



## Breakfast

### Omelette

Eggs ,tomato ,cabbage  
pepper,garlic

### Fried eggs

Eggs ,butter

### Boiled eggs

### Adasi (lentils)

Lentils ,fried  
onion,potato,spices

### Halim

wheat ,meat or chicken  
cinnamon ,oil

### Cheese and walnuts

### Cream and honey

### Chocolate

### Tomato and cucumber



## Starter

### Barley soup

Barley ,tomato ,onion ,carrots  
,spices ,parsley

### Milk soap

Milk,mushroom ,chiken,cream  
,barley ,carrots ,parsley

### Borani esphenaj

Spinach ,yoghurt,garlic

### Pasta salad

Pasta ,ham ,salty cucumber  
,cabbag pepper

### Olovie salad

Potato ,eggs ,salty cucumber  
,carrots ,sauce,peas

### Cabbage salad

Cabbage ,carrots ,raisins  
,ham,sauce ,walnuts



## Main Course

### Vegeterian

#### Pasta

soya, onion  
,tomato,mushroom  
,spices,and pasta

#### Kashke bademjan

Eggplant ,curd ,onion  
,garlic ,dried mint  
,walnuts ,spices

#### Mirza ghasemi

Grilled eggplant and  
tomato ,garlic ,eggs and  
spices

#### Adas polo

Lentils ,rice  
,raisins,onion, soy  
,spices

#### Dolme

Cabbage pepper ,rice  
,cotyledon,soy,onion  
,vegetables

#### Dampokht baghali

Yellow bean ,fried onion  
,turmeric,spices and rice

### No – Diet

#### Chicken kebab

Marinated chicken with onion ,salt,  
spices ,saffron ,lemon and rice

#### Meat Kebab

Meat ,onion ,spices ,with rice

#### Pasta

Meat, onion ,tomato,mushroom  
,spices,and pasta

#### Zereshk polo

Fried chicken ,barberry with rice

#### Adas polo

Lentils ,rice ,raisins,onion,mince meat  
or soy ,spices

#### Kotlet

Mince meat ,potato ,onion ,eggs ,spices ,

#### Ghorme sabzi stew

Red beans ,vegetables,meat ,dried lemon  
,with rice

#### Gheyme stew

Cotyledon,meat ,fried onion ,potato  
,with rice

#### Fish kebab

Marinated fish with garlig ,salt  
,spices ,lemon



## Dessert

### Chocolate cake

Eggs,milk ,flour  
,suger ,cacao  
powder,oil

### Fruit cream

Eggs ,milk ,cream  
,gelatin,fruits

### Fruit salad

Mix different  
fruits

### Cheese cake

Cream cheese  
,biscuit,butter,gelat  
in,cream, fruits

### Carrots cake

Carrots ,walnuts  
,flour ,suger  
,eggs,milk ,oil



## Lunch box

### koko sibzamini

potato ,eggs,onion  
,turmeric,spices,salt

### chicken sandwich

boiled chicken ,salty  
cucumber,tomato,sauce

### phelaphel

onion ,pea ,potato, red  
pepper ,spices,sesame

### olovie

potato ,eggs,salty  
cucumbers  
,carrots,sauce



## OUR MISSION

Iran Climbing Guide , an agency based in Iran in 2015 became very famous in short time and there is a point behind it .

WE CARE ABOUT EACH PERSON IN OUR GROUPS

So you could just relax and enjoy your holiday and make sure that we do our best . We look like close friends to you and we try our best to make wonderful holiday happens .

Here is our Menu for foo and you could just check the foods and ingredients and tell us if you like one food more or you don't like some ! We also cook foods for vegetarian people so don't worry about your special diets . At the end you could tell us if you are sensitive to some spices or ingredients in the food .

Lean back and let us know .



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