



**Persian/Iranian ~ Mediterranean ~ Vegan**

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**[www.Caspiangrillaustin.com](http://www.Caspiangrillaustin.com)**

**Food As Medicine (FAM) Introduction:** Persian food has been used as medicine for thousands of years in Persia. The concepts of “Gharmi” or heat, and “Sardi” or cold, have been used to indicate the state of body. Different food ingredients bring Gharmi or Sardi to our bodies. The traditional treatments as compiled and depicted by Avicenna (980-1037 AD), paved the way for the science behind such modalities as FAM. It is very common in the Middle Eastern countries that a doctor, after the medical evaluation, would provide prescription along with food type restrictions or recommendations, to help with the treatment outcome. The symbols of G1/G2/G3 or S1/S2/S3, next to any item, indicate the degree of Gharmi or Sardi for that dish. N is used for Neutral foods. We provide regular seminars to teach about the use of Gharmi or Sardi principles. Let your wait staff know if you are interested in attending any of the seminars.



## Appetizers

- AZ1. Mirza Ghasemi (Roasted Eggplant & Herbs)\*\*** .....G3.....Vegan.....**5.99**  
 Smokey eggplant infused with garlic, tomatoes, onion, crushed mint  
 Served with Pita bread.....add egg on the top for non-Vegans
- AZ2. Kashk Bademjan (Eggplant & Yogurt)\*\*** .....G3.....Vegetarian..... **5.99**  
 Roasted eggplant infused with onion, garlic, walnuts & crushed mint,  
 topped with Goat yogurt (kashk), Served with Pita bread
- AZ3. Sabzi Plate (Fresh Herbs & Feta)\*\***.....G1.....Vegetarian.....**4.99**  
 Fresh herbs (Mint , Radishes ,Green Onion), feta cheese, sliced tomatoes,  
 cucumbers, Onions and walnuts Served with Pita bread
- AZ4. Must-o- Museer (Yogurt & Shallots)\*\***.....G1.....Vegetarian.....**4.99**  
 Homemade yogurt infused with Persian shallots (Museer), garlic and mint  
 Served with Pita bread
- AZ5. Must-o- Khiar (Yogurt & Cucumbers)\*\***.....S2.....Vegetarian.....**4.99**  
 Homemade yogurt infused with chopped cucumbers and mint  
 Served with Pita bread
- AZ6. Borani (Yogurt & Spinach)\*\***.....S1.....Vegetarian..... **4.99**  
 Homemade yogurt infused with spinach, onions, garlic, served with pita bread
- AZ7. Tah Digh (crispy rice & thin bread) with Vegan stew topping**.....G1.....Vegan..... **5.99**
- AZ8. Torshi (Pickled Vegetables)\***.....S1.....Vegan.....**4.99**  
 A variety of Pickled Vegetables
- AZ9. Mediterranean Flat Bread (Zaatar Bread)**.....G1.....Vegetarian.... **5.99**  
 Pita bread with seasonings, sesame seeds, tomatoes, onion and melted feta cheese
- AZ10. Mediterranean Beets\***.....G1.....Vegan.....**5.99**  
 Beets treated with extra virgin olive oil and balsamic vinegar, combined with herbs  
 .....add Feta cheese on the top, for non-Vegans

## Soups and Salad

- SS1. Lentil Soup\***.....S1.....Vegan..... **4.99**  
 Lentil, mixed with onion, garlic and mint, cooked in an aromatic vegetable broth
- SS3. Greek Salad (House Salad)\***.....S1....Vegetarian..... **4.99**  
 Combination of lettuce, tomatoes, cucumbers, onion, Tzatziki sauce and topped  
 with feta cheese
- SS4. Persian Salad (Salad Shirazi)\***.....S1.....Vegan..... **4.99**  
 Chopped tomatoes, onion, cucumbers, mixed with herbs, topped with olive oil and lemon juice
- SS6. Gyro Salad\*\***.....N.....**8.99**  
 House salad topped with Gyro meat, feta cheese & Tzatziki sauce, served with bread
- SS7. Salmon Salad\*\***.....S2.....**14.99**  
 Grilled marinated salmon (8-oz), over Greek salad, served with pita bread & Tzatziki sauce

\*-Indicates Gluten Free (GF)

