

Menu

Chez My

4245 Boulevard Sainte-Rose, Laval-Ouest, QC H7R | (450) 962-4656

Entrées / Appetizers

Rouleau printanier aux crevettes (froid) / Shrimp Spring Roll (Cold)

CA\$3.50

Fresh shrimp wrapped in a delicate spring roll, served chilled.

Rouleau impérial (chaud) / Imperial Roll (Hot)

CA\$2.50

Crispy, golden imperial roll with a savoury filling, served hot.

Rouleau printanier au poulet (froid) / Chicken Spring Roll (Cold)

CA\$3.50

Chicken spring roll filled with tender chicken, served cold.

Dumplings

CA\$4.50

3 mcx. / 3 Pcs.

Crevettes tempura / Shrimp Tempura

CA\$7.50

3 mcx. / 3 Pcs.

Wontons frits / Fried Wontons

CA\$7.50

7 mcx. / 7 Pcs.

Calmars frits / Fried Calamari

CA\$7.00

7 mcx. / 7 Pcs.

Spéciaux midi / Lunch Specials

Soupe repas au poulet avec légumes / Chicken Meal Soup with Vegetables CA\$10.00

Hearty chicken soup with vegetables.

Rouleaux impériaux avec vermicelle / Imperial Rolls with Vermicelli CA\$8.00

Crispy fried imperial rolls served with vermicelli noodles.

Midi Express-A (poulet grillé, rouleau impérial, salade et riz / Grilled Chicken, Imperial Roll, Salad) CA\$10.00

Grilled chicken, imperial roll, salad, and rice, a satisfying meal combination.

Midi Express-B (boeuf grillé, rouleau impérial, salade et riz / Grilled Beef, Imperial Roll, Salad) CA\$10.00

Grilled beef, imperial roll, salad, and rice, a satisfying lunch combination.

Plat végétarien sur nouilles croustillantes / Vegetarian Dish on Crispy Noodles CA\$10.00

Crispy noodles topped with a variety of vegetables in a savory vegetarian dish.

Poulet sauté aux légumes sur nouilles croustillantes / Chicken Sauteed with Vegetables on Crispy Noodles CA\$12.00

Tender chicken sautéed with vegetables, served on crispy noodles.

Poulet sauté au gingembre / Chicken Sauteed with Ginger CA\$12.00

Tender chicken sautéed with fresh ginger for a flavorful twist.

Poulet sauté au basilic / Chicken Sauteed with Basil CA\$12.00

Tender chicken sautéed with fresh basil.

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Poulet sauté aux ananas / Chicken Sauteed with Pineapple

CA\$12.00

Tender chicken sautéed with sweet pineapple.

Crevettes sautées aux légumes sur nouilles croustillantes / Shrimp Sauteed with Vegetables

CA\$15.00

Succulent shrimp sautéed with vegetables, served on crispy noodles.

Assiette de boeuf, poulet, crevettes sautés aux légumes sur nouilles croustillantes / Plate of

CA\$17.00

Savour beef, chicken, and shrimp sautéed with vegetables, served on crispy noodles.

Soupe repas / Soup Meals

Soupe wonton / Wonton Soup

CA\$4.50

Delicate dumplings filled with savory ingredients in a warm broth.

Soupe maison / Homemade Soup

CA\$3.00

Hearty homemade soup made fresh daily.

Soupe au poulet / Chicken Soup

CA\$11.00

Hearty chicken soup in a warm, savoury broth.

Soupe aux crevettes / Shrimp Soup

CA\$12.00

Succulent shrimp in a warm, savoury broth for a hearty, meal-sized soup.

Soupe au boeuf / Beef Soup

CA\$11.00

Hearty beef soup made with tender beef.

Repas combo / Combo Meals

Repas combo A / Combo Meal A

CA\$14.00

Petite soupe et poulet sauté aux légumes sur nouilles croustillantes. / Small soup and sauteed chicken with vegetables on crispy noodles.

Repas combo B / Combo Meal B

CA\$14.00

Petite soupe, poulet sauté au gingembre, salade, et riz. / Small soup, chicken sauteed with ginger, salad, and rice.

Repas combo C / Combo Meal C

CA\$15.00

Petite soupe, rouleau impérial, poulet grillé, boeuf grillé, salade, et riz. / Small soup, imperial roll, grilled chicken, grilled beef, salad, and rice.

Repas combo D / Combo Meal D

CA\$16.00

Petite soupe, rouleau impérial, poulet grillé, brochette de crevettes, salade, et riz. / Small soup, imperial roll, grilled chicken, shrimp skewer, salad, and rice.

