



Menu

Resto Flap Flap

5808 Rue de Charleroi, Montréal-Nord, QC H1G 4G6, Canada | (514) 329-7787

Most Ordered



Griyo / Griyo

CA\$19.95

Porc mariné servi avec sauce et pikliz, accompagnée de riz collé, bananes plantains, et salade de macaroni. / Pickled pork served with sauce and pikliz, accompanied by sticky rice, plantains and macaroni salad.



PATÉ HAITIEN / HAITIAN PASTE 3 POULET OU BOEUF / PATÉ HAITIEN / HAITIAN PASTE 3 CHICKEN / BEEF

CA\$8.00

Flaky, golden pastry filled with seasoned chicken, offering a savory taste in each bite. Three pieces per serving.



Légumes et bouf / Sancoche (Vegetables and Beef) / Légumes et bouf / Sancoche

CA\$19.95

Ratatouille préparée avec aubergine, carotte, courgette, tomate et épices servie avec riz blanc, sauce pois, et bananes plantains. / Ratatouille prepared with eggplant, carrot, zucchini, tomato and spices served with white rice, pea sauce, and plantains.



Artibonite (poulet / Chicken) / Artibonite (poulet / Chicken)

CA\$19.95

Cuisse de poulet, marinée dans les épices régionales de l'Artibonite, servie avec sauce et pikliz, accompagnée de riz collé, bananes plantains, et salade de macaroni. / Chicken leg, marinated in regional artibonite spices, served with sauce and pikliz, accompanied with sticky rice, plantains, and macaroni salad.



Lalo PLAT / Vendredi et samedi seulement / Lalo PLAT / Vendredi et samedi seulement

CA\$20.95

Tender chicken stewed with jute leaves, served with white rice, fried plantains, and a rich, savory sauce.



Macaroni Gratiné / Macaroni Gratiné

CA\$19.95

Pâtes rigatoni, viande hachée, épices, fromage parmesan, fromage rappé, mozzarella, et lait de carnation. / Rigatoni pasta, minced meat, spices, parmesan cheese, grated cheese, mozzarella, and carnation milk.



GATEAU / GATEAU

CA\$4.50

GATEAU VANILLE OU CITRON

Menu Resto Flap Flap

Riz djon djon / Djon Djon Rice / Riz djon djon / Djon Djon Rice

CA\$6.50

Rice cooked with black mushroom water, typically flavored with creole spices.

Riz collé / Pasted Rice / Riz collé / Pasted Rice

CA\$6.00

Riz collé: Rice typically cooked with beans, often flavored with Creole spices.

Bananes plantains / Plantains / Bananes plantains / Plantains

CA\$5.00

3 (mcx / Pcs).

Saveur et chaleur / Flavor and Heat / Saveur et chaleur / Flavor and H



Ailes de satin noir / Black Satin Wings / Ailes de satin noir / Black Satin Wings

CA\$12.15

10 mcx. Ailes de poulet épicées aigre-doux à la flap flap. / 10 Pcs. Sweet and sour spicy chicken wings with flap flap.



Cigares créoles / Creole Cigars / Cigares créoles / Creole Cigars

CA\$12.20

5 mcx. Bouf, porc, goberge assaisonné, et légumes frais roulés dans une enveloppe printemps. / 5 Pcs. Beef, pork, seasoned pollock, and fresh vegetables rolled in a spring wrapper.



BOUILLON , SAMEDI SEULEMENT / BOUILLON , SAMEDI SEULEMENT

CA\$19.99

BOUILLON SAMEDI SEULENT



Marinades / Marinades

CA\$12.95

5 mcx. Beignets de morue accompagnés d'une mayonnaise lime et poivre. / 5 Pcs. Cod fritters with lime and pepper mayonnaise.



Chiquetailles / Chiquetailles

CA\$12.20

5 mcx. Émincé de hareng fumé, oignon, ail, tomate, et huile d'olive extra-vierge sur une baguette. / 5 Pcs. Sliced smoked herring, onion, garlic, tomato, and extra-virgin olive oil on a baguette.

