



Menu

Trip de bouffe

277 Av Du Mont-Royal E, Montréal QC H2T 1P6, Canada | (438) 381-4388

Most Ordered



Homocious hommos / Homocious Hommos

CA\$5.19

Pois chiche, tahini, jus de citron / Chick peas, tahini, lemon juice



Rouleau fromage / Cheese Roll

CA\$2.29

Fromage libanais, féta, oignon, persil / Lebanese cheese, feta, onion, parsley



Taboulé / Tabbouleh

CA\$5.59

Persil, tomate, oignon, blé concassé / Parsley, tomato, onion, cracked wheat



Lahm bi ajeen / Lahm Bi Ajeen

CA\$10.39

Bouf haché, tomates, persil, oignon, ail, épices Libanaises / Ground beef with Lebanese spices, tomato, onion, parsley, garlic



Sambousic viande / Sambousik Meat

CA\$2.29

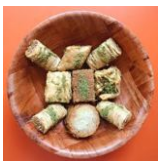
Bouf haché, oignon, épices libanaise / Ground meat, onion, Lebanese spices



Pain pita blé entier frais / Whole Wheat Pita Bread

CA\$5.19

Soft and wholesome whole wheat pita bread, perfect for dipping or filling with your favorite Middle Eastern ingredients.



Baklava / Baklava

CA\$1.49

Choisissez une quantité

Menu Trip de bouffe



La Phil / La Phil

Moitié Lahambajin moitié fromage libanais / Half lahambajin & half Lebanese cheese

CA\$10.39



Kébbé végétarien / Kebbeh Vege

Blé concassé, épinard, oignon, sumac, pois chiche / Cracked wheat, spinach, onion, sumac, chick peas

CA\$3.29

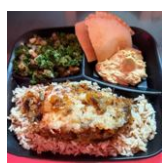


Pain pita frais / White Pita

Soft, round pita bread with a light, fluffy texture and a golden-brown exterior.

CA\$5.19

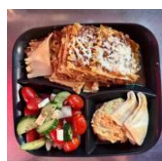
Menu/Offres spéciales / Combos



Menu check / Check Combo

Aubergine, sauce tomate à la viande, fromage libanais / Eggplant, meat tomato sauce, lebanese cheese

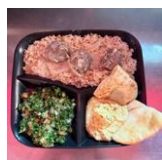
CA\$20.99



Menu lasagne à la viande / Meat Lasagna Combo

Savor hearty meat lasagna with choice of side. Options include lentil and rice mix, parsley salad with cracked wheat, various fresh salads, grains, and pasta.

CA\$20.99

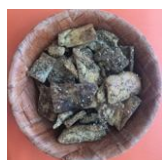


Menu kafta yogourt / Kafta Yogurt Combo

Kafta avec yogourt à la menthe et ail / Kafta with mint and garlic yogurt

CA\$20.99

Pain Pita / Pita Bread



Pita chips zaatar / Pita Chips Zaatar

Choisissez un format / Choose a size

CA\$7.19



Pita chips sumac / Pita Chips Sumac

Crispy pita chips dusted with tangy sumac seasoning. Available in small size.

CA\$7.19

Menu Trip de bouffe



Pita chips épicé / Spicy Pita Chips

CA\$9.09

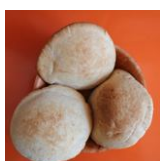
Pita chips with a hint of spice. Available in small size.



Pain pita frais / White Pita

CA\$5.19

Soft, round pita bread with a light, fluffy texture and a golden-brown exterior.



Pain pita blé entier frais / Whole Wheat Pita Bread

CA\$5.19

Soft and wholesome whole wheat pita bread, perfect for dipping or filling with your favorite Middle Eastern ingredients.

Manouche / Manouche



Manouche poulet épicé / Spicy Chicken Manouche

CA\$11.69

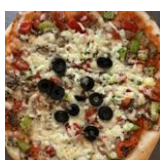
Poulet mariné, fromage libanais, piment broyé / Marinated chicken, chilli pepper, Lebanese cheese



La Phil / La Phil

CA\$10.39

Moitié Lahambajin moitié fromage libanais / Half lahambajin & half Lebanese cheese



Manouche la végétarienne / Vegetarian Manouche

CA\$9.79

Piment vert & rouge, champignon, oignon, olive noir, fromage libanais, sumac / Red & green pepper, onion, mushroom, black olive, Lebanese cheese, tomato sauce, sumac



Manouche fromage / Cheese Manouche

CA\$9.79

Fromage halloumi & akawi mix / Lebanese cheese - halloumi & akawi mix



Manouche épinard féta / Spinach & Feta Manouche

CA\$9.79

Épinard, féta, oignon, sumac / Spinach, feta cheese, onion, sumac

Menu Trip de bouffe



Manouche aubergine / Eggplant Manouche

CA\$9.79

Aubergine, tomate, oignon, persil, fromage libanais / Eggplant, tomato, parsley, onion, fine herbs, Lebanese cheese