Repas combo E / Combo Meal E

CA\$16.00

Petite soupe, rouleau impérial, boeuf grillé, brochette de crevettes, salade, et riz. / Small soup, imperial roll, grilled beef, shrimp skewer, salad, and rice.

Repas combo F / Combo Meal F

CA\$18.50

Petite soupe, rouleau impérial, poulet grillé, boeuf grillé, brochette de crevettes, salade, et riz. / Small soup, imperial roll, grilled chicken, grilled beef, shrimp skewer, salad, and rice.

Repas combo G / Combo Meal G

CA\$19.50

Petite soupe, rouleau impérial, brochette de poisson, brochette de pétoncles, et brochette de crevettes. / Small soup, imperial roll, fish skewer, scallop skewer, and shrimp skewer.

Repas combo H / Combo Meal H

CA\$17.00

Petite soupe wonton et poulet général tao. / Small wonton soup and chicken general tao.

Spécialités de légumes à la carte / Vegetable Specialties à la Carte

Assiette de boeuf, poulet, crevettes sautés aux légumes sur nouilles croustillantes / Plate of Beef, Chicken, and Shrimp sautéed with vegetables on crispy noodles

Savour beef, chicken, and shrimp sautéed with vegetables, served on crispy noodles.

CA\$19.95

Plat végétarien sur nouilles croustillantes / Vegetarian Dish on Crispy Noodles

CA\$12.00

Crispy noodles topped with a variety of vegetables.

Légumes sautés au gingembre / Sautéed Vegetables with Ginger

CA\$12.00

Stir-fried vegetables infused with the warmth of ginger.

Légumes sautés au cari / Sautéed Vegetables with Curry

CA\$12.00

Mixed vegetables cooked in a flavorful curry sauce.

Poulet sauté aux légumes / Grilled Chicken with sautéed Vegetables

CA\$13.50

Tender chicken paired with sautéed vegetables.

Boeuf sauté aux légumes sur nouilles croustillantes / Fried Beef with Vegetables on Crispy Noodles

CA\$13.50

Tender beef and vegetables served on crispy noodles.

Crevettes sautées aux légumes sur nouilles croustillantes / Fried Shrimp with Vegetables on Crispy Noodles

CA\$17.50

Succulent shrimp paired with sautéed vegetables on a bed of crispy noodles.

Poisson sauté aux légumes sur nouilles croustillantes / Fried Fish with Vegetables on Crispy Noodles

CA\$17.00

Flaky fish paired with sautéed vegetables, served on crispy noodles.

Pétoncles sautés sur nouilles croustillantes / Sauteed Scallops on Crispy Noodles ~~CA\$19.00~~

Tender sautéed scallops on crispy noodles, served hot.

Riz frit aux légumes / Vegetable Fried Rice ~~CA\$11.00~~

Mixed vegetables in a flavorful rice dish.

Assiette de fruits de mer aux légumes sur nouilles croustillantes / Plate of Seafood with Vegetables ~~CA\$20.50~~

Fresh seafood and vegetables served on crispy noodles.

Spécialités de boeuf à la carte / Beef Specialties à la Carte

Boeuf grillé, salade et riz / Grilled Beef, Salad and Rice ~~CA\$15.50~~

Tender beef served with a fresh salad and a side of rice.

Boeuf sauté à la citronnelle vermicelle / Sauteed Beef with Lemongrass and Vermicelli ~~CA\$15.50~~

Tender beef sautéed with fragrant lemongrass and served with vermicelli.

Boeuf sauté au gingembre / Beef Sauteed with Ginger ~~CA\$15.50~~

Tender beef sautéed with fresh ginger for a flavorful dish.

Boeuf sauté au basilic / Beef Sauteed with Basil ~~CA\$15.50~~

Tender beef sautéed with fresh basil.

Boeuf sauté au cari / Sauteed Beef Curry ~~CA\$15.50~~

Tender beef in a rich and flavorful curry sauce.

Boeuf sauté avec épinards croustillants dans une sauce d'arachide / Sauteed Beef with Crispy Spinach

Tender beef strips sautéed with crispy spinach in a rich peanut sauce.

CA\$16.50

Spécialités de poulet à la carte / Chicken Specialties à la Carte

Poulet général tao / General Tao Chicken

CA\$15.50

Spicy chicken dish with a sweet and sour sauce.

Poulet sauté au gingembre / Chicken Sauteed with Ginger

CA\$14.50

Tender chicken sautéed with fresh ginger for a flavorful twist.

Poulet grillés, salade et riz / Grilled Chicken, Salad and Rice

CA\$14.50

Grilled chicken served with a fresh salad and a side of rice.

Poulet sauté au basilic / Chicken Sauteed with Basil

CA\$14.50

Tender chicken sautéed with fresh basil.

