Menu

Restaurant L'Escape

5241 Boulevard Décarie, Montreal, QC H3W 3C2 | (514) 638-4494

Articles en vedette



Egusi Beef / fufu

28,00 $

Faites avec des graines d'egusi moulues. / Made with grounded egusi seeds. Serves with choice of Pounded yam Garri or Semolina



Suya

22,00 $

Délicieux morceaux de boeuf assaisonnés puis grillés avec une poudre spéciale du Nigeria. / Delicate pieces of beef seasoned then grilled with a special powder from Nigeria.



Goat Pepper Soup/ Bouillon de chèvre

24,00 $

Savoury goat soup with a rich pepper flavour.



Okra Assorted meat / fufu

35,00 $

Fresh Okra cooked with goat meat, beef, tripes, cow skin , dried fish and spices (SPICY)



Egusi Goat Meat/fufu

30,00 $

Faites avec des graines d'egusi moulues. / Made with grounded egusi seeds. Serves with choice of Pounded yam Garri or Semolina



Feuille amère / Bitter Leaf/fufu

28,00 $

Faites avec des feuilles amères nigérianes. / Made with Nigerian bitter leaves. Serves with pounded yam, Garri or Semolina



Peppered turkey wings

28,00 $

3 pcs of fried turkey wings , mixed in a spicy pepper sauce. Serve with jollof or fried rice and plantains

Menu Restaurant L'Escape



Tilapia braisé/ Grilled Tilapia

43,00 $

Mariné dans mélange spécial d'épices et puis grillé à la perfection. / Marinated in special mix of spices and then grilled to perfection.



Fried Chicken/ Poulet frit

24,00 $

Fried chicken served with choice of fried rice or jollof with plantains And salads



Grilled goat meat/ jollof rice (spicy)

35,00 $

Goat meat cut in small pieces, well marinated with special spices and grilled to perfection, then mix with spicy sauce made of mixed vegetables and other spices Serve with choice of boiled plantains, fried plantains or white rice



Ogbono Beef Tripes/ fufu

28,00 $

Faites avec des graines d'ogbono moulues à sec mélangé avec le okra. . / Made with dry grounded ogbono seeds and okra. Serves with pounded yam Garri or Semolina



Poulet jerk / Jerk Chicken

24,00 $

Servi avec plantain, salade, et un choix de riz. / Served with plantain, salad, and a choice of rice.



Seafood Okra/ fufu

35,00 $

Very healthy mix of fresh Okra and fresh fish, crabs,shrimps, cooked with sweet pepper sauce, tomatoes Serves with choice of pounded yam or white rice



Cat Fish peppersoup

30,00 $

Fresh Catfish well cleaned, spiced and cooked with special peppersoup spices and chilli pepper



Beans porridge and mackerel fish or beef

28,00 $

Black eyed beans cooked with tomatoes sweet peppers curry and other spices and grilled mackerel fish Serve with plantains



Fish Pepper soup / Bouillon de poisson

22,00 $

Flavourful fish soup made with peppers.

Menu Restaurant L'Escape

Plats principaux / mains



Poulet jerk / Jerk Chicken

24,00 $

Servi avec plantain, salade, et un choix de riz. / Served with plantain, salad, and a choice of rice.



Suya

22,00 $

Délicieux morceaux de boeuf assaisonnés puis grillés avec une poudre spéciale du Nigeria. / Delicate pieces of beef seasoned then grilled with a special powder from Nigeria.



Fried Chicken/ Poulet frit

24,00 $

Fried chicken served with choice of fried rice or jollof with plantains And salads



Goat Pepper Soup/ Bouillon de chèvre

24,00 $

Savoury goat soup with a rich pepper flavour.



Egusi Beef / fufu

28,00 $

Faites avec des graines d'egusi moulues. / Made with grounded egusi seeds. Serves with choice of Pounded yam Garri or Semolina



Ogbono Beef Tripes/ fufu

28,00 $

Faites avec des graines d'ogbono moulues à sec mélangé avec le okra. . / Made with dry grounded ogbono seeds and okra. Serves with pounded yam Garri or Semolina



Légumes / Vegetables/fufu

30,00 $

Faites avec un mélange de feuilles et de légumes(épinard). Servi avec poisson. / Made with blend of leaves and vegetables. Served with fish. Comes with pounded yam, Garri or Semolina



Grilled goat meat/ plantains (spicy)

32,00 $

Goat meat cut in small pieces, well marinated with special spices and grilled to perfection, then mix with spicy sauce made of mixed vegetables and other spices Serve with choice of boiled plantains, fried plantains or white rice

Menu Restaurant L'Escape



Fish Pepper soup / Bouillon de poisson

22,00 $

Flavourful fish soup made with peppers.



