

SalamaTea is a social enterprise cafe by day and a restaurant by night specialising in Persian cuisine.  
Food by Hamed.

**PERSIAN BREAKFAST (V)** صبحانه ایرانی 19  
lavash bread with savoury feta truffles, grape molasses tahini dip, fresh tomato and cucumber, choice of seasonal jam (fig, citron, quince, sour cherry), black tea included

**TRADITIONAL TOMATO OMELETTE (V)** املت قهوه خانه ای 18  
simple savoury breakfast  
we use free-range egg by Burd Eggs for all the egg dishes

**DATE OMELETTE (V)** املت خرما 19  
sweet traditional omelette

**FETA OMELETTE (V)** املت پنیر 19  
prepared with sheep feta

**MIRZA GHASEMI (V)** میرزا قاسمی 20  
prepared traditionally with smoked eggplant and tomato

**FELAFEL PLATE (V)** فلافل پلایت 20  
5 freshly fried chickpea felafels, served with hummus and beetroot dip, fried halloumi, shirazi salad and lavash bread

**FELAFEL WRAP** فلافل رپ 13  
fresh fried chickpea felafels with hummus, house-made mayo and salad in lavash bread (vegan on request)

**PERSIAN SAMBUSE PLATE** سبوسه 16  
2 fried potato pockets, homemade tomato relish, yogurt and Shirazi salad (vegan on request)

**Main (ALL GF)**

**ADAS POLO (VG)** عدس پلو 20  
lentil rice caramelized onions, sultanas comes with shirazi salad

**FESEJUN** فستجون 22  
sweet and sour slow-cooked chicken stew in walnut-pomegranate sauce, served with saffron barberries rice

**VEGAN FESEJUN (VG)** فستجون گیاهی 20  
sweet and sour tofu stew in walnut-pomegranate sauce, served with saffron barberries rice

**GHORMEH SABZI** قده سبزی 21  
slow cooked lamb, Persian dried lime, kidney beans and herbs, served with saffron barberries rice

**GHEYMEH** قیمه 22  
slow cooked lamb, Persian dried lime, lentils, grilled eggplant and tomato, served with saffron barberries rice



Everything on the menu is house-made.  
Discount 20% asylum seekers and refugees.  
Surcharge 10% weekends and 15% public holidays.  
Card processing fee 1%-2%.

All dishes can be made gluten-free (GF).

(V)=Vegetarian/ (VG)= Vegan/ (GF)= Gluten-free.  
Low fodmap available.

**Make your own dish by selecting below items**

**SOURDOUGH BREAD** نان تیش 6

**LAVASH BREAD** نان لواش 3

**GLUTEN-FREE BREAD** نان گلوتن فری 4

**SHIRAZI SALAD (VG)** سالاد شیرازی 8  
tomato, cucumber, red onion and mint dressing

**AVOCADO** آواکادو 4

**BACON** بیکن 4

**EGG** تخم مرغ 3.5  
by Burd Eggs

**MUSHROOM** قارچ 4

**HOMEMADE JAM (VG)** مرباخانگی 3  
fig, citron, quince, sour cherry

**KASHK e BADEMJAN (V)** کمشک و بادمجان 6  
Smoked eggplant with liquid whey

**DADAMI (V)** ماست چکیده با سبزی 6  
herbed labneh dip

**PERSIAN SAMBUSE (VG)** سبوسه ایرانی 7  
fried potato pocket

**ZEYTOON PARVARDE (VG)** زیتون پرورده 6  
olives marinated in walnut, pomegranate and Golpar spice

**BEETROOT DIP (V)** ماست لبو 5  
fresh beetroot and yogurt dip

**HUMMUS (VG)** حمص 5

**ROAST TOMATOES** گوچه کبابی 3

**FRIED HALLOUMI** هلومی سرخ شده 5

**SHEEP FETA** پنیر فتا 4

**SAFFRON RICE** برنج زعفرانی 5