



Menu

Sous Le Palmier

Sous Le Palmier, 2046 Lapierre, LaSalle, QC H8N 2S2, Canada | (514) 595-3444

Most Ordered



Griot

Hearty pork, served with rice options including peas, white, or djondjon rice. Accompanied by choice of salted or sweet plantains.

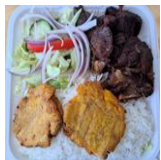
CA\$21.25



Poulet / Chicken

Chicken served with a choice of rice (rice with peas, white rice, white rice with pea sauce, or djondjon rice) and plantain (salted or sweet).

CA\$21.25



Cabri / Goat

Cabri: Tender goat served with choice of rice including peas rice, white with/without peas sauce, or djondjon rice. Options of salted or sweet plantains available.

CA\$27.45



Cola Couronne (2L)

Tropical-flavored carbonated beverage with fruity notes, available in a 2-liter bottle.

CA\$5.00



Dinde / Turkey

Turkey with choice of rice: peas, white, white with pea sauce, or djondjon. Accompanied by salted or sweet plantains.

CA\$23.25

Riz Collé /Rice with beans

CA\$8.95

Fritaille Cabri / Goat

Goat fritaille, options include accras (with or without) and choice of plantains (salted or sweet).

CA\$28.80

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Griot petit / Griot Small

CA\$7.95

Marinated pork chunks served with fried plantains, rice and beans, fresh salad, spicy pickled vegetable relish, and a side of macaroni salad.

Poissons / Fish

CA\$28.25

Fried fish paired with a choice of rice options including rice with peas, white rice, white rice with peas sauce, or djondjon rice. Option for salted or sweet plantains available.

Riz Djon Djon / Djon Djon Rice

CA\$9.25

Entrées / Appetizers

Chips plantains

CA\$2.45

Beurre d'arachides Haïtien piquant- Haitian peanut butter spicy

CA\$8.00

Café moulu Haïtien-Haitian ground beans Coffee 250g

CA\$17.00



Patés Haïtiens au boeuf / Beef Haitian Patties

CA\$2.30

Flaky pastry filled with seasoned ground beef, offering a taste of Haitian cuisine.



Patés à la morue / Cod Patties

CA\$2.50

Layers of flaky pastry filled with seasoned cod, offering a savory and satisfying bite.

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Plats - Dish



Griot

Hearty pork, served with rice options including peas, white, or djondjon rice. Accompanied by choice of salted or sweet plantains.

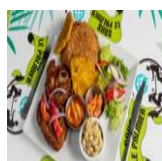
CA\$21.25



Poulet / Chicken

Chicken served with a choice of rice (rice with peas, white rice, white rice with pea sauce, or djondjon rice) and plantain (salted or sweet).

CA\$21.25



Dinde / Turkey

Turkey with choice of rice: peas, white, white with pea sauce, or djondjon. Accompanied by salted or sweet plantains.

CA\$23.25



Poulet en sauce / Chicken in sauce

Chicken in a savory sauce, served with rice options including peas, white, or Djondjon (Haitian black mushroom rice). Choice of salted or sweet plantains.

CA\$23.25

Boeuf en sauce / Beef in sauce

Beef in sauce, options include rice with peas, white rice, white rice with peas sauce, djondjon rice; salted or sweet plantains available.

CA\$29.45

Cabri en sauce / Goat in Sauce

Goat in sauce served with choice of rice options including peas, white, or djondjon and plantains either salted or sweet.

CA\$29.45

Poissons en sauce / Fish in sauce

Fish in sauce served with choice of rice: peas, white, white & peas sauce, or djondjon. Option for salted or sweet plantains.

CA\$30.25



Dinde en sauce / Turkey in sauce

Turkey gently simmered and served in a rich sauce. Choose from rice with peas, white rice, both with or without pea sauce, or djondjon rice. Option of salted or sweet plantains.

CA\$25.25

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Lambi / Conch

CA\$29.80

Conch served with choice of non-spicy or spicy. Options: rice with peas, white rice, white rice with peas sauce, or djondjon rice. Accompanied by salted or sweet plantains.

Poissons / Fish

CA\$28.25

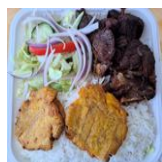
Fried fish paired with a choice of rice options including rice with peas, white rice, white rice with peas sauce, or djondjon rice. Option for salted or sweet plantains available.

Lambi non piqué / Conch not spicy

CA\$29.80

Conch served with choice of salted or sweet plantains.

Plats/Dishes



Cabri / Goat

CA\$27.45

Cabri: Tender goat served with choice of rice including peas rice, white with/without peas sauce, or djondjon rice. Options of salted or sweet plantains available.

