sauce wrapped in lavash bread.

97. MORTADELLA WRAP

15

Slices of Persian pistachio mortadella, lettuce, tomato, red onion with Persian pickles.

98. TURKEY CALIENTE

15

Our finest sliced mesquite turkey breast with feta cheese, avocado, jalapenos, lettuce, tomato and red onion.

99. HOMEMADE TUNA

14

Solid white albacore in olive oil with celery, lettuce, mayonnaise, tomato and red onions.

100. PASTRAMI MELT (Highly Recommended)

16

Hot pastrami with spicy mustard, Swiss cheese, tomato and red onions.

101. PHILLY CHEESE STEAK
(Highly Recommended)

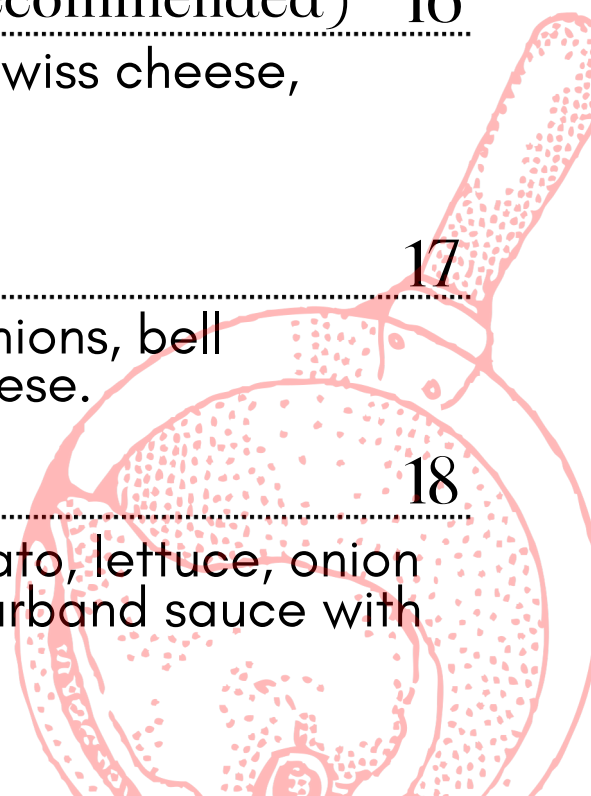
17

Grilled pieces of tenderlion with onions, bell peppers and melted provolone cheese.

102. PERSIAN CHEESE BURGER

18

Served on a brioche bun with tomato, lettuce, onion and your choice of cheese with Darband sauce with side of fries.



PASTA



103. PERSIAN MACARONI
(with the meat sauce) 18

104. SPAGUETTI & MEAT SAUCE 18

105. CREAMY GARLIC CHICKEN PASTA
(With parmesan cheese) 20

106. CREAMY GARLIC SHRIMP PASTA
(With parmesan cheese) 24

107. SPAGUETTI WITH GARLIC OLIVE OIL
(With parmesan cheese and parsley) 18



SPECIAL PERSIAN STEW



GHORMEH SABZI (Vegetable BEEF Stew) 24

Sautéed chopped fresh vegetables and herbs (parsley, green onion, cilantro and chives) cooked with sun-dried limes, red kidney beans and BEEF, served with basmati rice.

KHORESH GHEIMEH 22

Sautéed beef, yellow peas, sun-dried limes and special tomato paste, lightly spiced to perfection, served with basmati rice.

GHEIMEH BADEMJAN 24

Sautéed eggplant, onions, beef and sun-dried limes, simmered with yellow split peas in our special tomato sauce

FESENJAN 24

Grinded walnuts, cooked with pomegranate sauce, served with chicken breast and basmati rice.

OKRA STEW (Bamia) 22

Mixture of baby imported okra, cooked with onion, spices in a tomato sauce and finished up with pomegranate molasses.

ZERESHK POLO WITH CHICKEN 24

Juicy baked chicken, simmered in our delicious sauce, served on a bed of basmati rice mixed with barberries of saffron.

BAGHALI POLO LAMB 25

A whole baby spring lamb shank, simmered in our homemade sauce, served with basmati rice mixed with dill and baby Lima beans.

BAGHALI POLO CHICKEN 23

Baked chicken simmered in our special sauce, served with basmati rice mixed with dill and baby Lima beans.

FASOLIA (Cannellini beans) 16

White beans and spices cooked to perfection in tomato sauce and basmati rice.



