

FIOUNA CATERING

Catering Menu

Appetizers

(V Vegetarian)

KASHK BADEMJAN ((EGGPLANT SPREAD) V

A mixture of grilled eggplant pureed w/ onion, fresh garlic, mint, & Kashk (aged dried yogurt)

MIRZA GHASEMI (EGGPLANT DIP) V

A mixture of grilled eggplant, fresh garlic, onion, tomato, & egg

DOLMEH (STUFFED GRAPE LEAVES) V

Grape leaves stuffed with rice, tomato, onion, herbs & spices in tomato saffron sauce

STUFFED MUSHROOM

Mushroom, garlic, parmesan cheese, red pepper

KOOKOO SABZI V

A mixture of fresh parsley, cilantro, green onion, egg, walnut, & barberries baked to perfection

KOTLET (PERSIAN CUTLET)

A mixture of ground beef, potato, egg, & onion

SHAMI

A mixture of split yellow peas, ground beef, egg, & potato

BREAD CHEESE ROLL V

Mixed of 2 types of cheese, crushed walnut, fresh herbs

HUMMUS V

A mixture of mashed chick peas, fresh garlic, Tahini sauce, olive oil, & lemon juice

MAST_O_MOSIER (SHALLOT YOGURT DIP) V

Special homemade yogurt mixed w/ shallots

MAST_O_KHIAR (CUCUMBER YOGURT DIP) V

Yogurt Mixed with Cucumber & Mint

Fiouna Catering Persian Cuisine

617-527-2717

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BORANI (STEAMED SPINACH) ④

Fresh spinach sautéed w/ onions & garlic in extra virgin olive oil & mixed w/ homemade yogurt

OLOVIEH

Potato salad w/ chopped chicken breast, pickles, peas, shredded carrots & mayonnaise

TORSHI ④

Mixed chopped garden vegetables seasoned in spices, eggplant, & vinegar

SHOOR ④

Pickle chopped vegetables

CHEESE PLATTER ④

Assorted American Cheeses, Jalapeno Cheese, Havarti, Brie & Crackers

JUMBO COCKTAIL SHRIMP

Our Finest Cocktail Shrimp

BORANI (STEAMED SPINACH) ④

Fresh spinach sautéed w/ onions & garlic in extra virgin olive oil & mixed w/ homemade yogurt

Soup

ASH RESHTEH ④

Spinach, cilantro, turnips, oats, lentils, beans, chick peas & noodles slowly simmered, topped with caramelized onions and yogurt.

BARLEY SOUP ④

Fresh barley soup w/ herbs in a hearty broth simmered to perfection

Salad

MIXED GREEN SALAD

Mixed green salad w/ pecans, goat cheese, pomegranate, raspberry, & vinaigrette dressing

GARDEN SALAD

Romaine lettuce, cucumber, tomato, red onion, carrot, served with house dressing.

CEASER SALAD

Romaine lettuce, carrot, parmesan cheese, crouton, sesame seeds, and Caesar dressing.

SHIRAZI SALAD

Freshly diced cucumber, tomatoes & red onions tossed in lemon juice & a pinch of mint

TABOULI

Fine parsley, tomatoes, cracked wheat w/ a touch of extra virgin olive oil, fresh lemon & mint

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FATTOUSH

Mix of fresh cucumbers, tomatoes, green onions, mint, accompanied w/ Pita croutons.

Beef

FILET MIGNON

Marinated charbroiled tender Filet Mignon

BEEF BARG

Marinated chunks of sirloin beef skewered & char-grilled to perfection

BEEF KOOBIDEH

Two juicy skewers of seasoned ground beef char-grilled to perfection

BEEF SOLTANI

Combination of a skewer of sirloin beef & a skewer of seasoned ground beef char-grilled to perfection

Poultry

CHICKEN SHISH KEBAB

Marinated juicy chunks of boneless chicken thigh skewered & char-grilled to perfection

CHICKEN BARG

Marinated juicy chunks of boneless chicken breast skewered & char-grilled to perfection

JOOJEH KEBAB (CORNISH HEN)

