

# Be It Healing



FOOD MENU



# OUR KITCHEN

Today, Anatolia whose containing the cultural traces of civilizations is the rare in the world and is the host of the rare wealth. During thousands of years, this ancient geography kept the secrets of many special foods offered to the Sultans and padishahs, who reached the highest point of glory.

Undoubtedly, the most magnificent of these periods is the Ottoman period. Ottoman kitchen; in addition to being the flavor heritage of a giant empire of six centuries; is a gastronomic value that enriches by blending the flavors of Anatolia, Central Asia, Middle East and Balkan geographies and leaves deep traces on the food cultures of the lands within its borders.

The mosaic created by the cultures of three continents, the diversity of vegetation and seafood on the fertile geography on which it reigns, also increased the richness of the Ottoman kitchen.

The Ottoman kitchen, which took its most distinguished form in the capital city of Istanbul, is a culinary practice that is open to the culinary traditions of all the peoples of this geography, while the Turkish culture predominates, at the same time containing the rooted heritage from history and shaped according to different periods.

The kitchens of the Ottoman period have an inclusive and "taking" energy, a constantly changing light, a unique smell, a spirit and a magic.

Bringing the past and the present of our country together, carrying the values and beauties of the past to the future is of particular importance for us, while at the same time it becomes a responsibility.

The ancient Anatolian kitchens in the Nilhan Sultan Mansion Pasaliman, in the 21st century's Istanbul comes to life again, tables fit for sultans, waiting for Istanbulites.







# IMPORTANT REMINDER

Due to seasonally harvested, our meals indicate some differences between summer and winter months. According to the harvest period products between June and September, this menu has been prepared.

Oils other than butter and olive oil in our meals not used.

Only for frying Puff Pastry (high quality) sunflower oil was used.

Seafood is supplied from the seas of Bozcaada and Canakkale coasts according to the season.

Samples of imperial period soups are prepared with seasonal flavors, as in other food categories, with at least two varieties every day.



# EXORDIA

The foods that are prepared separately from the main dishes in the Ottoman period kitchens, described as cold starters, that color the table, that are delicious and that have a special place in our food culture, are defined as "meze" in Turkish. This word's originate comes from the Persian language. This word's the equivalant of the Persian is "maza". The foods in this section, which also means "taste", found a wide place in Ottoman kitchen.

It is not exaggerated to be asserted as a distinguishing characteristic for stuffed vine leaves in the ottoman period kitchens.

Although the word "pilaki" is not Turkish, it is undeniable that pilakis (kind of stew with onion oil and vegetables or fish) had a very strong place in the Ottoman period.

Unusual dough applications are the flavors that Ottoman kitchens brings together the Balkans and Central Asia.

Olive oil dishes, on the other hand, are the determinants of Mediterranean kitchens, as well as being the most beautiful examples of harmony with its geography.





# SOUP OF THE DAY - 22,00 ₺ -

# EXORDIA

### **MASTABE**

Strained Yogurt, Garden Orach, Black Seed, Garlic - 22,00₺ -

## ROASTED AUBERGÎNE SALAD

Aubergine, Olive Oil, Lemon

- 24,00 ₺ -

## SEASONED SEA BASS

Sea Bass, Onion, Vinegar, Lemon, Sugar, Salt
- 48,00 ₺ -

## **HUMMUS**

Chickpeas, Tahini, Extra Virgin Olive Oil, Lemon, Cummin, Garlic

- 23,00 1-

# CUCUMBER-YOGHOURT WITH TARRAGON

Strained Yogurt, Cucumber, Fresh Tarragon, Olive Oil, Garlic

- 18,00 走 -

## **COLD SOUP**

Strained Yogurt, Wheat, Chickpeas, Beans, Mint, Dill, Parsley

- 19,00 ₺ -

# LEAVES WRAPPED WITH CHERRY AND OLIVE OIL

Rice, Currants, Bell Peanuts, New Spring, Garlic, Cinnamon, Sugar, Salt, Grape Leaf

- 38,00 1-

# ARTICHOKE AND SHRIMP WITH ZAHTER SALAD

Artichoke, Shrimp, Zahter, Lemon, Extra Virgin Olive Oil

- 45,00 ₺ -

## ARTICHOKES WITH OLIVE OIL

Artichoke, Extra Virgin Olive Oil, Lemon, Dried Tomato, Fresh Broad Beans

- 32,00 ₺ -









## FENNEL WITH OLIVE OIL

Fennel, Olive Oil, Orange Juice and Slices
- 30,00 ₺ -

## KARIDYE PILAKI

Shrimp, Carrot, Onion, Celery Stalk, Garlic and Vinegar, Extra Virgin Olive Oil

- 82,00 ₺ -

#### **PURSLANE SALAD**

Purslane, Yellow, Red Cherry Tomatoes, Strawberry, Ground Pistachio, Olive Oil, Lemon, Feta Cheese

