



DARBAND RESTAURANT

**Authentic Persian
Cuisine**

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

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www.5thatvenuegrill.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** **Small 5 Large 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 dip) 12**
Sautéed cooked baby eggplant, mixed with yogurt, flavored with sautéed onion, garlic and mint
- 6. MIRZA GHASSEMI 12**
A charmed 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** **Small 5 Large 10**
Blend of garbanzo beans, sesame tahinni, garlic, fresh lemon juice and our special seasoning, served with bread.
- 10. TORSHI** **Small 5 Large 10**
Traditionally mixed and aged pickles, carrots, cauliflower, eggplant and herbs In grape vinegar.





11. SABZINEH 14

Combination of fresh herbs, tomato, cucumber, olives, carrots, raisins, walnuts and tete cheese, served with bread.

12. ZEYTOON PARVARDEH 14

Mixture of olives, walnuts, mint, cilantro, garlic, pomegranate molasses and olive oil.

13. TAH DEEG 14

Crunchy rice, topped with the Stew of the Day (Add extra topping \$5)

14. 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.

15. BUTTER FLY CRUNCHY SHRIMP 16

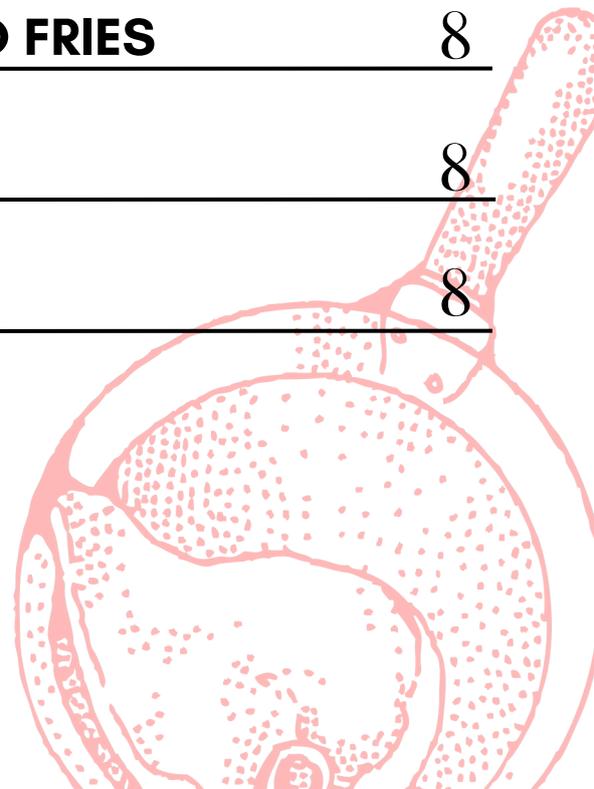
Hand breaded jumbo Shrimp with clear tail.

16. CALAMARI RING
(Wild caught crispy panko braded) 16

17. FRENCH FRIES OR SWEET POTATO FRIES 8

18. ONION RINGS 8

19. MIXED FLAVORED OLIVES 8



SALADS



20. SHIRAZI

10

A combination of fresh chopped cucumbers, tomato, onions, parsley and our delicious house dressing (olive oil and fresh lemon juice)

21. TABOULI

14

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

22. GARDEN SALAD

14

Fresh lettuce, tomato, cucumber, green pepper and red cabbage, with your choice of dressing.

23. CAESAR SALAD

15

Garden fresh romaine lettuce, garlic croutons, tomato, Caesar dressing. topped with Parmesan cheese.

24. 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)

