



Menu

Le Cap Creole

66 Boul Cartier O, Laval, QC H7N 2H5, Canada | (438) 968-5152

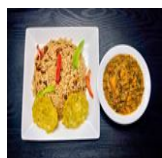
Most Ordered



Griot (banane plantain, acra, marinade, salade, sauce, pikliz)

CA\$22.49

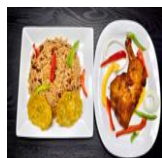
Marinated pork chunks with fried plantains, served alongside rice with beans and a side of pickled vegetables.



Légume / Vegetable riz collé (banane plantain, pikliz, sauce, salade)

CA\$21.75

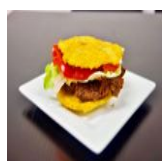
Mixed vegetables with carrots and leafy greens, seasoned with Caribbean spices.



Poulet frit / Fried Chicken riz collé (banane plantain, pikliz, sauce, salade)

CA\$20.95

Crispy fried chicken paired with seasoned rice, garnished with vibrant bell peppers and accompanied by golden fried plantains.



Burger Plantain (2)

CA\$17.25

Crispy plantain slices sandwich a seasoned beef patty, fresh lettuce, and ripe tomatoes.

Pâté Cordé / Corded Pâté

CA\$6.00

Acra

CA\$4.99

Poisson riz blanc (banane plantain, sauce pois, sauce, salade)

CA\$23.55

Menu Le Cap Creole

Salade de macaroni / Macaroni Salad

CA\$4.99

Dinde / Turkey riz collé (banane plantain, pikliz, sauce, salade)

CA\$22.75

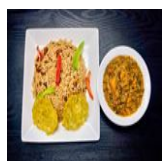
Poulet frit riz blanc (banane, sauce pois, sauce, pikliz, salade)

CA\$19.85

Repas - régulier / Meals - Regular

Poisson riz blanc (banane plantain, sauce pois, sauce, salade)

CA\$23.55



Légume / Vegetable riz collé (banane plantain, pikliz, sauce, salade) CA\$21.75

Mixed vegetables with carrots and leafy greens, seasoned with Caribbean spices.

Poulet frit riz blanc (banane, sauce pois, sauce, pikliz, salade)

CA\$19.85



Lambi en sauce / Conch in Sauce riz collé (banane plantain, pikliz, sauce, salade) CA\$21.95

Tender conch simmered in a savory sauce with bell peppers and onions.

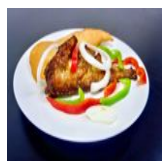
Lambi en sauce riz blanc(sauce pois, pikliz, banane plantain, salade)

CA\$32.85

Menu Le Cap Creole

Dinde riz blanc (sauce pois, banane plantain, pikliz, sauce, salade) **CA\$22.75**

Cabrit en sauce riz blanc (sauce pois, banane plantain, pikliz, salade) **CA\$26.85**



Poisson frit / Fried Fish riz collé (banane plantain, pikliz, sauce, salade) **CA\$23.55**

Crispy fried fish garnished with sliced onions and bell peppers, served with a side of fried bread.

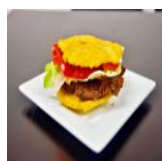
Dinde / Turkey riz collé (banane plantain, pikliz, sauce, salade) **CA\$22.75**

Légume riz blanc (banane plantain, sauce pois, sauce pikliz, salade) **CA\$21.75**



Griot riz blanc (banane plantain, pikliz sauce pois, salade) **CA\$21.15**

Succulent fried pork paired with white rice, accompanied by fried plantains, spicy pickled vegetable relish, and a fresh salad.



Burger Plantain (2) **CA\$17.25**

Crispy plantain slices sandwich a seasoned beef patty, fresh lettuce, and ripe tomatoes.

Ragoût (boeuf)/ Stew riz collé (banane plantain, pikliz, salade) **CA\$18.99**

Ragout boeuf riz blanc (sauce pois, pikliz, banane plantain, salade) **CA\$18.99**

Menu Le Cap Creole

Tassot bouf / Beef Tassot riz collé (banene plantain, pikliz, sauce, salade) CA\$24.25

Tassot cabrit / Tassot Goat riz collé (banane plantain, pikliz, sauce, salade) CA\$25.85

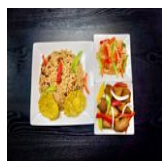
Tassot boeuf riz blanc (banane plantain, sauce pois, sauce, salade) CA\$24.25

Tassot cabrit riz blanc (sauce pois, banane plantain, pikliz, sauce, salade) CA\$25.85



Poulet frit / Fried Chicken riz collé (banane plantain, pikliz, sauce, salade) CA\$24.95

Crispy fried chicken paired with seasoned rice, garnished with vibrant bell peppers and accompanied by golden fried plantains.