- 28,00 ₺ -

# SHEPHERD'S SALAD WITH SOUR GRAPE JUICY

Tomato, Cucumber, Village Pepper, Parsley, Red Onion, Olive Oil, Verjuice - 25,00 t -

#### **MUNG SALAD**

Mung Beans, Dill, Parsley, Mint, Fresh Onion,
Pomegranate, Olive Oil, Lemon
- 23.00 ₺ -

#### SEASONAL SALAD

Carrot, Red Cabbage, Belly Salad, Arugula, Tomato, Cucumber - 25,00 ₺ -

#### **PUMPKIN PAN**

Pumpkin, Flour, Starch (Sauce: Mint, Yogurt, Turmeric) - 28,00 ‡ -

## PUFF PASTRY (With Honey)

Butter, Cheese, Sunflower Oil

- 23,00 ₺ -

# DUCK MEAT PIRUHI (With Walnut Butter)

Flour, Egg, Duck Meat, Parsley, Yogurt
- 45,00 ₺ -

## BORAN-İ HASSA (Additionally Poached Eggs With Yoghurt)

Chard, Almond, Black Pepper, Salt, Egg, Yogurt - 35,00 ₺ -









## PITAS

## PITA WITH POTATOES

Boiled Potatoes, Onion, Spices

Mini: 12,00 ₺ Portion: 40,00 ₺

#### PITA WITH MUSHROOM

Oyster Mushroom, Porçini Mushroom, Onion, Spices

Mini: 15,00 を Portion: 46,00 を

## PITA FILLED WITH SPINACH

Spinach, Pastrami, Cheese, Egg Yolk

Mini: 12,00 <sup> †</sup> Portion: 40,00 <sup> †</sup>

## PITA FILLED WITH CHEESE

Curd Cheese, Kashar Cheese, Ezine Cheese, Dried Tomatoes, Dill, Parsley, Turmeric

Mini: 13,00 ₺ Portion: 44,00 ₺

## PITA FILLED WITH MEAT

Knife Minced Meat, Konkase Tomatoes, Onion, Garlic, Spices

Mini: 17,00 <sup> †</sup> Portion: 48,00 <sup> †</sup>







# MAIN DISHES

As always, simplicity is seen in meat, chicken and fish meals of the Ottoman period.

The preparation and cooking of meats is carried out in a simple and straightforward manner, without the need for complex culinary processes.

Flavor is sought in the simplicity of the food itself and tried to be found in its essence.

Compliments that accompany the meals, which you can also call as marginal note are the elements that diversify and strengthen the tables.





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# MAIN DISHES

# LAMB'S SHANK

(With a dish of mutton or chicken and coarsely ground wheat)

Lamb Shank, Butter, Salt, Wheat - 96,00 ₺ -

## **SEA BASS ON PAPER**

Sea Bass, Zucchini, Carrot, Scallion, Potatoes, Oyster Mushrooms, Tomatoes

- 92,00 ₺ -

#### **ROASTING SCORPION**

Scorpion Fish, Butter, Garlic, Oyster Mushroom, Zucchini, Carrot, Shallot

- 62,00 ₺ -

## AL'A NAZIK

Aubergine, Lamb, Garlic, Yogurt, Butter
- 82,00 ₺ -

# HÜNKAR BEĞENDİ (Sultan's delight lamb stew served on mashed eggplant)

Beef, Tomato Paste, Spices (Content of Beğendi: Eggplant, Flour, Milk, Butter, Mastic Gum)

- 79,00 t-

## **BALLI MAHMUDİYE**

Chicken (drumstick), Almond, Vinegar, Parsley, Dry Grapes, Butter, Apricot, Honey, Cinnamon, Spices - 62,00 ₺ -

# KEBAB-I MAKİYAN (1469) (with Persian rice platter)

Chicken Drumstick, Allspice, Cinnamon, Butter, Vinegar, Honey, Lemon, Caramelized Onion - 59,00 t -

## KIYMA PÜRYANİ YUFKADA (1764) (with Persian rice platter)

Minced Lamb, Minced Chicken, Minced Veal, Anise, Cinnamon, Pistachio, Pastry, Yoghurt, Butter - 74,00 ₺ -

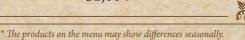
## DANE-İ SARI(1539)

Rice, Chickpeas, Saffron, Butter, Broth
- 22,00 ₺ -

## SEASONED RICE

Rice, Lamb Liver, Currants, Peanuts, Parsley, Chickpeas, Saffron, Butter, Broth

- 32,00 七-





# SWEETS

Desserts are as important as meat and rice in Ottoman kitchens, and a table without dessert is almost unthinkable. Indulging in sweet foods is a centuries-old tradition in the Ottoman kitchen.