25. AVOCADO SALAD

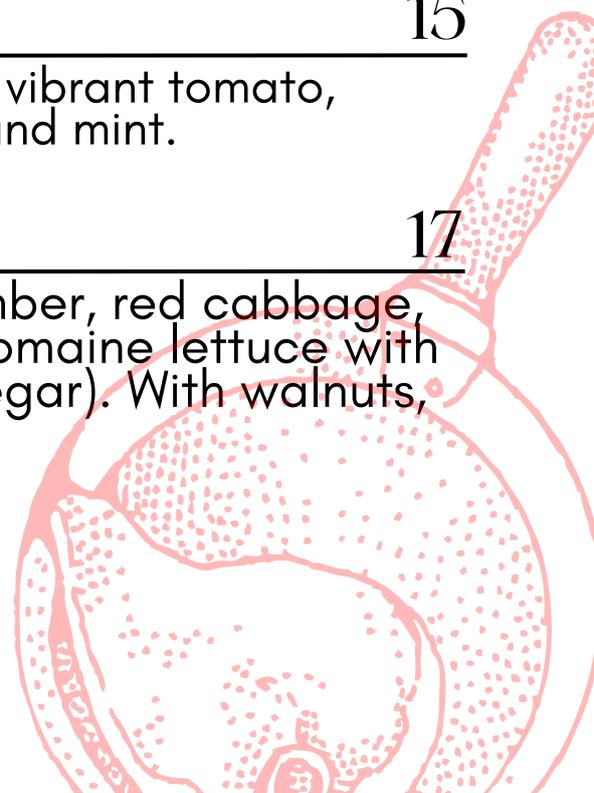
15

Made with rich and creamy avocados, vibrant tomato, Persian cucumbers, bright red onions and mint.

26. 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.



LUNCH SPECIALS



27. KOOBIDEH KABOB

15

One skewer of ground sirloin, served with basmati rice and garden salad.

28. CHICKEN KABOB

16

One skewer of juicy charbroiled boneless chicken, served with basmati rice and garden salad.

29. CORNISH HEN KABOB

16

Delicious marinated chunks of Cornish game hen, skewered and charbroiled, served with basmati rice and garden salad.

30. SHISH KABOB

17

One skewer of juicy chunks of filet mignon, served with basmati rice and garden salad.

31. SALMON KABOB

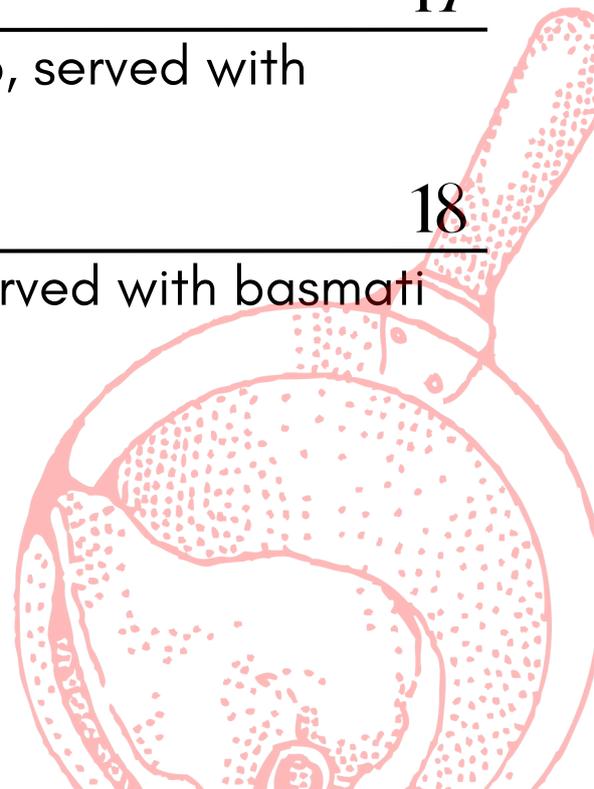
17

One skewer of juicy salmon kabob, served with basmati rice and garden salad.

32. MAHI MAHI KABOB

18

One skewer of juicy mahi mahi, served with basmati rice and garden salad.