Lahm bi ajeen / Lahm Bi Ajeen

CA\$10.39

Bouf haché, tomates, persil, oignon, ail, épices Libanaises / Ground beef with Lebanese spices, tomato, onion, parsley, garlic



Manouche jambon fromage / Ham & Cheese Manouche

CA\$9.79

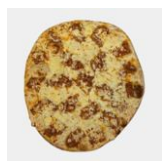
Jambon, fromage libanais, sauce tomate maison / Ham, Lebanese cheese, tomato sauce with fine herbs



Manouche poulet regulier / Regular Chicken Manouche

CA\$11.69

Poulet mariné, fromage libanais / Marinated chicken, cheese



Manouche merguez fromage / Merguez & Cheese Manouche

CA\$11.69

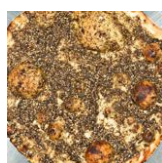
Saucisse merguez & fromage libanais / Merguez sausage & Lebanese cheese



Zaatar fromage / Zaatar & Cheese

CA\$9.09

Moitié zaatar moitié fromage libanais / Half thyme & half Lebanese cheese

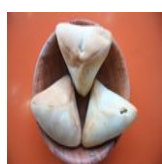


Zaatar / Zaatar

CA\$6.49

Thym libanais, graines de sésame, huile / Lebanese thyme, sesame seed, oil

Bouchées Cuites au Four / Baked Bites



Fatayer épinard

CA\$2.29

Épinard, oignon, sumac

Menu Trip de bouffe



Fromage / Cheese

Fromage halloum & akawi mix / Lebanese cheese- halloumi & akawi mix

CA\$2.29



Classic végété / Classic Vegetarian

Même que manouché / Red & green pepper, mushroom, onion, black olive, Lebanese cheese, tomato sauce

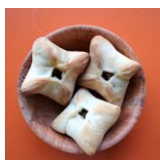
CA\$2.29



Jambon fromage / Ham & Cheese

Jambon, fromage libanais, sauce tomate / Ham, Lebanese cheese, tomato sauce

CA\$2.29



Sfiha - Lahm bi ajeen / Sfiha - Lahm Bi Ajeen

Viande haché, tomate, oignon, persil, mélasse de grenade / Ground meat, onion, tomato, pomegranate molasses

CA\$2.29



Pigs in a blanket / Pigs in a Blanket

Hot-dog / Hot-dog

CA\$2.29



Féta kayak / Feta Kayak

Féta & fromage libanais, oignon, persil, origan / Feta & Lebanese cheese, parsley, onion, oregano

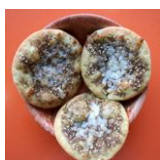
CA\$2.29



Zaatar / Zaatar

Thym libanais, graine de sésame, huile / Lebanese thyme, sesame seed, oil

CA\$2.29



Zaatar Fromage / Zaatar & Cheese

Moitié zaatar moitié fromage libanais / Thyme & half Lebanese cheese

CA\$2.29

Bouchées Frites Et Feuille De Vigne / Fried Bites & Vine Leaf



Falafel / Falafel

Sauce tahini inclus avec 6 et plus / Tahini sauce included with 6 and more

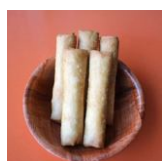
CA\$2.29



Rouleau poulet / Chicken Stick

Poulet, oignon / Chicken, onion

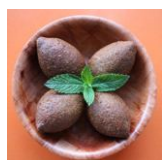
CA\$2.29



Rouleau fromage / Cheese Roll

Fromage libanais, féta, oignon, persil / Lebanese cheese, feta, onion, parsley

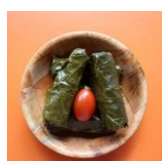
CA\$2.29



Kébbé végété / Kebbeh Vege

Blé concassé, épinard, oignon, sumac, pois chiche / Cracked wheat, spinach, onion, sumac, chick peas

CA\$3.29



Feuille de vigne végétalienne / Vegan Vine Leaf

Riz, tomate, oignon, persil / Rice, tomato, parsley, onion

CA\$2.69



Sambousic viande / Sambousik Meat

Bouf haché, oignon, épices libanaise / Ground meat, onion, Lebanese spices

CA\$2.29



Rouleau Viande / Meat Roll

Bouf haché, oignon, épices libanaise / Ground meat, onion, Lebanese spices

CA\$2.29



Rouleau végété / Vege Roll

Piment vert & rouge, champignon, oignon, céleri, sumac / Red & green pepper, mushroom, onion, celery, sumac