Poulet sauté aux ananas / Chicken Sauteed with Pineapple

CA\$14.50

Tender chicken sautéed with sweet pineapple.

Poulet sauté au cari / Sauteed Chicken Curry

CA\$14.50

Tender chicken in a rich and flavorful curry sauce.

Poulet blanc sauté avec épinards croustillants dans une sauce d'arachide / Sauteed White Chicken with Crispy Spinach

Tender chicken sautéed with crispy spinach in a rich peanut sauce.

CA\$15.50

Pad thai au poulet / Chicken Pad Thai

CA\$15.50

Stir-fried noodles with chicken and a blend of Asian spices.

Riz frit au poulet / Chicken Fried Rice

CA\$14.00

Flavourful stir-fried rice with tender chicken.

Spécialités de crevettes à la carte / Shrimp Specialties à la Carte

Riz frit aux crevettes / Shrimp Fried Rice

CA\$16.00

Stir-fried rice with succulent shrimp, broccoli, and red pepper, garnished with cucumber and tomato.

Brochettes de crevettes (3), salade et riz / Shrimp Skewers (3), Salad and Rice

CA\$18.50

Succulent shrimp skewers served with a fresh salad and side of rice.

Crevettes sautées au gingembre / Shrimp Sauteed with Ginger

CA\$17.50

Succulent shrimp sautéed with fresh ginger for a delightful flavor.

Crevettes sautées au basilic / Shrimp Sauteed with Basil

CA\$17.50

Succulent shrimp cooked with fragrant basil.

Crevettes sautées au cari / Sauteed Shrimp Curry

CA\$17.50

Succulent shrimp in a rich and flavorful curry sauce.

Crevettes sautées avec épinards croustillants dans une sauce d'arachide / Sauteed Shrimp with Crispy Spinach in Peanut Sauce

CA\$15.50

Succulent shrimp sautéed with crispy spinach in a rich peanut sauce.

Crevettes sautées aux ananas / Shrimp Sauteed with Pineapple

CA\$17.50

Succulent shrimp sautéed with sweet pineapple.

Pad thai aux crevettes / Shrimp Pad Thai

CA\$17.50

Stir-fried rice noodles with succulent shrimp in a savoury Pad Thai sauce.

Spécialités de poisson à la carte / Fish Specialties à la Carte

Brochettes de poisson (2), salade et riz / Fish Skewers (2), Salad and Rice

CA\$16.50

Tender fish skewers served with a fresh salad and a side of rice.

Poisson sauté au cari / Sauteed Fish Curry

CA\$17.00

Flaky fish in a rich and aromatic curry sauce.

Poisson sauté au gingembre / Fish Sauteed with Ginger

CA\$17.00

Fresh fish sautéed with ginger for a delicate flavor.

Poisson sauté au basilic / Fish Sauteed with Basil

CA\$17.00

Fresh fish sautéed with fragrant basil.

Poisson sauté aux ananas / Fish Sauteed with Pineapple

CA\$17.00

Fresh fish sautéed with sweet pineapple.

Pétoncles sautés au cari / Sauteed Scallops Curry

CA\$18.00

Scallops cooked in a rich and flavorful curry sauce.

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Pétoncles sautés au gingembre / Scallops Sauteed with Ginger

CA\$18.00

Succulent scallops infused with the warmth of ginger.

Pétoncles sautées aux ananas / Scallops Sauteed with Pineapple

CA\$18.00

Scallops sautéed with sweet and tangy pineapple.

Spécialités de fruits de mer à la carte / Seafood Specialties à la Carte

Fruits de mer sautés aux ananas / Seafood Sauteed with Pineapple

CA\$19.50

Succulent seafood sautéed with sweet pineapple.

Fruits de mer sautés au cari / Sauteed Seafood Curry

CA\$19.50

Savoury seafood in a rich and aromatic curry sauce.

Fruits de mer sautés au gingembre / Seafood Sauteed with Ginger

CA\$19.50

Savoury seafood sautéed with ginger.

Fruits de mer sautés au basilic / Seafood Sauteed with Basil

CA\$19.50

Savour fresh seafood sautéed with fragrant basil.

Breuvages / Beverages

Coke

CA\$2.50

Pepsi

CA\$2.50

7 Up

CA\$2.50

Desserts

Pommes frites / Potato Fries

CA\$3.50

Golden, crispy potato fries with a fluffy center.

Bananes frites / Banana Fries

CA\$3.50

Thinly sliced bananas, crispy on the outside and sweet on the inside.

Ananas frits / Pineapple Fries

CA\$3.50

Sweet and crispy pineapple slices.
