

## About us

We are a law firm, authorised and regulated by the Iranian Bar Association and would be happy to provide travelers with pro bono legal information during their stay in Iran.

## Brochures

- Working in Iran
- Start a business in Iran
- Overstaying in Iran
- Money and Numbers
- Culture & Customs
- **Foods and Drinks**
- Transportation
- Entry visas
- Customs, Import & Export



## Contact us

If things go wrong during your stay in Iran and you need immediate legal assistance by licensed lawyers, please contact us. We will carefully consider your issue as soon as we receive it and do all that we can to resolve the problem.

Our contact details are:

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# WELCOME TO IRAN

What you need to know about  
**Foods & Drinks**  
when visiting Iran...



Although, international cuisine and fast foods are available everywhere in Iran, but Persian food must not be overlooked, here are some recommendation of the most famous and must try Persian foods:

**Khoresht-e-Bademjan:** Containing Egg-plants & pieces of lamb or beef.

**Khoresht-e-Fesenjoon:** Containing chicken, walnuts and pomegranate paste.

**Khoresht-e-Gheimeh:** Containing split pea, pieces of lamb, dried lemon and french-fries.

**Khoresht-e-Ghorme-Sabzi:** Containing a mixture of herbs, pieces of lamb, red beans and dried lemon.

**Polow:** This is plain rice which is usually decorated with some saffron which gives it a nice yellow color on top.

**Baghali Polow:** This is rice cooked together with dill and lima beans. It is both served with chicken or lamb.

**Zereshk Polow:** Rice with sour/sweet seeds (rose berries) usually served with chicken and sometime contains pistachio and almond crisps.

**Kebabs:** Grilled lamb, chicken or fish. Kebabs can be ordered alone or with rice. Rice and Kebab together are called Cholo-Kebab.

#### **Vegetarian Foods:**

Kookoo Sabzi/ Sibzamini: Vegetable/ Potato cutlet

Mirza-ghasemi: Smashed eggplant and tomato with poached egg

Kashk-e-Bademjan: Smashed eggplant with Kashk (a diary product)



**Tea:** Tea is the drink of choice, though you'll occasionally encounter tiny coffee shops, and coffee is more common in touristy areas. Coffee addicts, savor the black stuff when you can!

**Water:** Although tap water is drinkable in most cities, but it is advisable to use bottled water which is available in restaurants and super-markets.

**Soft Drinks:** Carbonated drinks like Colas, Orange and lemonade drinks are available in different international and domestic brands. Fruit juices are also sold in fresh or packed format. There is a Malta beverage which is called Ma-o-shaeer which is usually referred as alcohol-free beer or Islamic beer!

Alcohol is banned in Iran, but doesn't mean you can't find it. You'll be fine drinking in private homes, but be cautious about consumption in public places.

**Doogh:** Yogurt drink which is available in plain and carbonated forms.

There are also some other drinks called "Sharbat" which are made by herb-waters like rose-water and are really refreshing in hot summers.