Menu Resto Flap Flap

Santé et Fraîcheur / Santé et Fraîcheur



Salade Flap Flap / Flap Flap Salad / Salade Flap Flap / Flap Flap Salad **CA\$19.95**

Bébé épinard, laitue, tomate, concombre, filets de poulet jerk, et une vinaigrette.
/ Baby spinach, lettuce, tomato, cucumber, jerk chicken fillets, and a vinaigrette.

Salade verte / Green Salad / Salade verte / Green Salad

CA\$12.95

Laitue, tomate, et concombre avec une vinaigrette. / Lettuce, tomato, and cucumber with a vinaigrette.

Combinaisons / Combinations / Combinaisons / Combinations

Combo 2 / Combo 2

CA\$19.95

Cigares créoles (3 mcx), chiquetailles (3 mcx), et riz collé. / Creole cigars (3 pcs), chiquets (3 pcs), and sticky rice.

DINDE EN SAUCE PORTION / DINDE EN SAUCE PORTION

CA\$12.95

Morceaux dinde en sauce cup

Combo 4 / Combo 4

CA\$19.95

Ailes de satin (5mcx), marinades (3 mcx), et riz blanc. / Satin wings (5 pcs), marinades (3 pcs), and white rice.

Combo 3 / Combo 3

CA\$19.95

Ailes de satin (5 mcx), chiquetailles (3 mcx), et riz blanc. / Satin wings (5 pcs), chiquets (3 pcs), and white rice.

Combo 5 / Combo 5

CA\$19.95

Fritay Accra ou cigares ou marinades bananes, griot et pikliz. / Fritay Accra or Cigars or marinades bananas, griot and pikliz.

Combo 1 / Combo 1

CA\$19.95

Marinades (3 mcx), cigares créoles (3 mcx), et riz collé. / Marinades (3 pcs), Creole cigars (3 pcs), and sticky rice.

Menu Resto Flap Flap

Accompagnements / Accompaniments / Accompagnements / Accompaniments

Dégustation de griyo / Tasting Griyo / Dégustation de griyo / Tasting Griyo CA\$12.95

Viande seulement. / Meat only.

Dégustation de poulet / Chicken Tasting / Dégustation de poulet / Chicken Tasting CA\$12.95

Viande seulement. / Meat only.

Riz collé / Pasted Rice / Riz collé / Pasted Rice CA\$6.00

Riz collé: Rice typically cooked with beans, often flavored with Creole spices.

Riz djon djon / Djon Djon Rice / Riz djon djon / Djon Djon Rice CA\$6.50

Rice cooked with black mushroom water, typically flavored with creole spices.

Sauce de pois rouge / Red Pea Sauce / Sauce de pois rouge / Red Pea Sauce CA\$5.50

Red pea sauce: Typically includes red peas and a blend of spices.



Jus / Juice / Jus / Juice

CA\$3.90

Mangue (Mango), corossol (soursop), goyave (guava), carotte (carrot), fruit de la passion (passion fruit) juices.

Salade de macaroni / Macaroni Salad / Salade de macaroni / Macaroni Salad CA\$3.75

Macaroni pasta typically mixed with mayo, celery, bell peppers, and sometimes eggs.



Melon / Melon

CA\$3.10

Slices of fresh melon, perfectly ripe and sweet.

Menu Resto Flap Flap

Pikliz / Pikliz

CA\$1.75

Haitian pickled vegetable relish, typically includes cabbage, carrots, and peppers in a tangy vinegar-based marinade.

Sauce / Sauce

CA\$2.00

Typically includes a blend of herbs and spices to complement chicken dishes.

Pepsi / Pepsi

CA\$2.90

Classic, refreshing cola soda.

Eau eska / Esla Water / Eau eska / Esla Water

CA\$2.90

Eau Eska: Bottled water from Eska, known for its purity and refreshing taste.

Coke / Coke

CA\$2.90

Classic, refreshing carbonated beverage.