CA\$2.29

Menu Trip de bouffe



Sambousic végé / Sambousik Vege

CA\$2.29

Épinard, oignon, sumac, pois chiche / Spinach, onion, sumac, chickpeas

Salades / Salads



Quinoa / Quinoa

CA\$5.59

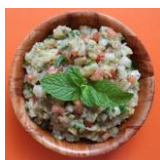
Quinoa, poivron rouge & vert, céleri, persil, soya, raisin sec / Quinoa, red & green pepper, celery, parsley, soy, dried raisin



Salade de cours / Hearts salade

CA\$5.59

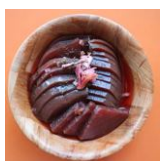
Coeur de palmier & artichaut, champignon, carotte, ail / Artichoke heart, heart of palm, mushroom, carrot, garlic



Salade d'aubergine / Eggplant

CA\$5.59

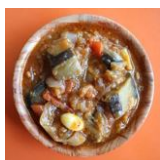
Aubergine, tomate, oignon, persil / Eggplant, tomato, onion, parsley



Bettrave / Beets

CA\$5.59

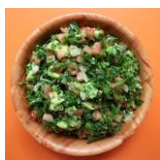
Bettrave, oignon, vinaigre rouge, sumac / Beets, onion, red vinegar, sumac



Mousakaa / Mousakaa

CA\$5.59

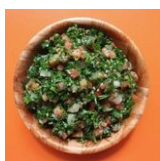
Aubergine, tomate, oignon, ail, pois chiche / Eggplant, tomato, onion, garlic, chickpeas



Holly Molly Guacamoly / Holly Molly Guacamoly

CA\$5.59

Taboulé revisité sans gluten, blé concassé remplacé par avocat et différente vinaigrette / Reviseted taboulé gluten free, replaced craked wheat by avocado, different dressing



Taboulé / Tabbouleh

CA\$5.59

Persil, tomate, oignon, blé concassé / Parsley, tomato, onion, cracked wheat

Menu Trip de bouffe



Summer Sexy / Summer Sexy

Tomate cerise, concombre, oignon, fromage halloum grillé, thym frais, vinaigrette thym / Cherry tomato, cucumber, onion, halloumi cheese, thyme, thyme dressing

CA\$11.69



Couscous / Couscous

Couscous, poivron rouge & vert, céleri, persil, soya, raisin sec / Couscous, red & green pepper, celery, parsley, soy, dried raisin

CA\$5.59

Salade soleil / Sunny salad

Bourgoul, laitue, carotte, maïs, mayonnaise / Bourgoul, lettuce, carrot, corn, mayonnaise

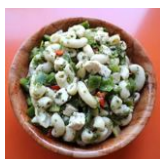
CA\$5.59



Bourgoul-tomate / Bourgoul

Gros blé concassé, tomate, oignon / Bulgur, tomato, onion

CA\$5.59



Macaroni féta / Macaroni & Feta

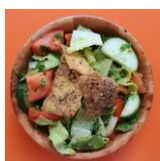
Macaroni, féta, poivron rouge & vert, céleri, persil, origan / Macaroni, feta, red & green pepper, celery, parsley

CA\$5.59

Salade Grecque / Greek salad

Fromage feta, concombre, poivron vert et rouge, tomate, oignon rouge / Feta cheese, cucumber, green and red bell pepper, tomato, red onion

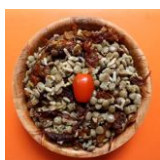
CA\$5.59



Fattouch / Fattouche

Laitue, tomate, concombre, poivron rouge & vert, oignon, persil, pita chip, vinaigrette sumac / Lettuce, tomato, cucumber, green & red pepper, onion, pita chips, parsley, sumac dressing

CA\$11.69



Moudardara / Moudardara

Lentille, oignon & oignon frit / Lentil, rice, onion & fried onion

CA\$5.59

Plats Chauds / Hot Dishes



Riz à la viande (utilisé dans le poulet et le riz) / Meat Rice (Used in chicken & rice)

Riz blanc, viande, épices libanaises / White rice, meat, Lebanese spices

CA\$5.19



Kafta yogurt / Kafta Yogurt

Kafta avec yogurt à la menthe et ail / Kafta with mint and garlic yogurt

CA\$13.59



Lasagne à la viande / Lasagna with Meat

Sauce à la viande et fromage libanais / Meat sauce and Lebanese cheese

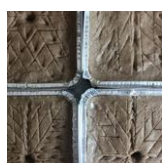
CA\$13.59



Riz blanc vermicelles / White Rice Vermicelli

Riz blanc, vermicelles / White rice, vermicelli

CA\$4.29



Kébbé familial non cuit (viande) / Kébbé Family Size Uncooked (Meat)

