

Menu

Tropic-Léo

400 Rue Fleury O, Montréal, QC H3L 1V7 | (514) 223-3225

BBQ au Charbon du Bois / Charcoal BBQ



Viande de Chèvre BBQ du Chef Braisé sur le Charbon de Bois / Chef's BBQ Goat ~~26,99 \$~~ **24,99 \$**

Goat meat braised over charcoal, offering a distinct smoky taste.

Poulet BBQ entier du Chef Braisé sur le Charbon de Bois non-piquant / Chef's Whole BBQ Chicken ~~24,99 \$~~ **24,99 \$**

Whole chicken braised over charcoal, prepared without spicy seasoning.

Poulet BBQ Entier du Chef Braisé sur le Charbon de Bois Piquant / Chef's Whole BBQ Chicken ~~24,99 \$~~ **24,99 \$**

Whole chicken braised over charcoal with a blend of spices for a distinctive flavour.

Caille BBQ Entier du Chef Braisé sur le Charbon de Bois / Chef's Whole BBQ Quail ~~19,99 \$~~ **19,99 \$**

Whole quail braised over charcoal, offering a smoky and tender dining experience.

Brochettes De Boeuf BBQ du Chef Braisé sur le Charbon de Bois / Chef's BBQ Beef Skewers ~~4,99 \$~~ **4,99 \$**

Beef skewers braised over charcoal, offering a simple and traditional BBQ experience.

Dinde Fumée aux Charbon de Bois du Chef / Chef's Charcoal Smoked Turkey ~~4,50 \$~~ **4,50 \$**

Turkey smoked over charcoal for a distinct smoky aroma and flavour.

Poissons BBQ aux Charbon / Charcoal BBQ Fish

Poisson Pangasuisse (Malangwa) du Chef / Chef's Pangasuisse Fish (Malangwa) ~~9,99 \$~~ **9,99 \$**

Poisson d'eau douce braisé sur le charbon. / Freshwater fish braised over charcoal.

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Poisson Tilapia du Chef / Chef's Tilapia Fish

24,99 \$

Poisson d'eau douce braisé sur le charbon. / Freshwater fish braised over charcoal.

Poisson Chat du Chef / Chef's Catfish

19,99 \$

Poisson d'eau douce braisé sur le charbon de bois. / Freshwater fish braised on charcoal.

Poisson Liboker Chat du Chef / Chef's Cat Liboke Fish

24,99 \$

Poisson d'eau douce, étouffé dans le feuillet cuit sur le charbon de bois pimenté. / Freshwater fish, smothered in foil cooked over spicy charcoal.

Poisson Capitaine du Chef / Chef's Captain Fish

19,99 \$

Poisson d'eau salée, braisé sur le charbon de bois. / Saltwater fish, braised over charcoal.

Poisson Maquereau du Chef / Chef's Mackerel Fish

19,99 \$

Poisson d'eau salée, braisé sur le charbon de bois. / Saltwater fish, braised over charcoal.

Riz Prêt a Manger / Ready to Eat Rice

Riz Colé Haïtien / Haitian Sticky Rice

9,99 \$

Traditional Haitian sticky rice with a distinctive texture and subtle taste.

Riz Jaune aux Légumes de Maman / Mom's Yellow Rice with Vegetables

9,99 \$

Yellow rice combined with a mix of vegetables for a simple, ready-to-eat meal.

Riz Djolif Pimenté aux Poulets BBQ du Chef et Légumes / Spicy Djolof Rice with Chef's BBQ

Spicy West African tomato-based rice with vegetables, served with the chef's barbecue chicken.

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Riz Pilaf de Maman aux Viandes de Boeuf non Pimentée / Mom's Rice Pilaf with Non Spicy Beef

10,99 \$

Rice pilaf with tender beef, prepared without added spices.

Sauces et Frites / Sauces and Fries

Sauce Poisson Salée avec sauce tomate (Makayabou) de Maman / Mom's Salty Fish Sauce with

11,99 \$

Poisson d'eau salée, frit avec oignons et sauce tomates. / Saltwater fish, fried with onions and tomato sauce.

Sauce Poisson Salée avec Sauce Blanche (Makayabou) de Maman / Mom's Salted Fish Sauce

11,99 \$

Poisson d'eau salée, frit avec oignons et sauce blanche. / Saltwater fish, fried with onions and white sauce sauce.