INCA COLA / INCA COLA

CA\$3.10

Golden-hued carbonated beverage with a sweet, fruity flavor.

Couronne / Crowned OU BANANA / Couronne / Crowned OU BANANA

CA\$3.99

Bananes plantains / Plantains / Bananes plantains / Plantains

CA\$5.00

3 (mcx / Pcs).

Riz blanc / White Rice / Riz blanc / White Rice

CA\$5.70

Servi avec sauce pois. / Served with pea sauce.

Menu Resto Flap Flap

Sprite / Sprite

CA\$2.90

Crisp, Refreshing Lemon-Lime Carbonated Drink

Légumes / Vegetables PORTION/ CUP / Légumes / Vegetables PORTION/ CUP CA\$12.95

Steamed or sautéed mixed vegetables typically including carrots, broccoli, and cauliflower.

Coco-Rico / Coco-Rico

CA\$3.10

A popular Caribbean beverage made from coconut water and soda, often enjoyed for its refreshing taste.

Jupina / Jupina

CA\$3.10

A traditional chicken accompaniment, typically includes a mix of herbs and spices.

Good-O / Good-O

CA\$3.25

Typically includes marinated chicken pieces, seasoned and cooked to perfection, served as a small accompaniment.

FRITAY TASSO PLAT / FRITAY TASSO PLAT

CA\$26.95

cabrit melange boeuf ,bananes acras marinade, sauce,piclizmacaroni

Thé glacé / Ice Tea / Thé glacé / Ice Tea

CA\$2.90

355 mL.

Dinde en sauce / Turkey in Sauce PORTION /CUP / Dinde en sauce / Turkey in Sauce PORTION /CUP CA\$12.95

Turkey in sauce: Typically includes tender turkey pieces in a savory sauce, often prepared with a blend of spices and herbs.

Shakes exotiques / Exotic Shakes / Shakes exotiques / Exotic Shakes

CA\$10.50

Exotic shakes: Typically includes a blend of tropical fruits and milk, creating a creamy and refreshing milkshake.

Menu Resto Flap Flap

Perrier / Perrier

CA\$3.30

Effervescent, crystal-clear sparkling water with a refreshing zest.

Poulet en sauce / Chicken in Sauce PORTION /CUP / Poulet en sauce / Chicken in Sauce PORTION

CA\$2.95

Chicken in sauce: Chicken typically cooked with carrots, peppers, spices, and onions.

Dégustation de Tasso / Dégustation de Tasso

CA\$17.95

Typically includes marinated and fried pieces of chicken, served as a flavorful accompaniment.



PATÉ HAITIEN /HAITIAN PASTE 3 POULET OU BOEUF / PATÉ HAITIEN /HAITIAN PASTE 3 POULET OU BOEUF

CA\$8.00

Flaky, golden pastry filled with seasoned chicken, offering a savory taste in each bite. Three pieces per serving.

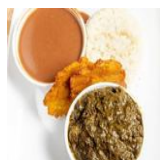


PÂTÉ KODÉ / PÂTÉ KODÉ

CA\$8.00

Pâté kodé: pâte croustillante farcie de viande et épices, une délicieuse bouchée frite.

Les authentiques / Authentic / Les authentiques / Authentic



Lalo PLAT /Vendredi et samedi seulement / Lalo PLAT /Vendredi et samedi seulement

CA\$20.95

Tender chicken stewed with jute leaves, served with white rice, fried plantains, and a rich, savory sauce.



Légumes et bouf / Sancoche (Vegetables and Beef) / Légumes et bouf / Sancoche

CA\$19.95

Ratatouille préparée avec aubergine, carotte, courgette, tomate et épices servie avec riz blanc, sauce pois, et bananes plantains. / Ratatouille prepared with eggplant, carrot, carrot, zucchini, tomato and spices served with white rice, pea sauce, and plantains.