BEEF



33. KOOBIDEH KABOB

18

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

34. SHISH KABOB

24

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

35. BARG

26

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

36. CHENJEH (signature plate)

27

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

37. NADERI KABOB (Recommended)

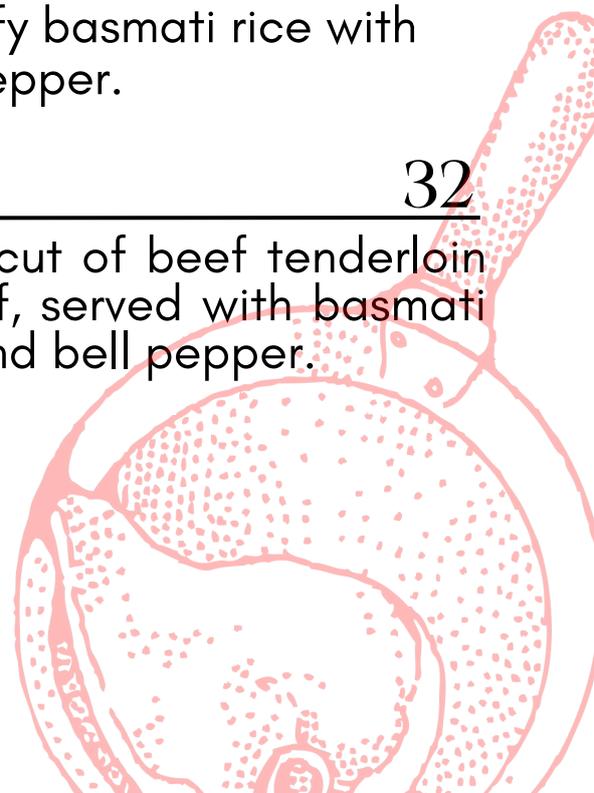
30

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.

38. 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



39. BONELESS CHICKEN KABOB

22

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

40. CHICKEN SHISH KABOB

24

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

41. CORNISH HEN KABOB

25

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

42. CHICKEN BARG

27

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

43. 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



44. BAGHALI POLO-LAMB

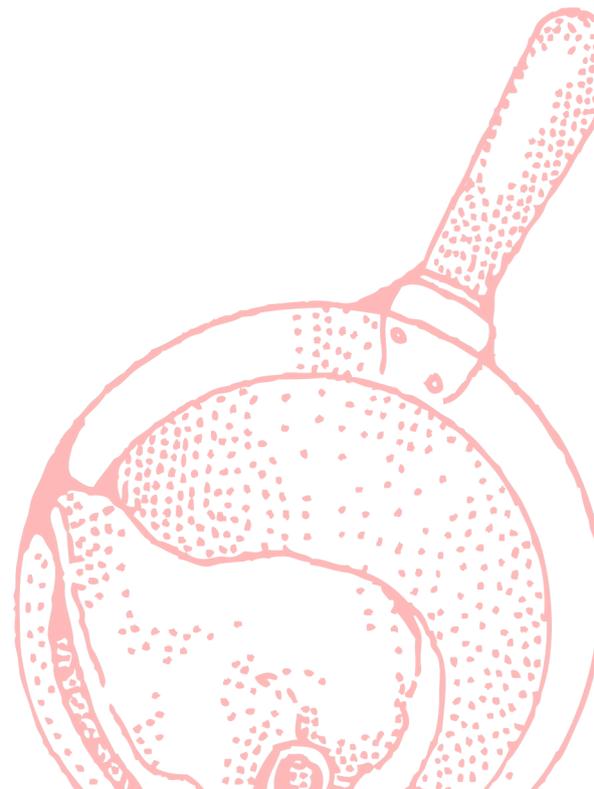
25

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

45. SHISHLIK LAMB RACK KABOB

29

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



COMBINATION PLATTER



46. 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.

47. 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.

48. 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.

49. 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.

50. 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.

51. 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.

52. 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.

53. SHISH KABOB AND SALMON

27

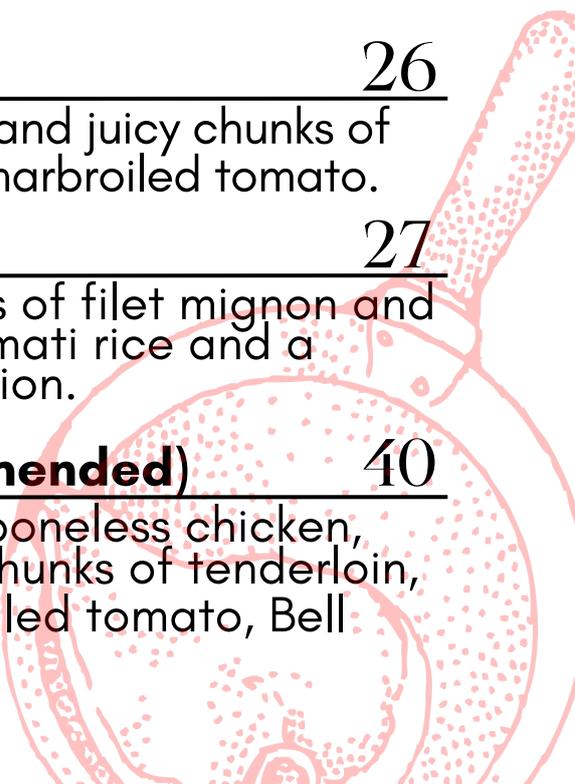
A combination of skewer of juicy chunks of filet mignon and a juicy chunk of salmon served with basmati rice and a charbroiled tomato, Bell pepper and onion.