Griot riz collé (banane plantain, pikliz, sauce) CA\$21.15

Marinated and fried pork pieces, served with rice, fried plantains, and a side of pickled vegetables.

Repas - fritay / Meals - Fritay

Poisson frit / Fried Fish (banane plantain, acra, pikliz, salade, marinade, sauce) CA\$24.55

Ragoût / Stew (banane plantain, marinade, acra, salade) CA\$19.99

Menu Le Cap Creole



Dinde / Turkey (banane plantain, marinade, acra, pikliz, salade)

CA\$23.49

Crispy fried turkey served with plantain slices, garnished with bell peppers and onions.

Légume / Vegetable (banane plantain, marinade, acra, pikliz, salade)

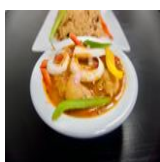
CA\$22.75



Tassot bouf / Beef Tassot (banane plantain, acra, sauce, pikliz, salade)

CA\$25.25

Marinated and fried beef chunks served with fried plantains, garnished with bell peppers and onions.



Tassot cabrit / Goat Tassot (banane plantain, pikliz, sauce, acra, salade, marinade)

CA\$26.85

Tender goat pieces with plantain, spicy pickled vegetables, sauce, crispy fritters, and salad. Accompanied by marinated elements enhancing Caribbean flavors.



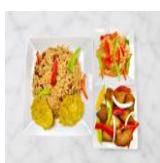
Lambi en sauce / Conch in Sauce (banane plantain, marinade, acra, pikliz, salade)

CA\$21.85

Tender conch in a savory sauce, garnished with sliced onions and colorful bell peppers.

Cabrit en sauce / Goat in Sauce (banane plantain, acra, marinade, pikliz, salade)

CA\$27.85



Griot (banane plantain, acra, marinade, salade, sauce, pikliz)

CA\$22.49

Marinated pork chunks with fried plantains, served alongside rice with beans and a side of pickled vegetables.

Poulet frit / Fried Chicken (banane plantain, acra, marinade, pikliz, sauce, salade)

CA\$21.49

Menu Le Cap Creole

Accompagnements / Sides

Pâté Cordé / Corded Pâté CA\$6.00

Poulet / Chicken CA\$10.99

Acra CA\$4.99

Salade de macaroni / Macaroni Salad CA\$4.99

Marinade (6) CA\$3.99

Bananes plantains (2 mcx) / Banana Plantains (2 pcs) CA\$3.85

Sauce pois / Pea Sauce CA\$4.99

Pikliz CA\$2.49

Menu Le Cap Creole

Tassot cabrit / Goat Tassot

CA\$13.99

Griot

CA\$11.99

Dinde / Turkey

CA\$9.99

Tassot bouf / Beef Tassot

CA\$12.99

Banane / Banana

CA\$2.49

Riz blanc / White Rice

CA\$10.25

Grand riz / Large Rice

CA\$13.99

Boissons / Drinks



Sprite 355MI

Lemon-lime soda with crisp citrus flavors in a 355ml serving.

CA\$1.75

Menu Le Cap Creole

Eau eska / Eska Water

CA\$1.99



Coke 355MI

Carbonated soft drink in a 355ml can, offering a classic cola flavor.

CA\$1.75



Pepsi 355MI

Carbonated soft drink with a bold cola flavor, 355ml.

CA\$1.75



Pepsi diète 355MI / Diet Pepsi 355MI

A refreshing 355ml can of diet cola, offering a classic soda experience with reduced sugar content.

CA\$1.75



Coke diète 355MI / Diet Coke 355MI

Diet cola with no sugar, no calories, in a 355ml serving.

CA\$1.75

Thé glacé 355 ML / Iced Tea 355 ML

CA\$1.75

Cola

Classic chilled cola, the perfect refreshing companion to any meal.

CA\$2.99

Couronne

CA\$2.99

Malta

Authentic and slightly bitter malt beverage, best enjoyed alongside our delicious dishes.

CA\$2.49

Menu Le Cap Creole

Jus / Juice

CA\$3.49

Eau / Water

Pure, refreshing hydration

CA\$1.99
