

# Bandar Restaurant

845 4th Ave 92101-6121 · +16192380101 · Updated: Jan 14, 2026

[View online menu](#)



---

## STARTERS 10

---

### Eggplant (Kashk-O Bademjan)

A medley of eggplant, sautéed fresh garlic and onion with a topping of homemade yogurt

---

### Dolmeh (Stuffed Grape Leaves)

Mixture of split peas, tarragon, basil, parsley, cilantro, chives, rosemary and rice, stuffed and cooked in grape leaves

---

### Feta and Olive

Traditional feta, kalamata olives and walnuts

---

### Shallot Dip (Must-O Mosier)

Special homemade yogurt and shallots

---

### Cucumber Dip (Must-O Khiyar)

Homemade yogurt mixed with chopped cucumber and mint

---

### Classic Hummus

Pureed garbanzo and sesame tahini, with extra virgin olive oil and freshly squeezed lemon juice

---

### Pesto Hummus

Organic basil pesto, pureed garbanzo, sesame tahini, extra virgin olive oil and freshly squeezed lemon juice

---

### Avocado Hummus

Avocado, pureed garbanzo, cilantro, sesame tahini, extra virgin olive oil and freshly squeezed lemon juice

---

### Group Appetizer

Feta and olives, hummus classic, eggplant and cucumber dip

---

### Tadig (Limited Availability)

Fresh crispy rice with 1-3 different stew toppings: Plain, Gheimeh, Pomegranate, Ghormeh Sabzi

---

## SOUP 1

---

### A'she Reshteh

A delicious cooked mixture of lentils, garbanzo beans, fresh herbs, hand mad Persian noodles, with a topping of homemade yogurt, sautéed garlic with mint and onion

---

## SALAD 2

---

### Bandar Salad

Organic mixed greens, romaine hearts, cucumbers, feta, tomatoes, and our special house dressing (extra virgin olive oil, fresh lime juice). Serves 2-4

---

## **Shirazi Salad**

A mixture of fresh chopped cucumbers, tomatoes, onions, and house dressing (olive oil, fresh lime juice, mint)

## **POULTRY** 8

---

### **World Famous Chicken**

Flavorful marinated charbroiled boneless Chicken tenderloin served with basmati rice and grilled tomato

### **Chicken Salad**

World famous boneless Chicken tenderloin served with a fresh organic green salad

### **Adas Polo**

Basmati rice mixed with currents, lentils, dates and saffron served with World famous Chicken

### **Zereshk Polo**

Basmati rice topped with sweet and tart red Barberries and saffron served with World famous Chicken

### **Albalu Polo**

Basmati rice mixed with Black cherry served with World famous Chicken (may contain cherry seeds)

### **Chicken Shish Kabob**

World famous Chicken served with grilled bell peppers, onions and tomatoes

### **Chicken Soltani (Chicken & Beef Combination)**

World famous Chicken served with a strip of ground beef filet served with basmati rice and grilled tomato

### **Cornish Game Hen (Joojeh Kabob)**

Charbroiled home style Cornish game hen

## **BEEF** 4

---

### **Soltani (Prime Center-Cut Filet Mignon)**

Combination of charbroiled filet mignon and a strip of seasoned ground filet (barg and koobideh). Available in 16 oz.

### **Barg (Prime Center-Cut Filet Mignon)**

Our signature cut of marinated charbroiled filet mignon

### **Koobideh (Ground Filet)**

Two juicy strips of charbroiled seasoned ground filet. Available in 24 oz.

### **Shish Kabob (Center-Cut Filet Mignon)**

Marinated chunks of filet mignon charbroiled and served with grilled vegetables (tomato, onion and bell pepper)

## **LAMB** 3

---

### **Lamb Shank**

Baby spring lamb shank, simmered in fresh tomato based sauce and spices

### **Lamb Chop (Shish Lik)**

Marinated flavorful "french-cut" lamb chop. Available in 18 oz.

## Baghali Polo

A whole baby spring lamb shank, simmered in fresh tomato based sauce and spices, served with dill and lima bean rice

## SEAFOOD 1

---

### Wild King Salmon

Charbroiled coated with a mixture of garlic, fresh lemon juice, saffron, and served with grilled vegetables (tomato, onion and bell pepper)

## STEW 3

---

### Gourmet Stew (Ghormeh Sabzi)

Mixture and steamed fresh herbs (fenugreek, parsley, cilantro, chives, lime, scallion) cooked with lamb and beans

### Eggplant Stew (Gheimeh Bademjan)

A medley of eggplant, yellow split peas, sautéed onions, in a fresh tomato sauce cooked with lamb

### Pomegranate Stew (Fesenjan)

Sweet flavored pomegranate sauce with finely crushed walnuts served with choice of chicken or lamb

## VEGETARIAN 4

---

### Gourmet Stew (Ghormeh Sabzi)

Steamed and sautéed fresh herbs, red beans, traditional dried lime served with grilled vegetables

### Eggplant Stew (Gheimeh Bademjan)

A medley of eggplant, yellow split peas, sautéed onions, in a fresh tomato based sauce, served with grilled vegetables

### Pomegranate Stew (Fesenjan)

Sweet flavored pomegranate sauce with finely crushed walnuts served with grilled vegetables

### Trio Stew

Combination of 3 vegetarian stews served with basmati rice & topped with saffron

## SIDES 5

---

### BBQ Bread

### Side Plain Rice

### Take-Out Plain Rice

### Take-Out Mixed Rice

### Side Mixed Rice

Adas, Zereshk, Albalu. Albalu rice may contain cherry seeds