Légumes avec viande, riz blanc, sauce pois / Vegetables with meat, white rice, pea sauce

CA\$21.00

Vegetables and meat paired with white rice, served with a pea sauce. Option of salted or sweet plantains on the side.

Légumes sans viande, riz blanc, sauce pois / Vegetables no meat, white rice, pea sauce

CA\$21.55

Mixed vegetables, served with white rice and a savory pea sauce. Option of salted or sweet plantains.

Lalo avec viande, riz blanc, sauce pois / with meat, white rice and pea sauce

CA\$23.00

Lalo leaf stew with meat, served with white rice and a flavorful pea sauce. Option of salted or sweet plantains available.

Lalo avec viande, riz djon djon / with meat, djon djon rice

CA\$23.30

Jute leaves stewed with meat, served with Haitian black mushroom rice. Option of salted or sweet plantains.

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Légumes sans viande, riz djon djon / Vegetables no meat, djon djon rice **CA\$23.00**

Mixed vegetables served with Haitian black mushroom rice (riz djon djon). Option of salted or sweet plantains available.

Lalo avec viande, riz collé / with meat, rice with beans **CA\$23.30**

Lalo leaf stew paired with meat, served alongside rice and beans. Choice of salted or sweet plantains.

Lalo sans viande, riz collé / no meat, rice and beans **CA\$22.00**

Lalo leaf stew served with sticky rice and beans. Optional sides: salted or sweet plantains.

Lalo sans viande, riz djon djon / no meat, djon djon rice **CA\$22.65**

Djon djon rice paired with lalo, choice of salted or sweet plantains.

Legumes sans viandes riz collé/no meat rice and beans **CA\$22.15**

Boeuf / Beef **CA\$27.45**

Boeuf tassot paired with choice of riz collé, white rice, white rice with peas sauce, or djondjon rice. Served with either salted or sweet plantains.

Légumes avec viande, riz collé / Vegetables with meat, rice with beans **CA\$23.30**

Vegetables and meat served with rice and beans. Choice of salted or sweet plantains.

Légumes avec viande, riz djon djon / Vegetables with meat, djon djon rice **CA\$24.30**

Variety of vegetables paired with select meat, served alongside aromatic djon djon rice. Option of salted or sweet plantains.

Menu Sous Le Palmier

Fritaille



Fritaille Griot

Haitian-style pork served with optional accras (codfish fritters) and a choice of salted or sweet plantains.

CA\$24.25



Fritaille Poulet / Chicken

Fried chicken paired with optional accras (fried dough) and your choice of either salted or sweet plantains.

CA\$24.25

Fritaille Cabri / Goat

Goat fritaille, options include accras (with or without) and choice of plantains (salted or sweet).

CA\$28.80



Fritaille Dinde / Turkey

Fritaille dinde featuring tender turkey served with choice of accras (optional) and plantains - pick from salted or sweet variations.

CA\$26.25

Fritaille Boeuf / Beef

Fritaille Boeuf: Served with choices of accras (with or without) and plantains (salted or sweet).

CA\$28.80

Fritaille Poisson / Fish

Fried fish served with choice of accras (optional) and plantains (salted or sweet).

CA\$31.25

Fritaille Lambi non piqué / Conch not spicy

Conch non-spicy, optional with or without accras. Choice of salted or sweet plantains.

CA\$31.80

Fritaille Lambi / Conch

Conch fritaille, choice of spice level, optional accras, and plantains either salted or sweet.

CA\$31.80

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Extras

Cabri / Goat

CA\$10.95

Tender goat pieces with sautéed onions and bell peppers, served with seasoned rice, crispy fried plantains, a fresh salad, macaroni salad, and a side of spicy sauce.



Dinde en sauce / Turkey in sauce

CA\$9.75

Tender turkey pieces in a savory sauce, served with rice, fried plantains, mixed salad, macaroni salad, and a spicy vegetable relish.

Poulet / Chicken

CA\$7.95

Crispy chicken drumsticks served with seasoned rice, fried plantains, fresh salad with red onion and bell peppers, creamy coleslaw, and a tangy dipping sauce.



Lalo

CA\$9.85

Lalo - choice of with or without meat.

Boeuf / Beef

CA\$10.95

Tender beef pieces garnished with red onion slices, accompanied by fried plantains, breaded sticks, fresh salad with tomato wedges, macaroni salad, and a tangy dipping sauce.

Sauce pois / Peas sauce

CA\$6.50

Riz Collé /Rice with beans

CA\$8.95

Lalo sans viande / no meat

CA\$8.20

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Griot petit / Griot Small

CA\$7.95

Marinated pork chunks served with fried plantains, rice and beans, fresh salad, spicy pickled vegetable relish, and a side of macaroni salad.