54. DARBAND SPECIAL

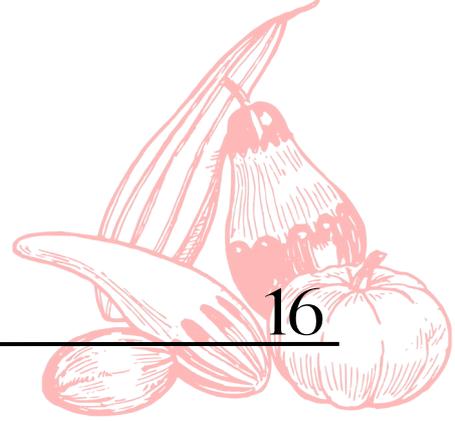
(Recommended)

40

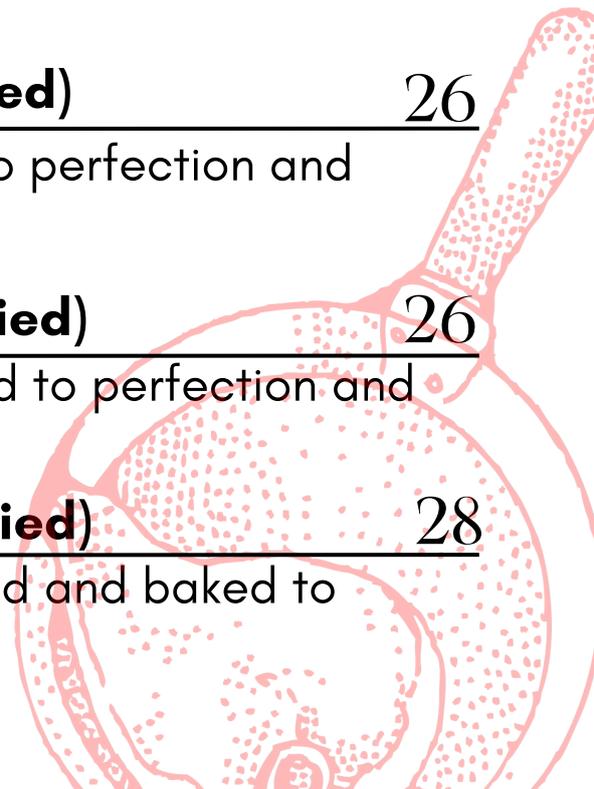
A combination of three juicy skewers of boneless chicken, seasoned ground sirloin and delicious chunks of tenderloin, served with basmati rice and a charbroiled tomato, Bell pepper and onion.



SEA FOOD



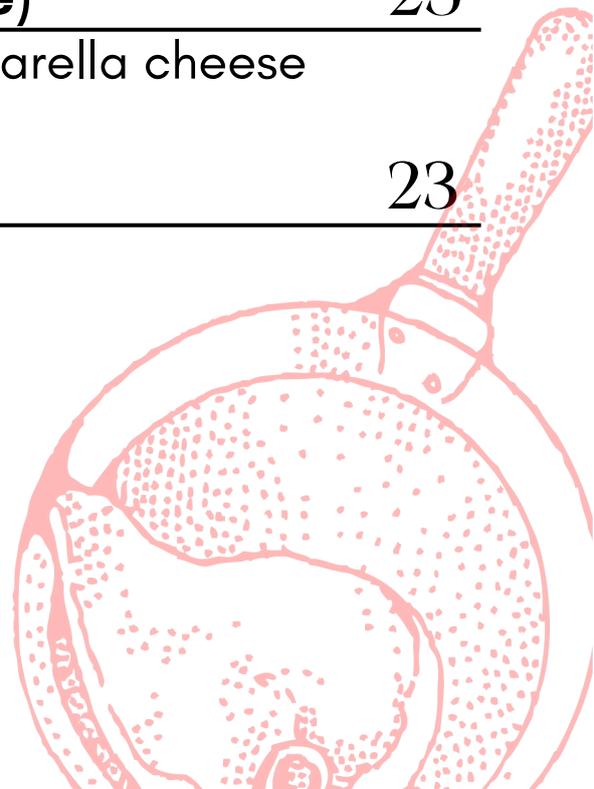
- 55. BUTTER FLY CRUNCHY SHRIMP** 16
Hand breaded jumbo Shrimp with clear tail.
- 56. CRISPY FRIED FISH AND CHIPS** 18
Hand breaded Alaska pollock served your choise of french fries.
- 57. MAHI MAHI KABOB** 26
Marinated filet of mahi mahi skewered and charbroiled to perfection served with skewer of vegetables and fuffly basmati rice.
- 58. SALMON KABOB** 26
Marinated filet of salmon skwered and charbroiled to perfection served with skewer of vegetables and fluffy basmati rice.
- 59. CREAMY GARLIC SHRIMP** 26
(Served with flaffy basmati tice)
- 60. FRESH RAINBOW TROUT OR MILK FISH** 30
(OVEN BAKED OR PANFRIED)
Marinated fresh rainbow trout baked to perfection served with herb rice.
- 61. GRILLED SALMON** **(Pan Fried)** 26
Marinated filet of salmon, seasoned to perfection and served with herb basmati rice.
- 62. GRILLED TILAPIA** **(Pan Fried)** 26
Marinated filet of tilapia fish seasoned to perfection and served with herb basmati rice.
- 63. GRILLED SEA BASS** **(Pan Fried)** 28
Marinate of filet of Sea Bass, seasoned and baked to perfection served with basmati rice.