It is a tradition to serve sweets such as baklava and kadayif, which are served in celebrations and feasts such as marriage and circumcision ceremonies.

Sherbet dumplings, halvah, custard and rice pudding type desserts prepared with milk, ashura, apple sauce, fruit desserts, cookies, jams, candies and Turkish delights, compotes prepared with almost all kinds of dried and fresh fruits, sherbet and syrups were among the desserts.





## SWEETS

# BAKLAVA WITH APPLE (With Black Mulberry Ice Cream)

Flour, Water, Butter, Starch, Apple, Walnut, Sugar - 36,00 ₺ -

## **CURD DESSERT**

Curd, Flour, Egg, Butter, Sugar, Semolina - 34,00 ₺ -

# MILK HALVA

(Being Prepared for Two Persons in 30 Minutes.)

Milk, Butter, Flour, Vanilla, Starch - 55,00 ₺ -

## REVANI

Egg, Flour, Semolina, Butter, Orange, Cream
- 28,00 ₺ -

## PEAR SWEET

Pear, Cherry Juice, Sugar
- 27,00 ₺ -

## FRIED ICE CREAM WITH CRISPY PASTA

Vanilla Ice Cream, Kadayif - 28,00 ₺ -

#### **CHOCOLATE MUSE**

White, Dark Chocolate, Vanilla
- 28,00 ₺ -

## MILK AND ALMOND PUDDING WITH ORANGE

Orange, Milk, Vanilla, Sugar, Filet Pistachio, Filet Almond - 28,00 ₺ -

## DATE DESSERT WITH FIGS

Milk, Almond Sugar, Vanilla, Butter, Date, Fig, Cherry Juice - 32,00 ½ -

# SEASONAL COMPOSTE - 22,00 t -







# BEVAREGES

It is known that sherbet, which lived its golden age in the Ottoman Empire, was made by the Turks and emerged as a traditional beverage prepared from fruit juices and drunk every hour of the day even in the 11th century.

Especially during the Ottoman Empire, sherbets reached Europe.





# BEVAREGES

## **COLD DRINKS**

Water - 6,00 ₺ -

Soda - 12,00₺ -

Soda - 15,00 七 -

Ayran - 20,00 ₺ -

Homemade Lemonade - 22,00₺ -

Homemade Mint Lemonade - 25,00 も -

Orange Juice - 25,00 ₺ -

Tamarind Sherbet - 28,00 ₺ -

Nawruz Sherbet - 28,00 も -

#### **SHERBETS**

Prince Sherbet - 28,00 ₺ -

Sultan Sherbet - 28,00₺ -

Veled Sherbet - 28,00 ₺ -

Valide-i Magnificent Sherbet - 28,00₺ -

Lavender Sherbet - 28,00 ₺ -

Musk Ambrette Sherbet - 28,00 ₺ -

Gülbeşeker Sherbet - 25,00 ₺ -

#### **HOT DRINKS**

Pavilion Tea- 12,00 t - Turkish Coffee - 23,00 t -







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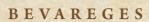
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CAFE







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## **SHERBETS**

Prince Sherbet - 28,00 t -

Sultan Sherbet - 28,00 ₺ -

Veled Sherbet - 28,00₺ -

Valide-i Magnificent Sherbet - 28,00 ₺ -

Lavender Sherbet - 28,00 ₺ -

Musk Ambrette Sherbet - 28,00₺ -

Gülbeşeker Sherbet - 25,00₺ -

### **COLD DRINKS**

Water - 6,00₺ -

Soda - 12,00 t -

Soda - 15,00 t -

Ayran - 20,00 ₺ -

Homemade Lemonade - 22,00 ₺ - Homemade Mint Lemonade - 25,00 ₺ -

Orange Juice - 25,00₺ -

Buzlu Kahve - 28,00 ₺ -

Buzlaş - 25,00 ₺ -

Tamarind Sherbet - 28,00 ₺ -

Nawruz Sherbet - 28,00 も -

#### HOT DRINKS

Pavilion Tea - 12,00 ₺ -

Fincan Çay - 16,00 t -

Demleme Yeşil Çay - 18,00 t -

Demleme Kış Çayı - 23,00 ₺ -

Demleme Adaçayı - 20,00 t -

Demleme Nane Limon - 20,00 ₺ -

Demleme Ihlamur - 22,00₺ -

Sahlep - 25,00 t -

Sıcak Çikolata - 27,00 ₺ -

#### COFFEES

Turkish Coffee- 23,00₺-

Ehl-i Keyf Kahvesi - 27,00 t -

Dibek Kahvesi - 25,00 t -

Damla Sakızlı Türk Kahvesi - 25,00 t -

Kaküleli Türk Kahvesi - 25,00 t -









## SWEETS

# BAKLAVA WITH APPLE (With Black Mulberry Ice Cream)

Flour, Water, Butter, Starch, Apple, Walnut, Sugar - 36,00 ₺ -

### **CURD DESSERT**

Curd, Flour, Egg, Butter, Sugar, Semolina - 34,00 ₺ -

## MILK HALVA

(Being Prepared for Two Persons in 30 Minutes.)