Riz Blanc / Rice White

CA\$7.90

Plantains

CA\$2.50

Macaroni

CA\$3.00

Grosse Sauce / Big Sauce

CA\$4.05

Sauce

CA\$2.35

Plantains sucrés / Sweet plantains

CA\$2.90



Légumes / Vegetables

Mixed vegetables. Optional meat addition available.

CA\$9.85

Légumes sans viande / Vegetables no meat

CA\$8.20

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Griot grand/ Griot Large

CA\$9.75

Savor seasoned pork chunks paired with rice, fried plantains, a fresh salad, pikliz (spicy pickled vegetables), and macaroni salad.



Dinde / Turkey

CA\$9.75

Juicy turkey served with seasoned rice, fried plantains, fresh salad, and a side of macaroni salad.

Boeuf en sauce / Beef in sauce

CA\$11.05

Pikliz (piment) / Pikliz (Hot Pepper)

CA\$2.00

Riz Djon Djon / Djon Djon Rice

CA\$9.25

Cabri en sauce / Goat in sauce

CA\$11.05

Tender goat pieces in a savory sauce, accompanied by seasoned rice, fried plantains, mixed salad with red onions and tomatoes, macaroni salad, and a side of spicy relish.

Poulet en sauce / Chicken in sauce

CA\$9.80

Tender chicken drumsticks in a savory sauce, served with seasoned rice, fried plantains, fresh salad, coleslaw, and a side of pasta salad.

Dessert

Tablette coconut

CA\$2.85

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Gâteau haïtien / Haitian Cake

CA\$3.60

Tablette pistache

CA\$2.85

Boissons / Drinks



Cola Couronne (2L)

CA\$5.00

Tropical-flavored carbonated beverage with fruity notes, available in a 2-liter bottle.



7-up cannette / Can

CA\$2.60

Crisp, refreshing lemon-lime soda in a convenient can.



2L Cola Banane

CA\$5.00

Bright yellow banana-flavored soda, offering a unique twist on classic cola, bottled in a 2-liter size.



Coke cannette / Can

CA\$2.60

Carbonated cola beverage in a can, offering a classic taste.



Cola Couronne (petit-small)

CA\$4.10

A small bottle of tropical-flavored cola with hints of fruit.



Crush Canette - Can

CA\$2.60

Orange-flavored soda with a vibrant citrus taste.

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Eau - Water

Pure, refreshing water.

CA\$2.25



Cola Ting - Ting Soda

Sparkling grapefruit soda with a refreshing citrus twist.

CA\$3.10



Coke diète cannette / Can of Diet Coke

A refreshing, sugar-free cola beverage in a can.

CA\$2.60



Pepsi cannette / Can

Carbonated soft drink with a refreshing cola flavor.

CA\$2.60

Cola D'ananas - Pineapple Soda

CA\$3.30



Cola Gingembre - Ginger beer Soda

Ginger beer soda with a bold ginger flavor, offering a refreshing, non-alcoholic soft drink experience.

CA\$3.40

Eau de coco - Coconut Water

CA\$2.95



Ginger ale Canned - Can

A refreshing carbonated drink with natural ginger flavor, offering a crisp and invigorating taste experience.

CA\$2.60

Jus Mangu Carotte - Mango carotte Juice

CA\$4.10

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Jus Punch au fruit - Fruit Punch Juice

CA\$4.10

Jus de Mangue - Mango Juice

CA\$4.10

Malta

CA\$2.95

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

Sport Shake Fraise- Sport Shake Strawberry

CA\$4.00

Sport Shake Vanille- Sport Shake Vanilla

CA\$4.00



Thé Glacé Cannelle- Can of Iced theae

CA\$2.55

Refreshing lemon-flavored iced tea in a convenient can.



Acassan

CA\$3.85

Vanilla-flavored alcoholic mixed drink with 7% alcohol content.

Jus Corossol - Corossol Juice

CA\$4.10



Sprite Canette - Can of Sprite

CA\$2.60

A refreshing lemon-lime soda in a can.

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Choucoue Cola punch aux fruits - Soda fruit punch

CA\$4.05

A vibrant soda combining tropical fruit flavors for a refreshing punch.



Ragaman

CA\$5.20

A revitalizing energy drink enhancing stamina and focus.



Cola Banane - Banana Soda (petit-small)

CA\$4.10

Banana-flavored soda offering a sweet and fruity twist.



Supligen (complément alimentaire - Meal supplement)

CA\$4.00

A vanilla malt liquid meal supplement, providing essential nutrients and energy in a convenient beverage form.

Alcool / Alcohol



Prestige (Haitian Beer)

CA\$9.00

Haitian lager beer with a smooth, balanced flavor profile.