Sauce Graine aux Poulets de Maman / Mom's Chicken Seed Sauce

12,99 \$

Préparé dans la sauce arachide. / Prepared in peanut sauce.

Sauce Pied de Boeuf / Beef Foot Sauce

12,99 \$

Préparé dans la sauce tomates. / Prepared in tomato sauce.

Sauce Tripes de Boeuf avec Mouton de Maman / Beef Tripe Sauce with Mom's Mutton

14,99 \$

Préparé dans la sauce tomates. / Prepared in tomato sauce.

Sauce Chèvre avec Peau Brulé de Maman / Mom's Goat Cheese Sauce with Burnt Skin

14,99 \$

Préparé dans la sauce tomates. / Prepared in tomato sauce.

Sauce Haricots de Maman / Mom's Bean Sauce

14,99 \$

Préparé dans la sauce tomates. / Prepared in tomato sauce.

Légumes Préparés / Prepared Vegetables

Légumes Pondus de Maman aux Poissons Fumée / Mom's Laid Vegetables with Smoked Fish ~~12,99 \$~~

Prepared vegetables combined with smoked fish for a balanced and traditional dish.

Légumes Fumbwa de Maman aux Poissons Fumée avec Pâte d'Arachide / Mom's Fumbwa Vegetables with Smoked Fish and Peanut Paste ~~12,99 \$~~

Fumbwa vegetables combined with smoked fish and peanut paste for a traditional taste.

Légumes Oseilles de Maman / Mom's Sorrel Vegetables

12,99 \$

Prepared sorrel vegetables inspired by traditional family recipes.

Légumes Mantebele de Maman / Mom's Mantebele Vegetables

12,99 \$

Home-style Mantebele prepared vegetables inspired by a traditional family recipe.

Légumes Bitekuteku de Maman / Mom's Bitekuteku Vegetables

12,99 \$

A selection of prepared vegetables inspired by traditional family recipes.

Légumes Okra de Maman aux Poissons / Mom's Okra Vegetables with Fish

12,99 \$

Okra vegetables combined with fish for a traditional, hearty dish.

Légumes N'dolé de Maman avec Viande de Mouton / Mom's N'dolé Vegetables with Mutton Meat ~~12,99 \$~~

N'dolé vegetables combined with mutton meat, inspired by home-style cooking for a traditional, hearty dish.

Pâtes / Pastas

Foufou de Semoule / Semolina Foufou

4,99 \$

Smooth and dense West African staple made from semolina, commonly served as a side or base for various dishes.

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Bâton de Manioc (Chikwangue) / Cassava Stick (Chikwangue)

4,50 \$

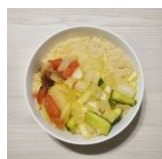
Traditional cassava-based staple, commonly enjoyed in Central African cuisine.

Super Ablo Gongeler à Base de Riz / Super Ablo Gongeler Rice Based

12,99 \$

West African rice-based ablo, a soft and airy staple commonly enjoyed as a side or base for sauces.

Accompagnements / Accompaniments



Attièkè (Couscous de Manioc) / Attièkè (Cassava Couscous)

7,50 \$

Traditional West African side made from fermented cassava, offering a unique texture and mild flavor.

Aloco Sucré Frit / Aloco Sweet Fried

6,99 \$

Fried plantains with a sweet taste, served as a classic accompaniment.

Samboussa aux Viandes de Boeuf Hachées / Minced Beef Sambousa

1,75 \$

Pastry filled with minced beef, offering a classic savoury accompaniment.

Combo Spécial / Special Combo

Combo 1

119,99 \$

2 Poulets entier, 1 poisson entier, 1 plat de viandes d'agneaux, 1 plat de légumes et 1 accompagnement aux choix. / 2 whole chickens, 1 whole fish, 1 lamb dish, 1 vegetable dish, and 1 side dish of your choice.

Combo 2

169,99 \$

2 Poulets entier, 2 poissons entier, 1 plat de viandes d'agneaux, 5 brochettes de boeuf, 1 plat de légumes et 1 accompagnement aux choix. / 2 whole chickens, 2 whole fish, 1 lamb dish, 5 beef skewers, 1 vegetable dish and 1 side dish of your choice.