PIZZA



- 64. MUSHROOM AND SAUSAGE 23**
- 65. BOLOGNESE PIZZA 25**
Made with mozzarella and Bolognese sauce.
- 66. VEGETARIAN 23**
(Mushroom, bell pepper, olive, onion)
- 67. BLACK OLIVE AND MUSHROOM 23**
- 68. GHORMEH SABZI 25**
(The most unique persian stew)
- 69. EGG PLANT (Persian style) 25**
Cooked baby egg plant and mozzarella cheese
- 70. CHEESE PIZZA 23**



GOURMET SANDWICHES AND WRAPS



76. CHICKEN KABOB

13

Charbroiled chunks of marinated boneless chicken with lettuce, tomato, onions and special sauce, wrapped in lavash bread.

77. CHICKEN WRAP (With saffron rice)

14

The same as above with saffron rice wrapped in lavash bread.

78. 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.

79. 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.

80. 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.

81. BEEF KABOB

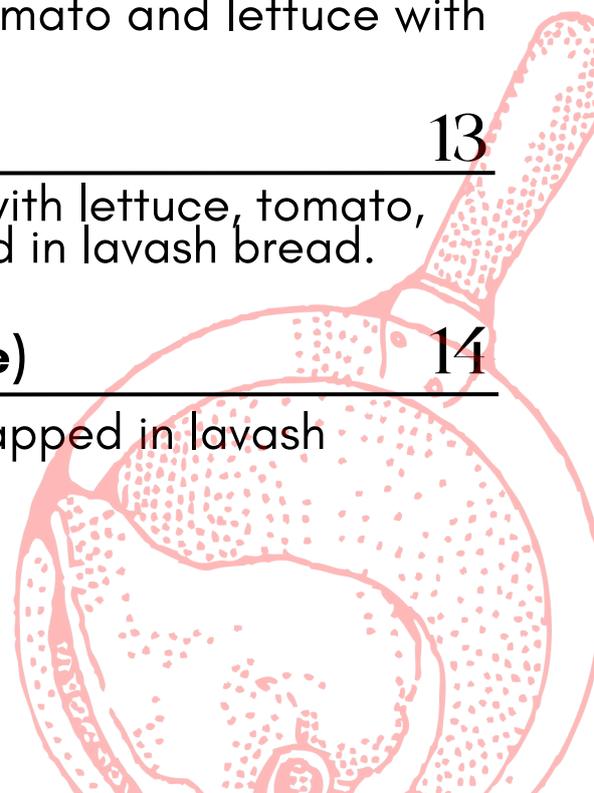
13

Skewers of seasoned ground sirloin with lettuce, tomato, onion and our special sauce wrapped in lavash bread.

82. BEEF WRAP (With saffron rice)

14

Same as above with saffron rice, wrapped in lavash bread.



83. SHISH KABOB (Highly Recommended) 17

Juicy chunks of filet mignon, marinated, skewered and charbroiled with onions, green peppers and tomato.