Moyen / Medium

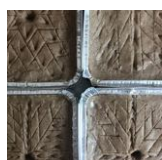
CA\$25.99



Feuilleté aux épinards & féta / Feuilleté aux Épinard & Féta

Épinard, féta, tomate, oignon, carotte, sumac / Spinach, feta cheese, tomato, onion, carrot, sumac

CA\$13.59



Kébbé familial non cuit (végé) / Kébbé Family Size Uncooked (Veggie)

Moyen / Medium

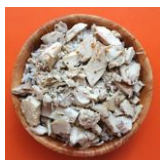
CA\$25.99

Plat chaud végétalienne / Végétalienne Hot Dish

Mélanges de légumes, morceaux d'aubergine, pois chiche, sauce tomate / Vegetable mix, eggplant chunks, chick peas

CA\$13.59

Menu Trip de bouffe



Riz au poulet / Chicken & Rice

CA\$13.59

Poulet méditerranéen, riz à la viande, épices libanaises / Meat rice, chicken, Lebanese spices



Check / Checkh El Mehché

CA\$13.59

Aubergine, sauce tomate à la viande, fromage libanais / Eggplant, meat sauce, Lebanese cheese

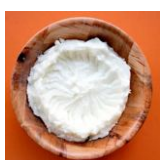
Trempettes et Marinades / Homemade Dip & Marinades



Babaghanouj / Babaganouj

CA\$5.19

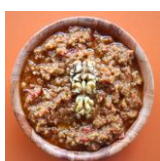
Aubergine, tahini, jus de citron / Eggplant, tahini, lemon juice



Sauce à l'ail / Toun (Garlic Sauce)

CA\$6.49

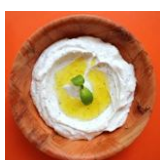
Ail, huile de canola / Garlic, canola oil



Mouhamara / Mouhamara

CA\$6.49

Poivron rouge, pain rôti, oignon, noix de Grenoble, ail / Red pepper, bread crumbs, onion, walnut, garlic



Labneh voyageur / Labneh Voyageur

CA\$6.49

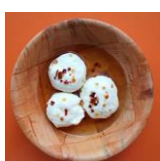
Labneh (yogourt pressé), menthe, ail / Labneh (pressed yogurt), mint & garlic



Labneh zaatar / Labneh Zaatar

CA\$7.79

Labneh (yogourt pressé), zaatar, huile de canola / Labneh (pressed yogurt), zaatar (thyme, sesame, sumac)



Labneh piment / Labneh Chili

CA\$7.79

Labneh (yogourt pressé), piment fort, huile de canola / Labneh (pressed yogurt), chilli

Menu Trip de bouffe



Labneh nature phoenicia / Labneh Nature Phoenicia

CA\$8.99

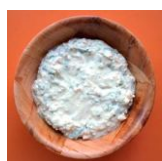
Creamy strained yogurt with a smooth texture, ideal for dipping or spreading.



Navet mariné / Turnips

CA\$4.49

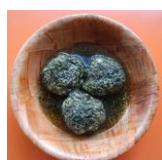
Pickled turnip



Tapenade aux épinards / Spinach Tapenade

CA\$5.19

Épinard, yogourt, féta, carotte, olive verte / Spinach, yogurt, carrot, feta cheese, green olive



Labneh origan / Labneh Oregan

CA\$7.79

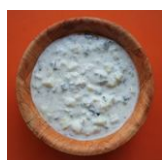
Labneh (yogourt pressé), origan, huile de canola / Labneh (pressed yogurt), oregano



Homious hommos / Homious Hommos

CA\$5.19

Pois chiche, tahini, jus de citron / Chick peas, tahini, lemon juice



Zaziki / Zaziki

CA\$5.19

Yogourt, concombre, poireau, menthe, ail / Yogurt, cucumber, mint, garlic

Desserts / Desserts



Maamoul pistache / Maamoul Pistachio

CA\$1.49

Maamoul Pistachio Delicate pastry filled with crushed pistachios. Available in single piece, 6 pieces, or by the dozen.



Maamoul noix de grenoble / Maamoul Walnut

CA\$1.49

Middle-Eastern walnut-filled cookies. Available as single, six pieces, or one dozen.

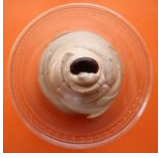
Menu Trip de bouffe



Mouhalabiey / Mouhalabiey

CA\$4.29

9 oz. Lait, fécule de maïs / 9 oz. Milk, corn starch, pistachio



Mousse au chocolat / Chocolate Mousse

CA\$5.19

9 oz. Crème 35%, chocolat & ouf / 9 oz. Chocolat, cream 35% & egg



Baklava / Baklava

CA\$1.49

Choisissez une quantité



Maamoul datte / Maamoul Dates

CA\$1.49

Maamoul stuffed with sweet dates. Available in single piece, six pieces, or one dozen.