Menu

La Manne Des îles

24 Boul Curé-Labelle, Sainte-Rose QC H7L 2Y9, Canada | (450) 937-9373

Most Ordered

Griot Take Out — CA$23.50

Marinated pork, typically fried until crispy, accompanied by rice, fried plantains, and a side of spicy pickled vegetables known as pikliz.

Banane plantain sale Take Out — CA$5.00

Fried plantains with a savory twist, typically featuring a hint of salt, offering a classic Latin-American accompaniment.

Legumes avec viandes (option crabes) Take Out — CA$28.00

A mix of meats and vegetables, with an optional addition of crab, typically served for takeout.

Poulet frit Take Out — CA$23.50

Fried chicken served with rice, fried plantain, and salad, capturing the essence of Latin-American flavors in a convenient take-out option.

Gateau rhum raisin au Kremas — CA$10.00

Moist cake infused with rum and raisins, complemented by a sweet and creamy coconut liquor known as kremas, a traditional Latin-American dessert.

Pain patate — CA$9.00

Sweet potato pudding typically includes cream liquor and vanilla, offering a taste of traditional Haitian dessert.

Banane plantain sucre Take Out — CA$5.00

Sweet plantains typically sliced and fried until golden brown, offering a tender texture with a hint of natural sweetness.

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Salade de macaroni Take Out — CA$5.00

Macaroni salad featuring elbow pasta, typically combined with mayonnaise, onions, and assorted vegetables for a creamy and satisfying accompaniment.

Desserts

Gateau aux fruits renverses — CA$8.00

Caramelized fruit cake typically includes a moist vanilla sponge base, topped with brown sugar-glazed seasonal fruits, offering a delightful blend of textures and flavors.

Gateau rhum raisin au Kremas — CA$10.00

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Pain patate — CA$9.00

Sweet potato pudding typically includes cream liquor and vanilla, offering a taste of traditional Haitian dessert.

Boissons signature

Cocktail signature — CA$12.00

A mix of spirits and tropical fruit purées, this signature cocktail typically includes ingredients like rum, tequila, and exotic juices. Must be 21 to purchase.

Jus maison — CA$10.00

A house-made juice typically featuring a blend of tropical fruits, offering a refreshing and natural taste inspired by Latin-American flavors.

Mocktail Signature — CA$12.00

A blend of tropical fruit juices typically featuring mango, passion fruit, and lime, complemented by mint leaves and a splash of soda water.

Plats principaux (Take out)

Legumes avec viandes (option crabes) Take Out — CA$28.00

A mix of meats and vegetables, with an optional addition of crab, typically served for takeout.

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Legumes sans viandes (vegetarien) Take Out — CA$25.00
Grilled vegetables typically include a mix of seasonal produce, served with rice and beans.

Poisson Take Out — CA$45.00
Fried fish fillet typically served with rice and fried plantain.

Tassot de bouf Take Out — CA$28.00
Marinated beef, slow-cooked and typically accompanied by rice, fried plantain, and a fresh salad.

Tassot de cabrit Take Out — CA$35.00
Fried goat served with fried plantain, mac & cheese, or salad, typically accompanied by Haitian pikliz, a spicy condiment of hot peppers, vinegar, and cabbage.

Tassot de dinde Take Out — CA$28.00
Fried turkey typically paired with rice, fried plantain, and house salad.

Griot Take Out — CA$23.50
Marinated pork, typically fried until crispy, accompanied by rice, fried plantains, and a side of spicy pickled vegetables known as pikliz.

Poulet frit Take Out — CA$23.50
Fried chicken served with rice, fried plantain, and salad, capturing the essence of Latin-American flavors in a convenient take-out option.

Accompagnements (Extras) (Take Out)

Banane plantain sale Take Out — CA$5.00
Fried plantains with a savory twist, typically featuring a hint of salt, offering a classic Latin-American accompaniment.

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Banane plantain sucre Take Out — CA$5.00

Sweet plantains typically sliced and fried until golden brown, offering a tender texture with a hint of natural sweetness.

Salade de macaroni Take Out — CA$5.00

Macaroni salad featuring elbow pasta, typically combined with mayonnaise, onions, and assorted vegetables for a creamy and satisfying accompaniment.

Sauce Take Out — CA$3.50

Typically includes a blend of herbs, spices, and possibly citrus, inspired by Latin-American flavors, suitable for enhancing various dishes.

Pikliz Take Out — CA$3.50

A Haitian-style spicy pickled slaw typically made with cabbage, carrots, and peppers, offering a tangy and piquant accompaniment.

Salade du jour Take Out — CA$8.00

Fresh salad featuring seasonal ingredients, typically including lettuce, tomatoes, and cucumbers, offered as a convenient take-out option.

Salade verte Take Out — CA$8.00

Lettuce, tomatoes, and onions typically form the base of this green salad, available for takeout.

Riz colle Take Out — CA$10.00

Sticky rice typically combined with beans, offering a classic Latin-American accompaniment.

Riz djon-djon Take Out — CA$15.00

Riz djon-djon is a dish featuring jasmine rice infused with djon djon mushrooms, creating a rich, aromatic flavor typically enhanced with sweet peas.

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Produits (Take Out)

Boissons gazeuses Take Out — CA$3.00

Assorted carbonated beverages, typically including popular brands like Coca-Cola, Sprite, and Fanta, available for takeout.

Pot de pikliz (1L) Take Out — CA$30.00

Cabbage, carrots, and onions typically pickled with serrano peppers and lime for a tangy, spicy Haitian condiment.

Pot de salade de macaroni (1L) Take Out — CA$17.50

Macaroni salad typically includes elbow pasta, ham, peppers, onions, eggs, and a creamy dressing.

Pot d epice haitien (750 ml) Take Out — CA$20.00

Haitian spice pot typically includes a blend of aromatic spices and herbs, offering a rich and traditional flavor profile. Ideal for enhancing the taste of various dishes.

Pot de pikliz (750 ml) Take Out — CA$20.00

Crisp cabbage and carrots typically combined with serrano pepper, lime, and onion, offering a traditional Haitian pickled vegetable medley.