84. MEDITERRANEAN SHISH KABOB (With hummus) 18

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

85. SALMON KABOB 16

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

86. PASTRAMI MELT (Highly Recommended) 16

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

87. PHILLY CHEESE STEAK (Highly Recommended) 17

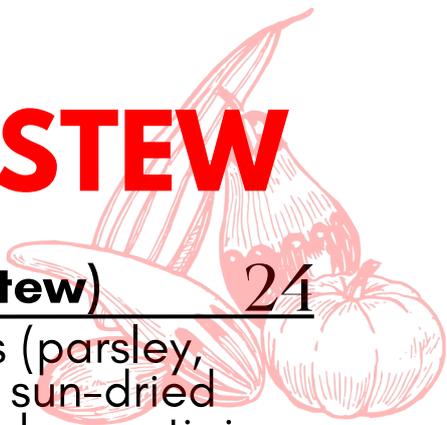
Grilled pieces of tenderlion with onions, bell peppers and melted provolone cheese.

88. 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.



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.



VEGETARIAN



89. TABOULI

14

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

90. VEGGIE SKEWER WITH RICE

13

91. 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.

92. FALAFEL PLATE

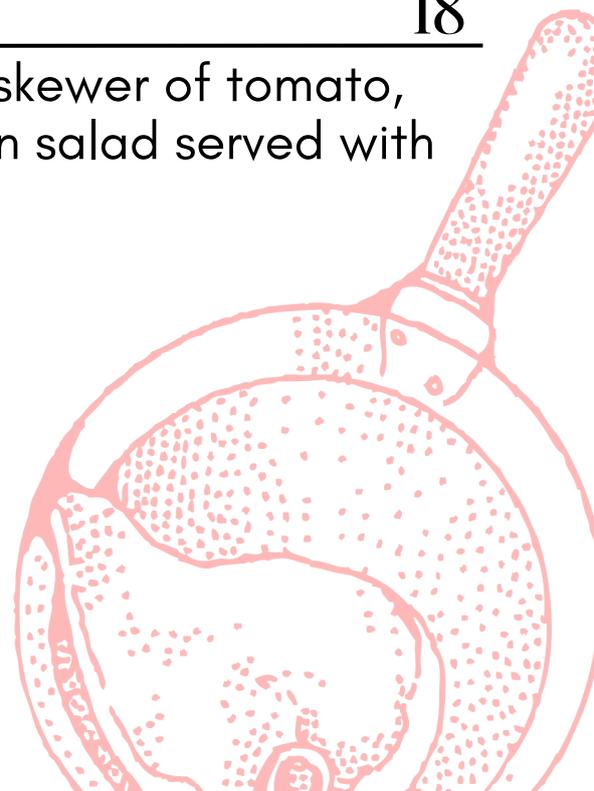
16

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

93. VEGETARIAN PLATE

18

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



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.



