

KABUL

Afghan Cuisine

135 El Camino Real
San Carlos, CA 94070
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DINNER

APPETIZERS

MANTOO

Onion and ground lamb filled dumplings, topped with yogurt, and served with mixed vegetables

AUSHAK

Leek and spring onion-filled dumplings topped with yogurt and meat sauce, sprinkled with mint

SAMBOSA-E-GOUSHTI

Fried pastries filled with ground lamb, and chickpeas.

BULANEE

Turnover filled with leek, spring onions, and herbs

BULANEE KATCHALU

Turnover stuffed with ground lamb, mashed potatoes, onion, and herbs.

PAKAWRA-E-BADENJAN

Batter dipped eggplant with yogurt and meat sauce.

PAKAWRA-E-KATCHALU

Batter dipped potatoes with yogurt and meat sauce.

MASHAWA

Lentil soup with meat, kidney beans, chickpeas, yogurt sauce sprinkled with dill.

AUSH

Noodle soup with vegetable and yogurt sauce topped with meat sauce, sprinkled with dill.

ENTREES

SHRIMP KABAB

Marinated super jumbo shrimp charbroiled on a skewer served with pallow

KABAB-E-MAHEE

Marinated pieces of salmon fish, charbroiled on skewer, served with pallow.

KABAB-E-GAW

Tender cubes of beef, marinated in herbs and fine spices, charbroiled on skewer, served with pallow.

KABAB-E-MURGH

Tender cubes of chicken, marinated in herbs and fine spices, charbroiled on skewer, served with pallow.

KABAB-E-GOUSFAND

Tender cubes of lamb, marinated in herbs and fine spices, charbroiled on skewer, served with pallow.

KABUL'S COMBINATION KABAB

** The best of both worlds: Skewer of lamb kabob and skewer of chicken kabob, served with pallow.*

Combination: Two Skewers, one of each, lamb, chicken, fish, shrimp or beef, served with pallow, such as, skewer of beef and skewer of chicken.

CHUPAN

Lamb loin chops, marinated in herbs and spices, charbroiled on skewer, served with pallow.

KABAB-E-CHOPANDAZ

Veal loin chops, marinated in herbs and spices, charbroiled on skewers, served with pallow.

QUABILI PALLAW

Seasoned pieces of lamb under a mound of delicately seasoned rice, topped with carrot strips and raisins.

SHISH LEEK

Tender chunks of lamb, sauteed with onions, tomatoes, and green pepper, served with challaw.

LAWANG

Tender chunks of chicken breast cooked with mushrooms, onion, sour cream, garlic and spices, served with challaw.

MATER CHALLAW

Tender chunks of lamb, cooked with sweet green peas, onion, tomatoes, and spices, served with challaw.

ENTREES

SABSI CHALLAW

Cubes of lamb cooked with fresh spinach, onions, and garlic, served with challaw (white rice)

MANTOO

Onion and ground lamb filled dumplings, topped with yogurt, and served with mixed vegetables

AUSHAK

Leek and spring onion-filled dumplings topped with yogurt and meat sauce, sprinkled with mint

GULPI CHALLAW

Tender chunks of beef and cauliflower, cooked with onions, tomatoes, ginger and herbs served with challaw.

KORMA CHALLAW BADENJAH

Tender chunks of beef and eggplant cooked with onions, tomatoes, and spices, served with challaw.

KORMA CHALLAW

Tender chunks of beef cooked with green pepper, onions, tomatoes and spices, served with challaw.

** Above Entrees are served with Salad and Afghan Bread*

**Pallow; is Basmati Rice cooked in sauce to make it brown * Challaw is plain Basmati Rice .*

VEGETARIAN ENTREES*

CHALLAW SABSI

Stew of fresh spinach, cooked with onions and garlic, served with challaw.

CHALLAW KADU

Sauteed pumpkin topped with yogurt, served with challaw.

CHALLAW BADENJAH

Stew of eggplant cooked with onions, tomatoes, and herbs, topped with yogurt, served with challaw.

CHALLAW GULPI

Stew of cauliflower cooked with tomatoes, onions, fresh ginger and fine spices, served with challaw .

VEGETARIAN PLATTER

A combination of above three items, served with rice.

** Above Entrees are served with Salad and Afghan Bread.*

SABSI

Sauteed spinach cooked with garlic, onions and spices.

KADU

Sauteed pumpkin topped with yogurt, and meat sauce.

GULPI

Stew of cauliflower cooked with ginger, tomatoes, and onions.

BURENEE BADENJAN

Sauteed eggplant, topped with yogurt and meat sauce.

DESSERTS

BAKLAVA

Paper thin layers of syrup-soaked pastry with walnuts and pistachios.

GOUSH-E-FEEL

Fried pastry in the shape of an elephant's ear, dusted with cardamom, sugar, and pistachios.

FIRNEE

Pudding made of milk, cardamom, rose water, and sliced almonds, topped with pistachios

SHEERYAKH

Ice cream with a touch of cardamom and rose water.