SOUP



SEASONAL SOUP OF THE DAY 10

Fresh ingredients from the field, farm or ocean

ASH RESHTEH 10

A traditional soup made of fresh vegetables (spinach, parsley, cilantro, green onions), seasoning, Persian noodles and pinto beans. Flavored with yogurt and topped with fried mint



SIDE ORDERS

Any of the items below are also available a la carte or as an add-on to your favorite plate or salad.



| | |
|---------------|---|
| EXTRA KOBIOEH | 8 |
|---------------|---|

| | |
|-------------------|----|
| EXTRA SHISH KABOB | 13 |
|-------------------|----|

| | |
|-------------------------|---|
| EXTRA SKEWER OF CHICKEN | 9 |
|-------------------------|---|

| | |
|-------------------------|----|
| EXTRA SKEWER OF CORNISH | 10 |
|-------------------------|----|

| | |
|----------------------|----|
| EXTRA SKEWER OF BARG | 22 |
|----------------------|----|

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|------------------------------|----|
| EXTRA SKEWER OF CHICKEN BARG | 22 |
|------------------------------|----|

| | |
|---------------------------|----|
| EXTRA SKEWER OF LAMB RACK | 24 |
|---------------------------|----|

| | |
|------------------------|----|
| EXTRA SKEWER OF SALMON | 10 |
|------------------------|----|

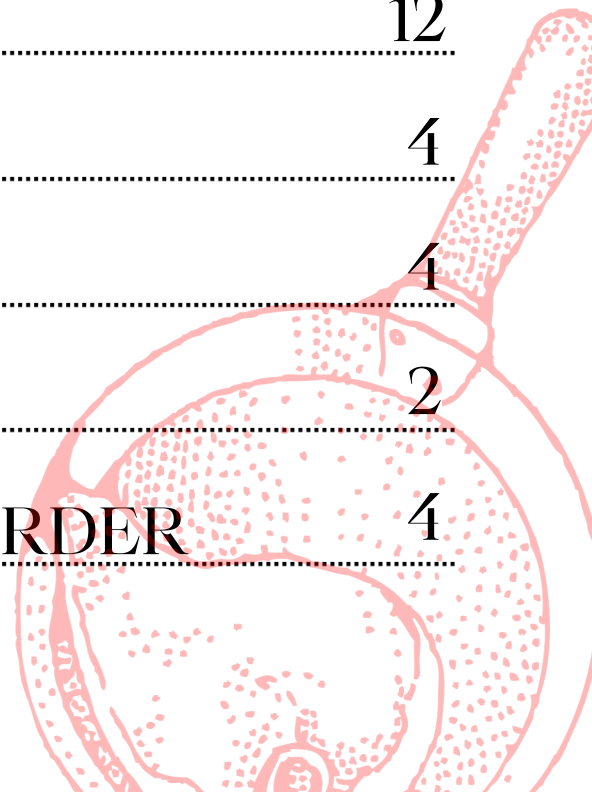
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| EXTRA MAHI MAHI | 12 |
|-----------------|----|

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|-----------------|---|
| GRILLED VEGGIES | 4 |
|-----------------|---|

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|---------------|---|
| GRILLED ONION | 4 |
|---------------|---|

| | |
|----------------|---|
| GRILLED TOMATO | 2 |
|----------------|---|

| | |
|---------------------------|---|
| EXTRA PLATE / SPLIT ORDER | 4 |
|---------------------------|---|



RICE DISHES



FLUFFY BASMATI RICE

8

BAGHALI POLO

10

Fresh dill weed and fava beans mixed with basmati rice.

SABZI POLO

10

Fresh chopped parsley, dill weed, garlic and cilantro mixed with basmati rice.

ZERESHK POLO

10

Fresh barberries and saffron mixed with basmati rice.

ADAS POLO

10

Fresh raisins, lentils, dates and saffron mixed with basmati rice.

ALBALO POLO

10

Fresh black-sour cherries mixed with basmati rice (Be Careful of Pits!)

LUBIA POLO

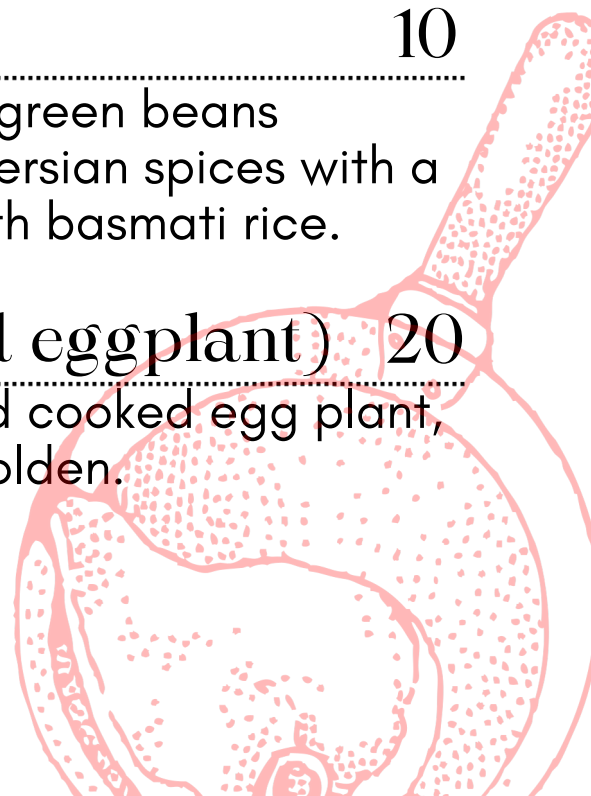
10

Sautéed chunks of beef tenders and green beans simmered in tomato sauce, saffron, Persian spices with a touch of olive oil and garlic mixed with basmati rice.