Combo 3

229,99 \$

2 Poulets entier, 2 poissons entier, 2 plats de viandes d'agneaux, 6 brochettes de boeuf, 7 nems au poulet, 1 plat de légumes, 1 accompagnement et 1 plat de riz au choix. / 2 whole chickens, 2 whole fish, 2 lamb dishes, 6 beef skewers, 7 chicken spring rolls, 1 vegetable dish, 1 side dish and 1 rice dish of your choice.

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Combo 4

299,99 \$

4 poulets entier, 2 poissons entier, 3 plats de viandes d'agneaux, 5 brochettes de bouf, 7 nems au poulet, 1 plat de légumes, 1 accompagnement et 1 plat de riz au choix. / 4 whole chickens, 2 whole fish, 3 lamb dishes, 5 beef skewers, 7 chicken spring rolls, 1 vegetable dish, 1 side dish and 1 rice dish of your choice.

Combo 5

369,99 \$

4 poulets entier, 2 poisson entier, 3 plats viandes d'agneaux, 10 brochettes bouf, 12 nems aux choix, 1 plat de légumes, 2 accompagnements et 1 plat de riz au choix. / 4 whole chickens, 2 whole fish, 3 lamb dishes, 10 beef skewers, 12 spring rolls of your choice, 1 vegetable dish, 2 side dishes and 1 rice dish of your choice.

A côtés / Sides

Beignet Nature (7pcs) / Plain Donuts (7pcs)

7,50 \$

Seven pieces of classic plain donuts, perfect for a simple snack or accompaniment.

Paquet de Beignets Soufflés (9pcs) / Pack of Puffed Donuts (9pcs)

13,50 \$

Nine light and airy puffed donuts, perfect for sharing or enjoying as a snack.

Arachides / Peanuts

Arachides Caramélisés (250gr) / Caramelized Peanuts (250gr)

7,50 \$

Crunchy peanuts coated in a smooth caramel glaze, offering a balanced texture and flavour.

Arachides Sucrés (250gr) / Sweet Peanuts (250gr)

6,50 \$

Arachides Salées Grillées / Roasted Salted Peanuts

2,99 \$

Crunchy peanuts with a balanced salted taste, ideal for snacking.

Arachides Salées et Maïs Grillés (250gr) / Salted Peanuts and Roasted Corn (250gr)

A mix of salted peanuts and roasted corn, offering a simple and crunchy snack.

Croquettes

Croquettes TP Cube (200gr) / TP Cube Croquettes (200gr) 7,50 \$

Croquettes BB Bâton (200gr) / BB Stick Croquettes (200gr) 7,50 \$

Stick-shaped croquettes in a 200 g portion, suitable as a snack or appetizer.

Croquettes Chin Chin (145gr) / Chin Chin Croquettes (145gr) 6,50 \$

Chips

Chips Plaitain Salé / Salted Plantain Chips 2,99 \$

Thin, salted slices of plantain offering a crisp and simple snack option.

Chips Plaitain Sucré / Sweet Plantain Chips 2,99 \$

Thinly sliced sweet plantains, crisp and ready to enjoy.

Chips Plantain Sucré-Salé / Sweet and Salty Plantain Chips 2,99 \$

Crunchy plantain chips with a balanced sweet and salty taste.

Chips Plantain Piquant / Spicy Plantain Chips 2,99 \$

Thinly sliced plantains seasoned with a blend of spices for a bold, crunchy snack.

Croustilles Plantain Mûres / Blackberry Plantain Chips 3,50 \$

Autres / Others

Argiles Congo / Congo Clays

6,50 \$

Edible Congolese clay pieces, traditionally chewed in Central African cultures.

Argiles Camerounais / Cameroonian Clays

6,50 \$

Petit Cola / Little Cola

6,50 \$

Cajou Salé / Salted Cashew

1,99 \$

Salted cashews, ideal for snacking or adding a crunchy touch to dishes.

Coco Râpé Caramélisé / Caramelized Grated Coconut

12,50 \$

Grated coconut caramelized to a rich, golden texture.

Coco Râpé Caramélisé avec Gingembre / Caramelized Grated Coconut with Ginger

12,50 \$

Grated coconut combined with caramel and ginger for a balanced, textured treat.