Milk, Butter, Flour, Vanilla, Starch - 55,00 ₺ -

## REVANI

Egg, Flour, Semolina, Butter, Orange, Cream - 28,00 ₺ -

## PEAR SWEET

Pear, Cherry Juice, Sugar - 27,00 t -

## FRIED ICE CREAM WITH CRISPY PASTA

Vanilla Ice Cream, Kadayif - 28,00 ₺ -

#### **CHOCOLATE MUSE**

White, Dark Chocolate, Vanilla
- 28,00 ₺ -

# MILK AND ALMOND PUDDING WITH ORANGE

Orange, Milk, Vanilla, Sugar, Filet Pistachio, Filet Almond

- 28,00 ₺ -

# ÇİLEKLİ MİLFÖY

Milföy, Çilek, Pudra Şekeri - 28,00₺ -

## DATE DESSERT WITH FIGS

Milk, Almond Sugar, Vanilla, Butter, Date, Fig, Cherry Juice









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BREAKFAST MENU



# BREAKFAST

According to the kitchen records that have survived to the present day, food was eaten twice a day as **Subh** (morning) and **Mesa** (evening) in the Ottoman Palace, was as known.

The breakfast, which is known by names such as Mid-morning (Kuşluk), pleasure of coffee (Tahta'l-Kahve), is referred to as "Tutguç" in Old Turkish Language.

In our culture, breakfast in almost every period has had an important place.

In the records of the period, breakfast called as "Fütur Ta'âmı, Safralık, and Casîriye", was mainly prepared with milk products. There is information that II. Bayezid ate Cream, Honey and Cheese after the morning prayer.

In our country, morning breakfasts varied from region to region show differences.

Special cheeses, pastrami and sausages, butter and olives from different regions of Anatolia, jams prepared with a lot of effort, blended with our traditional taste, it is offered to its regular customers's taste at Nilhan Sultan Mansion Paşalimanı.







## I. BAYEZİD BREAKFAST

Cream, Honey and Ezine Cheese, Erzurum Gogermis Cheese, Thrace Fresh Cheddar Cheese, Kars Old Cheddar Cheese, Erzurum Civil Cheese, Olive, Bezirgan Kebab and Sourdough Bread, Two Cups of Tea

- 75,00 ₺ -

# SPLASH BREAKFAST (For Two Person)

Ezine Cheese, Erzurum Gogermis
Cheese, Erzurum Civil Cheese, Kars Old Cheddar
Cheese, Thrace Fresh Cheddar Cheese, Van Herbed
Cheese, Erzincan Şavak Tulum Cheese, Buffalo
Butter, Buffalo Cream, Tokat Cloth Sausage, Pastrami,
Olive Plate (Halhalı Olives, Savrani Olives, Sarı
Haşebi, Gemlik Sele), Zahter with Olives, Honey,
Tomatoes, Cucumbers, Village Pepper, Strawberry
Jam, Cherry jam, Mulberry Molasses, Eye Egg in
Butter, Hot Open Bread, Puff Pastry, Bagel, Walnut
Bun, Sour Leavened Bread, Milk or Tea

- 192,00 ₺ -

## **EXTRAS**

Bezirgân Kebab - 15,00 ₺ Honey and Cream - 28,00 ₺ Eye Egg in Butter - 22,00 ₺ Puff Pastry - 28,00 ₺ Kangal Sausage in Butter - 29,00 ₺ Eggs with Sausage in Butter - 29,00 ₺ Fried Egg - 36,00 ₺ Turkish Coffee - 23,00 ₺ -

#### PITAS

**PITA WITH POTATOES:** Boiled Potatoes, Onion, Spices

Mini: 12,00 t - Portion: 40,00 t

PITA WITH MUSHROOM: Oyster Mushroom, Porçini Mushroom, Onion, Spices Mini: 15,00₺ - Portion: 46,00₺

PITA FILLED WITH SPINACH: Spinach, Pastrami, Cheese, Egg Yolk

Mini: 12,00₺ - Portion: 40,00₺

PITA FILLED WITH CHEESE: Curd Cheese, Kashar Cheese, Ezine Cheese, Dried Tomatoes, Dill, Parsley, Turmeric

Mini: 13,00 t - Portion: 44,00 t

PITA FILLED WITH MEAT: Knife Minced Meat, Konkase Tomatoes, Onion, Garlic, Spices Mini: 17,00₺ - Portion: 48,00₺







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