TAHCHIN (with chicken and eggplant)

20

Mixture of cooked chicken breast and cooked egg plant, yogurt and saffron rice baked until golden.



BEVERAGES



BOTTLE WATER 3

BLACK TEA (with cardamon) 2

SOFT DRINK 3

MEXICAN COKE 4

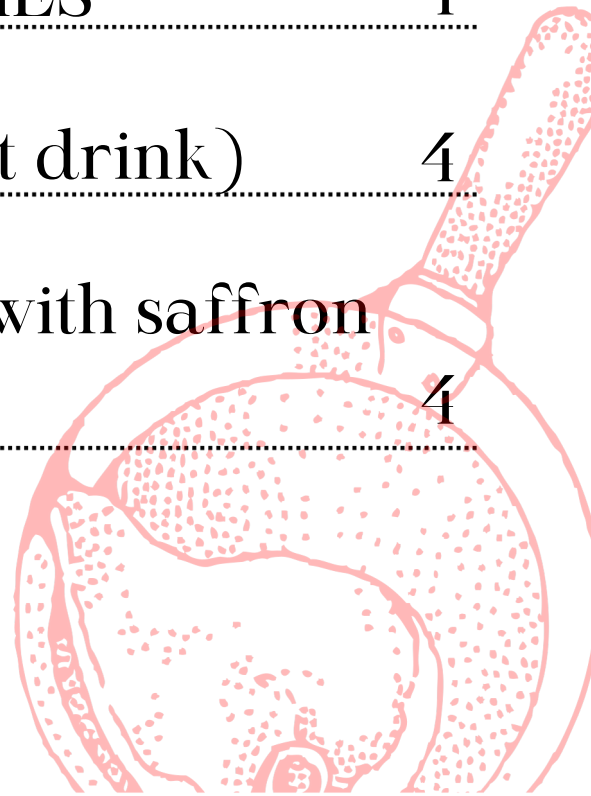
MEXICAN FANTA 4

ASSORTED MINERAL WATER 4

ASSORTED FRESH JUCIES 4

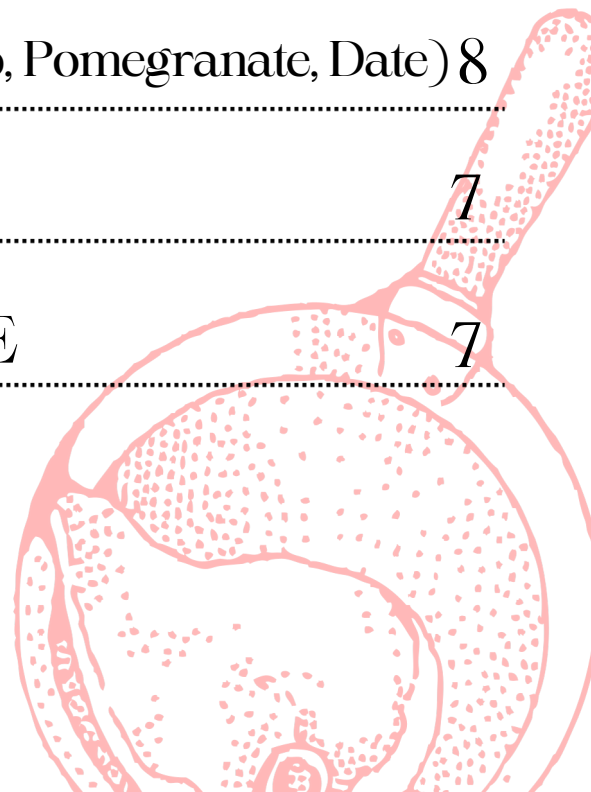
DOGUE (Persian yogurt drink) 4

HERBAL TEA (Served with saffron
rock candy) 4



DESSERTS

| | |
|--|----|
| FERANI | 4 |
| TIRAMISU | 7 |
| BAKLAVA | 4 |
| CREAM PUFFS | 7 |
| MAKHLOOT(Combination Of Ice Cream and Faloodeh) | 16 |
| FALOODEH (Rosewater and Starch) | 8 |
| FRESH DATES | 5 |
| CHEESE CAKE | 7 |
| SHOLEH ZARD (Saffron rice pudding) | 5 |
| PERSIAN ICE CREAM (Pistachio, Pomegranate, Date) | 8 |
| CHOCOLATE MOUSSE | 7 |
| RASPBERRY CHEESE CAKE | 7 |





Darband Restaurant

Authentic Persian Cuisine

*Thank you for your purchase
Come back soon*

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www.5thatvenuegrill.com