\*\* -Indicates GF, if side of bread is not consumed

-18% gratuity may be added to the parties of 5 or more



## Vegan Delights

<b>VG1. Vegan Kabob (Soy Kabob &amp; Rice)</b> .....	<b>S1</b> .....	<b>11.99</b>
Soy, infused with onions and herbs, grilled to perfection, over fluffy saffron rice, with sides of grilled tomatoes and house salad		
<b>VG2. Vegan Biryani (Vegan combination)</b> .....	<b>S1</b> .....	<b>11.99</b>
Rice medley comprising soy, carrots, green beans, tomatoes, Potatoes, onions, served with Lentil soup and house salad		
<b>VG3. Vegan Stew (Tofu &amp; Red Lentils)*</b> .....	<b>G1</b> .....	<b>10.99</b>
Tofu, cooked in Red lentils, infused with celery, ginger, onion, tomato & jalapeno peppers served with saffron rice and house salad		
<b>VG4. Eggplant Plate (Mirza Ghassemi)*</b> .....	<b>G1</b> .....	<b>9.99</b>
Smokey eggplant infused with garlic, tomatoes, onion, crushed mint, served with saffron rice and house salad		

## Kabobs and Grills

<b>KB1. Koobideh (Beef Kabob &amp; Bread)**</b> .....	<b>N</b> .....	<b>9.99</b>
Two skewers of ground beef kabobs, served over pita bread, sides of grilled tomatoes & house salad		
<b>KB2. Chelo Kabob Koobideh (Beef Kabob &amp; Rice)*</b> .....	<b>N</b> .....	<b>10.99</b>
Two skewers of ground beef kabobs, served over fluffy saffron rice, sides of grilled tomatoes & house salad		
<b>KB3. Makh-soos (Chicken &amp; Ground Beef Kabob Combo)*</b> .....	<b>G1</b> .....	<b>14.99</b>
One skewer of ground beef kabob and One skewer of chicken tenderloin kabob, served over fluffy saffron rice, sides of grilled tomatoes and house salad		
<b>KB4. Barg (Beef Filet kabob)*</b> .....	<b>N</b> .....	<b>14.99</b>
Skewer of marinated beef filet, served with fluffy saffron rice, side of grilled tomatoes and house salad		
	Add one skewer of boneless chicken tenderloin kabob.....	6.99
	or one skewer of shrimp kabob.....	9.99
<b>KB5. Sultani (Beef Filet kabob &amp; Ground Beef kabob Combination)*</b> .....	<b>N</b> .....	<b>16.99</b>
One skewer of beef filet kabob and one skewer of ground beef kabob, served with fluffy saffron rice, sides of grilled tomatoes and house salad		
<b>KB6. Chicken Kabob (Boneless Chicken Kabob)*</b> .....	<b>G1</b> .....	<b>11.99</b>
One skewer of charbroiled marinated chicken tenderloin with fluffy saffron rice and sides of grilled tomatoes and house salad		
<b>KB7. Zereshk Polo &amp; Morgh (Chicken Kabob &amp; Barberries)*</b> .....	<b>N</b> .....	<b>14.99</b>
One skewer of charbroiled marinated chicken tenderloin over fluffy saffron rice & sour barberries mixed with pistachios, almonds and sides of grilled tomatoes & house salad		
<b>KB8. Adas Polo &amp; Morgh (Chicken Kabob &amp; Lentils)*</b> .....	<b>S1</b> .....	<b>14.99</b>
One skewer of charbroiled marinated chicken tenderloin with fluffy rice infused with lentils and golden raisins with sides of grilled tomatoes and house salad		
<b>KB10. Kabob Torsh (Lamb Filet kabob)*</b> .....	<b>G2</b> .....	<b>18.99</b>
One skewer of marinated Lamb fillet topped with walnut sauce and one skewer of grilled vegetables served over dilled rice & lima beans, along with side of house salad		
<b>KB11. Shishleek (Lamb Chop Kabob)*</b> .....	<b>G1</b> .....	<b>18.99</b>
Charbroiled marinated Lamb chop served over dilled rice & lima beans, along with grilled tomatoes & side of house salad		
<b>KB12. Shrimp Kabob*</b> .....	<b>G1</b> .....	<b>17.99</b>
Charbroiled marinated shrimp, served over dilled rice along with grilled tomatoes & side of house salad		

