

Iran Restaurant Menu

Address:

Shepherd Market, London W1J 7PR, United Kingdom

Phone: +44 20 7409 3337

Opening times:

12:00 PM - 12:00 AM

Soup & Starter - SOUPS

LENTIL SOUP	£15.00
CHICKEN SOUP.	£15.00
ASH SHOLE GHALAMKAR	£15.00
ASH RESHTE	£15.00

Soup & Starter - STARTERS

SEASON SALAD	£12.50
SALAD SHIRAZI	£12.50
TABULEH	£12.50
SALAD OLIVIER	£12.50
PANIR SABZI	£12.50

Main Course - CAVIAR DISHES

CAVIAR WITH SMOKED SALMON
CAVIAR WITH KING PRAWNS
CAVIAR WITH EGGS

Main Course - SEA FOOD

GRILLED SALMON	£30.00
COD	£30.00
SEA BASS	£40.00
KING PRAWNS	£45.00

Main Course - CHICKEN DISHES

CHICKEN KEBAB	£35.00
JOOJEH POUSSIN	£35.00
JOOJEH KEBABBAKHTIARI	£35.00
TACHINE	£40.00
ZERESHK POLO BA MORGH	£40.00

Main Course - MEAT DISHES

KEBAB BARG	£35.00
KEBAB KOOBIDEH	£35.00

Main Course - HORESHT STEWS

GHORMEH SABZI	£35.00
GHEYMEH BADENJAN	£35.00
FESENJAN	£35.00
BAMIAH	£35.00
ALOO SPINACH	£35.00

Main Course - BIRIANI

CHICKEN BIRIANI	£35.00
LAMB BIRIANI	£35.00
VEGETARIAN BIRIANI	£25.00

Main Course - VEGETARIAN DISHES.

KHORAKIAHI	£25.00
BAMIAH	£25.00
FESENJUN	£25.00
GHORMEH SABZI	£25.00
GHAMEH BADENJAN	£25.00

Main Course - EXTRA RICE SELECTIONS & SIDES

WHITE RICE	£7.00
SHIRIN POLO	£8.00
ZERESKH POLO	£8.00
ADAS POLO	£8.00
BAGHALI POLO	£8.00

Dessert

MELON & ICE CREAM	£10.00
CUSTARD & BANANA	£10.00
BANANA & ICE CREAM	£10.00
TRADITIONAL PASTRIES	£10.00
IRANIAN ICE CREAM	£10.00

Stepping into Iran Restaurant in Shepherd Market feels like entering a warm, fragrant corner of Tehran, and the **Iran Restaurant Menu** perfectly captures that sense of comfort and generosity. What immediately stands out is how the menu balances homestyle Persian flavors with elegant presentation, giving diners both authenticity and a little touch of London sophistication. Having explored the dishes during my visit, I found myself returning to certain favorites-those that tell a story through aroma, spice, and texture. And if it’s your first time here, consider this a friendly walkthrough of what to expect when you open their menu.

The experience often begins with the soups and starters, a section that sets the tone for the richness of the meal ahead. The **Lentil Soup** is a standout-thick, earthy, and deeply warming, the kind of dish that feels like it’s been simmered all day. It carries gentle spices rather than heat, making it a soothing choice on a chilly London afternoon. The **Chicken Soup** offers something lighter, fragrant with herbs and carrying that unmistakable homemade taste that instantly evokes comfort. But the real Persian gem here is **Ash Reshte** or **Ash Shole Ghalamkar**, a hearty traditional Iranian soup loaded with herbs, lentils, and noodles. It’s thick, nourishing, and almost stew-like, with a beautiful balance of tang and savoriness topped with a drizzle of mint oil-an absolute must-try for anyone wanting a true taste of Persian cuisine.

The starters on the Iran Restaurant Menu are refreshingly vibrant. The **Season Salad** is simple and crisp, but the **Salad Shirazi** is where Persian freshness shines brightest. Made with diced cucumber, tomato, and onion, all lightly dressed with lemon juice, it’s zesty and bright, the perfect palate awakener. For something herbaceous, the **Tabuleh** is wonderfully green and aromatic, with parsley taking center stage. If you're in the mood for creamy comfort, **Salad Olivier**-a Persian twist on Russian potato salad-brings potatoes, chicken, and pickles together in a smooth, satisfying blend. And then there’s **Panir Sabzi**, a true Persian classic consisting of fresh herbs and feta-like cheese. Paired with warm bread, it’s simple yet deeply satisfying, highlighting how Persian cuisine celebrates freshness and balance.

When you move into the main courses, the menu becomes even more enticing. One of the most luxurious sections is the **Caviar Dishes**, an unexpected but delightful addition. The **Caviar with Smoked Salmon** combines the delicate saltiness of the caviar with the smoky richness of the fish, creating a refined starter for those who want to indulge. The **Caviar with King Prawns** adds a sweet seafood note, while the classic pairing of **Caviar with Eggs** brings out a smooth, buttery flavor profile that feels timeless and elegant.

Seafood lovers will gravitate toward the **Sea Food** offerings, which highlight beautifully grilled dishes. The **Grilled Salmon** is tender and flaky, served with subtle seasoning that allows the natural flavor of the fish to shine through. The **Cod** and **Sea Bass** options are equally enjoyable, each grilled to perfection with slightly crisp edges and juicy centers. Their **King Prawns** are another favorite-big, succulent, and carrying a hint of char that works perfectly with their natural sweetness.

Of course, no Persian menu is complete without chicken dishes, and Iran Restaurant delivers them with pride. The **Chicken Kebab** is incredibly popular, offering juicy marinated meat grilled over open flame. The **Joojeh Poussin** is especially delicious, with its delicate texture and lightly spiced flavor. If you enjoy saffron-forward dishes, the **Joojeh Kebab** is aromatic, tender, and perfectly balanced. For something richer, the **Bakhtiari** combines chicken and lamb, giving diners the best of both worlds with its striking smoky aroma. Traditional favorites like **Tachin**-a baked saffron rice cake layered with chicken-bring a special touch to the **Iran Restaurant Menu**, offering a dish that's crispy, golden, and incredibly flavorful. And if you want something deeply rooted in Persian home cooking, **Zereshk Polo ba Morgh**, with its saffron rice and tangy barberries served alongside slow-cooked chicken, is a heartwarming classic that truly represents Persian comfort food.

What makes the menu here special isn't just the variety-it's how each dish feels thoughtfully prepared, with seasoning and texture that reflect the soul of Persian cooking. Whether you're exploring hearty soups, refreshing salads, indulgent caviar dishes, or succulent kebabs, you can sense the restaurant's commitment to authenticity and hospitality. Dining at Iran Restaurant feels like being invited to a Persian family table, where food is not just nourishment but a shared experience full of warmth, fragrance, and color.