SOUP



SEASONAL SOUP OF THE DAY

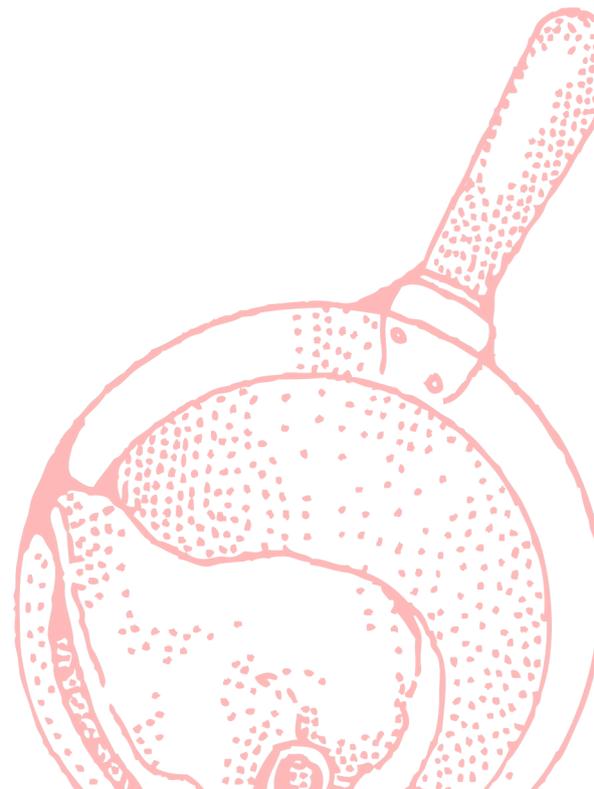
10

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

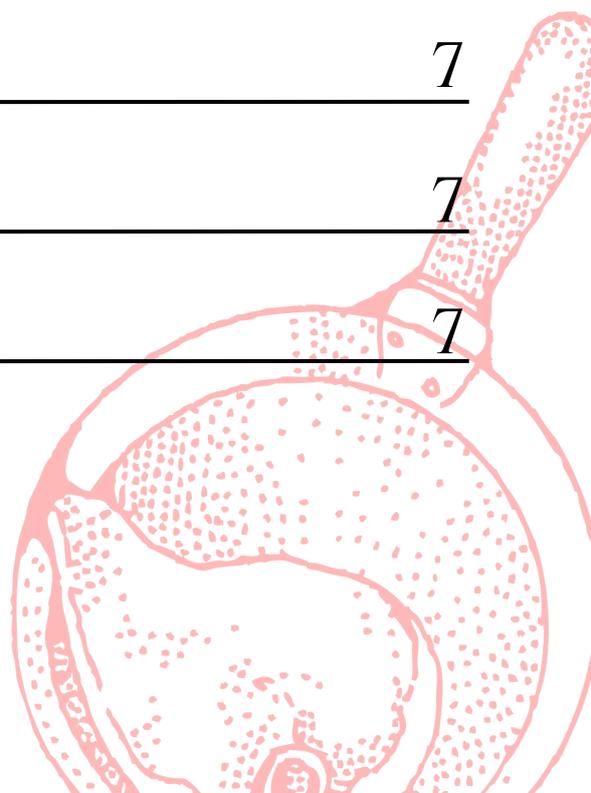
Any of the items below are also available a la carte or as an add-on to your favorite plate or salad.



EXTRA KOBIOEH	8
EXTRA SHISH KABOB	13
EXTRA SKEWER OF CHICKEN	9
EXTRA SKEWER OF CORNISH	10
EXTRA SKEWER OF BARG	22
EXTRA SKEWER OF CHICKEN BARG	22
EXTRA SKEWER OF LAMB RACK	24
EXTRA SKEWER OF SALMON	10
EXTRA MAHI MAHI	12
GRILLED VEGGIES	4
GRILLED ONION	4
GRILLED TOMATO	2
EXTRA PLATE / SPLIT ORDER	4

DESSERTS

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



BEVERAGES



BOTTLE WATER 3

BLACK TEA (with cardamon) 2

SOFT DRINK 3

MEXICAN COKE 4

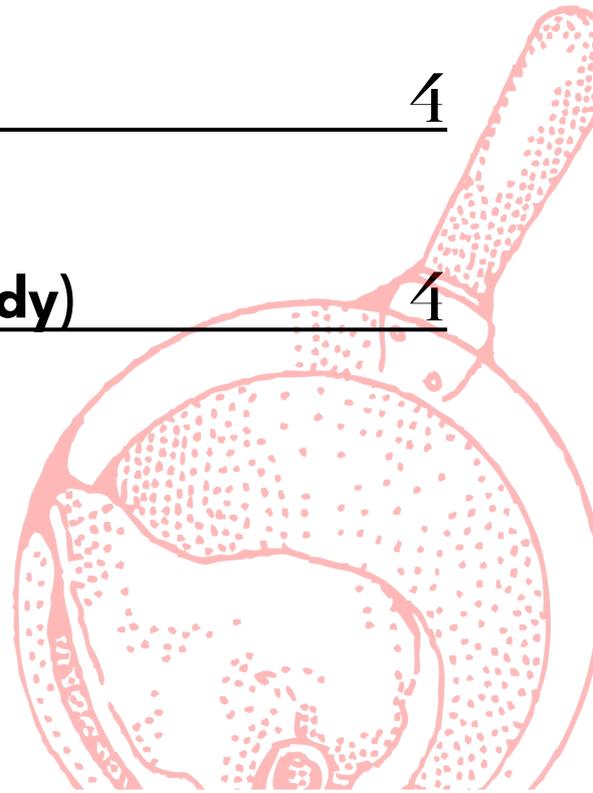
MEXICAN FANTA 4

ASSORTED MINERAL WATER 4

ASSORTED FRESH JUCIES 4

DOGUE (Persian yogurt drink) 4

**HERBAL TEA
(Served with saffron rock candy)** 4





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**Thank you for your
purchase come back soon**

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