



## Menu

# Chez Teez Restaurant et Marché Africain

5235 Rue Wellington, Verdun, QC H4H 1N1, Canada | (438) 722-2380

## Most Ordered



### Bouf / Beef

Tender beef pieces coated in a rich, spiced tomato sauce.

2 for CA\$6.50



### Dinde frit/Fried Turkey

Crispy fried turkey thighs and wings seasoned with African spices.

CA\$8.00



### Riz jollof / Jollof Rice

Long-grain rice cooked in a rich tomato and pepper sauce, slightly smoky for an authentic West African taste.

CA\$14.00



### Suya

Spicy grilled skewered meat seasoned with a rich blend of African spices.

CA\$22.00



### Amala (farine d'igname) / Amala (Yam Flour)

Avec ewedu, gbegiri et viande assortie. / With ewedu, gbegiri and assorted meat.

CA\$32.00



### Zobo frais 16oz hibiscus ou bissap / Fresh Zobo 16Oz Hibiscus or Bissap

Hibiscus drink made from dried hibiscus petals, offering a tart and refreshing flavor. Available in 16oz.

CA\$7.00



### Poundo Yam

Smooth, dough-like yam dish made from pounded yam flour, commonly paired with various African soups and stews.

CA\$5.00

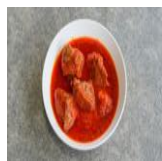
# Menu Chez Teez Restaurant et Marché Africain



## Soupe egusi (bouf) / Egusi Soup (Beef)

CA\$27.99

Ground melon seeds with tender beef chunks and leafy greens create a thick, hearty stew.



## Ragoût de bouf / Beef Stew

CA\$19.99

Tender beef chunks simmered in a rich, red sauce with savory spices.

## MAXI Combo de Riz Jollof /MAXI Jollof Rice Combo

CA\$35.00

riz jollof + extra, 1 poulet, 1 turkey avec plantain frite) // (jollof rice + Extra 1 chicken, 1 turkey with fried plantain

## Menu Combo / Combo Menu

Combo de Fufu et Soupe Egusi(bouf) avec Fufu/ Fufu and Egusi Soup (beef) Combo with Fufu

CA\$22.99

## Rice and Beef Stew / Riz blanc et ragoût de bouf

CA\$27.99

Portion of white rice served with a bowl of beef stew/ Portion de riz blanc servie avec un bol de ragoût de bouf

## MAXI Combo de Riz Jollof /MAXI Jollof Rice Combo

CA\$35.00

riz jollof + extra, 1 poulet, 1 turkey avec plantain frite) // (jollof rice + Extra 1 chicken, 1 turkey with fried plantain

## MINI Combo de Riz Jollof / MAXI Jollof Rice Combo

CA\$25.00

riz jollof, 1 poulet avec plantain frite) // jollof rice, 1 chicken with fried plantain

## Menu principal / Main Menu



## Amala

CA\$5.00

Smooth, brown yam flour dough, traditionally prepared, offering a staple texture and taste from African cuisine.

# Menu Chez Teez Restaurant et Marché Africain

## Riz Frit / Fried Rice

CA\$10.00

Stir-fried rice with mixed vegetables.



## Riz jollof / Jollof Rice

CA\$14.00

Long-grain rice cooked in a rich tomato and pepper sauce, slightly smoky for an authentic West African taste.



## Pounded Yam

CA\$5.00

Smooth, dough-like yam dish made from pounded yam flour, commonly paired with various African soups and stews.

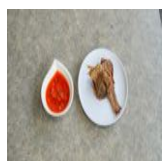
## Protéine frite / Fried Protein



## Dinde frit/Fried Turkey

CA\$8.00

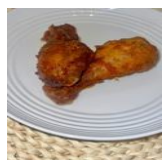
Crispy fried turkey thighs and wings seasoned with African spices.



## Poisson /Fish

CA\$9.00

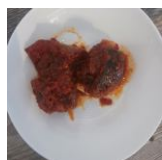
Crispy fried croaker fish served with a side of spicy tomato sauce.



## Poulet /Chicken

CA\$6.00

Crispy seasoned with a blend of African spices



## Bouf / Beef

2 for CA\$6.50

Tender beef pieces coated in a rich, spiced tomato sauce.

## Sur le terrain / On The Spot



## Amala (farine d'igname) / Amala (Yam Flour)

CA\$32.00

Avec ewedu, gbegiri et viande assortie. / With ewedu, gbegiri and assorted meat.