Add Zereshk (barberries) to any rice for 3.50

Dilled rice (Baghali polo) or Lentil rice (Adas polo) substitution 3.50

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## Persian Stews

<b>ST1.</b>	<b>Fesenjan (Pomegranate &amp; Walnuts with Chicken Stew)*</b> .....	<b>G3</b> .....	<b>12.99</b>
	Ground walnuts, infused with pomegranate sauce and chicken breast, marinated with saffron, served with fluffy saffron rice and house salad		
<b>ST2.</b>	<b>Ghormeh Sabzi (Herbs &amp; Beef Stew)*</b> .....	<b>S2</b> .....	<b>11.99</b>
	Chopped Herbs simmered with beef, kidney beans and dry limes, served with fluffy saffron rice and house salad		
<b>ST3.</b>	<b>Bademjan (Fried Eggplant &amp; Beef Stew)*</b> .....	<b>G2</b> .....	<b>10.99</b>
	Fried eggplant and beef stew, simmered in tomato sauce, served with fluffy saffron rice and house salad		
<b>ST4.</b>	<b>Beef Gheymeh (Fried Potatoes &amp; Beef Stew)*</b> .....	<b>G1</b> .....	<b>10.99</b>
	Fried potatoes and beef simmered with yellow split peas, in tomato sauce, served with fluffy saffron rice and house salad		

## Caspian Specialties

<b>CS1.</b>	<b>Akbar Joojeh (Cornish Hen &amp; Rice)*</b> .....	<b>Half (12 oz.)</b> ....	<b>12.99</b> .....	<b>G1</b> ...	<b>Full (24 oz.)</b> ...	<b>15.99</b>
	Marinated Cornish hen with pomegranate sauce, served over fluffy saffron rice and side of house salad					
<b>CS2.</b>	<b>Lamb Shank (Baghala polo with Lamb Shank)*</b> .....	<b>G2</b> .....	<b>14.99</b>			
	Lamb shank, simmered with onion and saffron, cooked to perfection, served over dilled rice & lima beans served with side of house salad					
<b>CS3.</b>	<b>Sabzi Polo Mahi (Salmon &amp; Dilled Rice)*</b> .....	<b>G1</b> .....	<b>16.99</b>			
	Marinated salmon(8-oz), charbroiled to perfection, served over dilled saffron rice and grilled tomatoes, Pickled Vegetables and side of house salad					
	Add one skewer of shrimp kabob.....					<b>9.99</b>

## Wraps

<b>SW1.</b>	<b>Kabob wrap</b> .....	<b>N</b> .....	<b>7.99</b>
<b>SW2.</b>	<b>Gyro wrap</b> .....	<b>N</b> .....	<b>8.99</b>
<b>SW3.</b>	<b>Chicken Shawarma wrap</b> .....	<b>G1</b> .....	<b>8.99</b>
<b>SW4.</b>	<b>Lamb Shawarma wrap</b> .....	<b>G2</b> .....	<b>9.99</b>
<b>SW5.</b>	<b>French Fries</b> .....	<b>N</b> .....	<b>2.25</b>

## Extras

<b>EX1.</b>	<b>Tomatoes*</b>	<b>1.00</b>	<b>EX8.</b>	<b>Saffron Rice*</b>	<b>3.99</b>
<b>EX2.</b>	<b>Pita Bread</b>	<b>1.00</b>	<b>EX9.</b>	<b>Dilled Rice &amp; Lima Beans*</b>	<b>5.99</b>
<b>EX3.</b>	<b>Grilled Vegetables*</b>	<b>3.99</b>	<b>EX10.</b>	<b>Lentil Rice*</b>	<b>4.99</b>
<b>EX4.</b>	<b>Ground Beef Kabob*</b>	<b>4.50</b>	<b>EX11.</b>	<b>Beriani Rice*</b>	<b>6.99</b>
<b>EX5.</b>	<b>Chicken Breast Kabob*</b>	<b>7.99</b>	<b>EX12.</b>	<b>Tzatziki Sauce*</b>	<b>0.75</b>
<b>EX6.</b>	<b>Beef Fillet Kabob*</b>	<b>9.50</b>	<b>EX13.</b>	<b>Extra Fried Egg*</b>	<b>1.25</b>
<b>EX7.</b>	<b>Shrimp Kabob*</b>	<b>10.99</b>	<b>EX14.</b>	<b>Side of House Salad*</b>	<b>1.99</b>

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