

PICK ONE ITEM PER BOX, THEN ENJOY

12 DOLLARS

*lapop*  
ADMO

**CHALOW**

Long grained white rice & cumin (v, gf)

**PALOW**

Rice with caramelized onion & chef's spices (v, gf)

**KOFTA**

Spiced beef meatballs served with carrots, potatoes & tomato sauce (gf)

**MORGH QORMA**

sautéed bone-in chicken, served with tomatoes, yellow split peas, dried plums & spices (gf)

**SHOLA**

"risotto" short grained rice cooked with 16 beans infused with fresh dill

**SABZI**

spinach slow cooked with herbs & cilantro

**BAMYA**

whole, fresh okra slow cooked in a tomato based stew

**LUBYA**

red kidney beans soaked overnight then slow cooked in a herbed tomato sauce

**ZARDAK**

caramelized carrots infused with yellow split peas & dried plums

**GULPEE**

sautéed cauliflower cooked in spiced tomato sauce finished with fresh cilantro

**DAL**

yellow lentils, cooked with onion, garlic & cumin sauce

**SAMAROK**

mixed mushrooms slowly cooked in a spiced tomato sauce finished with fresh herbs

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**SPECIALS**

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(+) AVOCADO FOR 2.50, GRILLED CHICKEN FOR 5

**SHORE-NAKHOT**

Chickpeas & potato salad in a vinegar cilantro dressing (cold) — 4 (v, gf)

**SOUP OF THE DAY**

Ask your barista  
Cup — 6 / Bowl — 8

**ACAI BOWL**

Housemade granola, fruit, almond milk & chia seeds — 12 (v)

(+) ALMOND BUTTER .50

**YOGURT PARFAIT**

Greek yogurt, house made granola and seasonal fruit — 6 (v)

**BOLANI**

Pan seared crispy afghan flat bread (choose 2 fillings): pumpkin (v), beef, leek-cilantro (v), or onion-potato (v). served with yogurt & chutney — 11

**KALE SALAD**

Apple, fennel, red cabbage, roasted pecans, parmesan, dates & balsamic vinaigrette — 13 (v, gf)

**BEETS SALAD**

beets, apple, arugula, goat cheese, walnuts & honey mustard vinegar dressing — 14 (v, gf)

*lapop*  
ADMO

SIP  
CHAT  
DRINK  
LISTEN  
EAT

BENTO  
LUNCH