## Frites avec sauce / Fries with Sauce



### Plantain

Golden fried plantain slices, crispy on the outside and tender inside, offering a subtle sweetness.

2 for CA\$9.00

### Yam

Fried yam

CA\$14.99

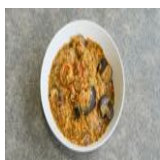
## Soupe et ragoût / Soup and Stew



### Efo Riro

A rich and flavorful spinach stew cooked with dried fish, tender beef, and cow skin (ponmo), simmered in a savory pepper and tomato sauce. Perfectly paired with rice, eba, fufu, or pounded yam.

CA\$27.99



### Okro aux fruits de mer / Seafood Okro

A rich blend of seafood with okra, featuring shrimp, fish, and assorted vegetables in a hearty stew.

CA\$32.00



### Soupe ogbona / Ogbona Soup

Ground ogbono seeds thicken this rich, earthy stew with tender meat, leafy greens, and a hint of spices.

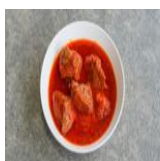
CA\$27.99



### Soupe egusi (bouf) / Egusi Soup (Beef)

Ground melon seeds with tender beef chunks and leafy greens create a thick, hearty stew.

CA\$27.99

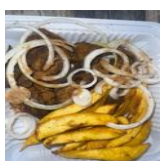


### Ragoût de bouf / Beef Stew

Tender beef chunks simmered in a rich, red sauce with savory spices.

CA\$19.99

## Grills et frites / Grills and Fries



### Suya

Spicy grilled skewered meat seasoned with a rich blend of African spices.

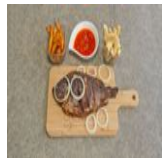
CA\$22.00

# Menu Chez Teez Restaurant et Marché Africain

## Poulet entier grillé./ Whole Grilled Chicken

CA\$29.99

Whole chicken. Juicy grilled chicken seasoned with aromatic spices / Poulet entier. Poulet grillé juteux assaisonné d'épices aromatiques



### Tilapia

CA\$26.99

Grilled tilapia seasoned with spices, garnished with raw onion rings, accompanied by fried plantain

## Boissons / Drinks



### Zobo frais 16oz hibiscus ou bissap / Fresh Zobo 16Oz Hibiscus or Bissap

CA\$7.00

Hibiscus drink made from dried hibiscus petals, offering a tart and refreshing flavor. Available in 16oz.



### Maltina

CA\$5.00

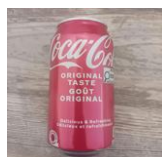
Non-alcoholic malt drink with pineapple flavor, offering a sweet and fruity taste.



### Shweppes Bitter Lemon

CA\$4.00

Bitter lemon-flavored soft drink, offering a unique citrus taste with a hint of quinine.



### Boisson en canette / Canned Drink

CA\$2.99

Selection of canned drinks featuring fanta, crush, mountain dew.



### Eau / Water

CA\$1.00

Natural spring water, sourced for purity and freshness.

## Pâtisseries / Pastries



### Puff Puff

CA\$0.75

Soft, deep-fried dough balls that are light, fluffy, and sweet, making them a delicious and popular African snack.

## Autre menu / Other Menu



### Moi Moi

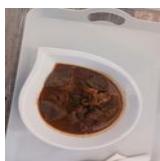
Steamed bean pudding made from blended black-eyed peas, peppers, and onions, seasoned and cooked to a smooth consistency.

2 for CA\$9.99

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### Soupe de poisson-Tilapia au poivre / Tilapia Fish Pepper Soup

CA\$22.00



### Soupe de piment à la viande de chèvre / Goat Meat Pepper Soup

CA\$15.99

Tender goat meat simmered in a spicy pepper broth, offering rich flavors and aromatic spices.



### Soupe de poisson-chat au poivre / Cat Fish Pepper Soup

CA\$22.00

Tender catfish pieces in a rich, spicy broth infused with aromatic herbs and spices.

## Appetizers

### Dodo Ikire -caramelized plantain balls

CA\$10.00

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### Kuli Kuli Gâteau aux arachides

CA\$10.00

Made with PEANUTS // Fait avec des arachides. 500g

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### Noix de coco avec du miel / Coconut with honey

CA\$10.00

Noix de coco avec du miel / Coconut with honey

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