Macaroni Gratiné / Macaroni Gratiné

CA\$19.95

Pâtes rigatoni, viande hachée, épices, fromage parmesan, fromage rappé, mozzarella, et lait de carnation. / Rigatoni pasta, minced meat, spices, parmesan cheese, grated cheese, mozzarella, and carnation milk.

Menu Resto Flap Flap



Dinde en sauce / Turkey in Sauce / Dinde en sauce / Turkey in Sauce ~~CA\$19.95~~

Dinde marinée servie en sauce accompagné de riz blanc, sauce pois, et bananes plantains. / Marinated turkey served in a sauce accompanied by white rice, pea sauce, and plantains.



Poulet en sauce / Chicken in Sauce / Poulet en sauce / Chicken in Sauce ~~CA\$19.95~~

Poulet mariné, carotte, poivrons, épices, et oignons. / Pickled chicken, carrot, peppers, spices, and onions.

AVEC RIZ DJON DJON / AVEC RIZ DJON DJON

CA\$4.50

CHANGER RIZ COLLÉ OU RIZ BLANC POUR LE RIZ DJON DJON



Poisson / Fish / Poisson / Fish

CA\$45.50

Snapper, laitue, oignon, citron, sauce, servi avec riz collé ou blanc. / Snapper, lettuce, onion, lemon, sauce, served with sticky rice or white.

AVEC RIZ BLANC / AVEC RIZ BLANC

CA\$3.50

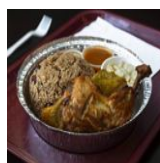
CHANGER LE RIZ COLLÉ POUR RIZ BLANC .



Griyo / Griyo

CA\$19.95

Porc mariné servi avec sauce et pikliz, accompagnée de riz collé, bananes plantains, et salade de macaroni. / Pickled pork served with sauce and pikliz, accompanied by sticky rice, plantains and macaroni salad.



Artibonite (poulet / Chicken) / Artibonite (poulet / Chicken)

CA\$19.95

Cuisse de poulet, marinée dans les épices régionales de l'Artibonite, servie avec sauce et pikliz, accompagnée de riz collé, bananes plantains, et salade de macaroni. / Chicken leg, marinated in regional artibonite spices, served with sauce and pikliz, accompanied with sticky rice, plantains, and macaroni salad.

À la jamaïcaine / In Jamaican / À la jamaïcaine / In Jamaican



Satay de poulet jerk / Satay Jerk Chicken / Satay de poulet jerk / Satay Jerk Chick ~~CA\$19.95~~

Poulet épicé à la jamaïcaine en brochette servi avec sauce et pikliz, accompagné de riz collé, bananes plantains, et salade de macaroni. / Spicy Jamaican chicken kebab served with sauce and pikliz, served with sticky rice, plantains, and macaroni salad.

DESSERTS / DESSERTS

DOUCE ANANAS ET NOIX COCO / DOUCE ANANAS ET NOIX COCO

CA\$4.00

NOIX COCO ANANAS



GATEAU / GATEAU

CA\$4.50

GATEAU VANILLE OU CITRON



TABLETTES / TABLETTES

CA\$4.50

CAJOU ET ARACHIDE

SHAKES EXOTIQUES/ EXOTIC SHARKES / SHAKES EXOTIQUES/ EX

SHAKE MALTA / SHAKE MALTA

CA\$10.50

SAVEURS MANQUE ,MALTA ,COROSOL,GOYAVE ET PUNCH FRUITS

SHAKES GOYAVE / SHAKES GOYAVE

CA\$10.50

SAVEURS GOYAVE, MANQUE, COROSOL,ET MALTA, PUNCH FRUITS

SHAKE PUNCH FRUITS / SHAKE PUNCH FRUITS

CA\$10.50

PUNCH FRUITS ,GOYAVE,COROSOL,MANQUE ET MALTA



SHAKES COROSOL / SHAKES COROSOL

CA\$10.50

SAVEURS :COROSOL. GOYAVE, MANQUES ET MALTA

SHAKES MANQUE / SHAKES MANQUE

CA\$10.50

SAVEURS MANQUE,GOYAVE,COROSOL ET MALTA