Feuille amère / Bitter Leaf/fufu

28,00 $

Faites avec des feuilles amères nigérianes. / Made with Nigerian bitter leaves. Serves with pounded yam, Garri or Semolina



Tilapia braisé/ Grilled Tilapia

43,00 $

Mariné dans mélange spécial d'épices et puis grillé à la perfection. / Marinated in special mix of spices and then grilled to perfection.



Ailes / Wings

22,00 $

Une portion de 7 ailes succulentes servies avec des frites. / A serving of 7 succulent wings served with fries.



Beans porridge and mackerel fish or beef

28,00 $

Black eyed beans cooked with tomatoes sweet peppers curry and other spices and grilled mackerel fish Serve with plantains



Seafood Okra/ fufu

35,00 $

Very healthy mix of fresh Okra and fresh fish, crabs,shrimps, cooked with sweet pepper sauce, tomatoes Serves with choice of pounded yam or white rice



Tomato Stew/ Sauce tomate

30,00 $

Faites avec des tomates fraîches et des poivrons doux, des herbes et des épices. / Made with fresh tomatoes and sweet peppers, herbs, and spices. Serves with white rice or pounded yam



Cat Fish peppersoup

30,00 $

Fresh Catfish well cleaned, spiced and cooked with special peppersoup spices and chilli pepper



Ogbono /Goat meat/ Tripes/fufu

30,00 $

Faites avec des graines d'ogbono moulues à sec mélangé avec le okra. . / Made with dry grounded ogbono seeds and okra. Serves with pounded yam Garri or Semolina

Menu Restaurant L'Escape



Egusi Goat Meat/fufu

30,00 $

Faites avec des graines d'egusi moulues. / Made with grounded egusi seeds. Serves with choice of Pounded yam Garri or Semolina



Légumes / Vegetables / Beef &tripes

30,00 $

Faites avec un mélange de feuilles et de légumes(épinard). Servi avec poisson. / Made with blend of leaves and vegetables. Served with fish. Comes with pounded yam, Garri or Semolina



Grilled goat meat/ jollof rice (spicy)

35,00 $

Goat meat cut in small pieces, well marinated with special spices and grilled to perfection, then mix with spicy sauce made of mixed vegetables and other spices Serve with choice of boiled plantains, fried plantains or white rice



Okra Assorted meat / fufu

35,00 $

Fresh Okra cooked with goat meat, beef, tripes, cow skin , dried fish and spices (SPICY)



Peppered turkey wings

28,00 $

3 pcs of fried turkey wings , mixed in a spicy pepper sauce. Serve with jollof or fried rice and plantains

Riz jelof / Jelof Rice

13,00 $

Riz assaisonné. / Seasoned rice.

Plantain frit / Fried Plantain

12,00 $

Une portion supplémentaire régulière ajoutée à votre plat actuel. / A regular extra serving added to your current dish.

Grilled Mackerel fish (large)

35,00 $

Large mackerel spiced and grilled to perfection Serve with choice of jollof or fried rice plantains and salads

Riz frit aux légumes / Fried Rice

13,00 $

Riz assaisonné sauté avec des légumes mélangés. / Seasoned rice stir fried with mixed vegetables.

Menu Restaurant L'Escape

Gizdodo — 26,00 $

Well cleaned chicken gizzards, steamed with spices then fried and mixed with spicy sauce and sweet peppers and fried plantains

Fire Escape — 25,00 $

Un mélange de poulet, plantain, pommes de terre, et légumes frais.très épicé / An in mix of chicken, plantain, potatoes, and fresh vegetables, very spicy

Drinks

Orange crush — 3,00 $

Fizzy and refreshing orange-flavoured carbonated drink.

Water bottle — 2,00 $

Eau embouteillée. / Bottled drinking water.

Cola — 3,00 $

Classic cola beverage.

Ginger ale — 3,00 $

Fizzy and refreshing carbonated drink with a hint of ginger.

Extras

Pounded yam — 6,00 $

Traditional West African staple made from boiled and pounded starchy vegetables.

Semolina — 5,00 $

Coarse, yellow durum wheat flour.

Menu Restaurant L'Escape

Garri — 5,00 $

West African staple made from cassava tubers.

White rice — 6,00 $

Steaming hot serving of plain white rice.