Marinated juicy chunks of Cornish hen skewered & char-grilled to perfection

CHICKEN KUBIDEH

Two juicy skewers of seasoned ground chicken char-grilled to perfection

CHICKEN SOLTANI

Combination of a skewer of chicken breast & a skewer of seasoned ground chicken

ZERESHK POLO (BARBERRY RICE)

Sautéed sweet & sour barberries mixed w/ basmati rice & saffron served w/ a skewer of chicken kabob

ALBALU POLO (CHERRY RICE)

Sautéed sour cherry, almond, mixed w/ basmati rice & saffron, served w/ a skewer of chicken kabob

ADAS POLO (LENTIL RICE)

Sautéed lentil, raisin, onion, mixed w/ basmati rice & saffron, served w/ a skewer of chicken kabob

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SHIRIN POLO

Sweet shredded carrot, orange peel, almond, mixed w/ basmati rice & saffron, served w/ a skewer of chicken kabob.

Lamb

(Served w/ rice)

(V vegetarian option also available)

BONELESS LAMB KEBAB

Charbroiled & Marinated Boneless Lamb Tenderloin

LAMB SHANK

Lamb Shank, Simmered in Tomato Sauce, And Onion

SHISH LIK (DOUBLE CUT LAMB CHOP)

Lamb Chops with Unique Blend of Spices

BAMIEH (OKRA STEW) (V)

Stewed chunks of lamb, okra, & tomato paste, served w/ basmati rice & saffron. (Hot & Spicy)

BADEMJAN (EGGPLANT STEW) (V)

Stewed chunks of lamb, sautéed eggplant, onion, & tomato, served w/ basmati rice & saffron

Seafood

ATLANTIC SALMON

Charbroiled & garnished with Caramelized Garlic, Lemon Juice, Saffron, & Spices

SALMON KEBAB

STUFFED HADDOCK FISH

Stew

(Served w/ rice)

(V vegetarian option also available)

FESENJAN (POMEGRANATE STEW) (V)

Simmered chicken (or Duck) in a sweet flavored pomegranate sauce w/ finely crushed walnuts

GORMEH SABZI (VEGETABLE STEW)

Stewed chunks of veal cooked w/ red beans, dried lemon, fresh parsley, cilantro & spinach

GHEIMEH BADEMJAN (EGGPLANT STEW) (V)

Stewed chunks of veal, sautéed eggplant, yellow split peas, & tomato

GHEIMEH

Stewed chunks of veal, yellow split peas, dried lemon, onion, & tomato, topped w/ potato sticks

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KARAFS (CELERY STEW) (V)

Stewed chunks of veal mixed w/ herb based stew with celery

Rice Plates[®]

(V Vegetarian)

WHITE BASMATI RICE W/SAFFRON

MORASA POLO (JEWELLED RICE)

Basmati rice w/ slivered orange peels, raisins, barberries (zereshk), slivered carrots, slivered almonds & slivered pistachio nuts.

ALBALU POLO (SOOR CHERRIES RICE)

Basmati rice with sweetened sour cherries, slivered almonds & pistachio nuts

LOUBIA POLO (GREEN BEANS RICE)

Basmati rice with seasoned tomato & green bean sauce

SABZI POLO (RICE W/ HERBS)

Basmati rice with traditional chopped herbs

ADAS POLO (LENTILS RICE)

Sautéed lentil, raisin, onion, mixed w/ basmati rice & saffron

ZERESHK POLO (BARBERRY RICE)

Sautéed sweet & sour barberries (zereshk), served on steamed basmati rice and saffron

BAGHALI POLO (DILL & LIMA BEANS RICE)

fava beans & dill mixed w/ basmati rice & saffron,

SHIRIN POLO (SWEET RICE)

Mixed sweet shredded carrot, orange peel, almond, served on steamed basmati rice and saffron.

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If you have any questions or would like to receive a quote, please fill out the information below and email us at catering@fiouna.com

Name:	
Occasion:	
Event Date:	
Time:	
Party Size:	
Telephone:	
E-mail:	
Budget:	
Special Requests:	

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