

STARTERS

FATAYA: Deep fried empanada: Seafood, meaty or vegetarian

WING TRIO: 48-hour buttermilk marinated Wing Trio: Jerk Wings, Curry Wings and Moroccan Wings

MAMA AFRICA SOUP: Vegetarian tomato based slow cooked soup

BAKED GARLIC CREPE CHIPS: Baked crêpe chips garlic salted, served with roasted red pepper hummus.

BAKED CINNAMON CREPE CHIPS: Baked crêpe chips dusted with cinnamon sugar, served with a fruit salsa.

SALADS

- **Chicken and pineapple:** Served with grilled chicken, pineapple chunks, fresh tomatoes, fresh mint, fresh basil, walnuts, lettuce and grated cheese with balsamic vinaigrette
 - **Southwest chicken and shrimp:** Grilled chicken and shrimp, grated cheese, tortilla strips, lettuce, cilantro, avocado, lime, corn, tomatoes and black beans and homemade southwest dressing salad.
 - **Crudités my way:** Fresh seasonal vegetables: grated carrots, tomatoes, cucumbers, beets, onions, cabbage and corn with aioli dressing.
 - **Broccoli raisin:** Served with broccoli florets, golden raisins, red onions, and bacon bits, and smoked mayo vinaigrette.
 - **Strawberry salad:** Fresh lettuce, fresh strawberries, roasted almonds, poppy seeds, roasted almonds, and homemade raspberries and cream dressing
 - **Cheese Steak and fries salad:** fresh lettuce, seasoned fries, red onions, mozzarella, thinly sliced sirloin steak, peppers, and honey ranch dressing
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DELITE MENU (UNDER 500 CALORIES)

- **456:** Inspired by fitness trainer Bennie Goode, this dish stands out of the box by serving on a brown rice plate a healthy 456 calories with a choice of grilled chicken breast, Salmon or Vegetarian.
- **5 SPICE TURKEY SPRING WRAPS:** Served with 93% lean turkey on brown rice, sesame oil, onions, bell peppers, ginger, carrot and fresh herbs all wrapped up in rice paper roll
- **ROASTED VEGETABLE FLATBREAD:** Red and green peppers, sundried tomato pesto, olive oil and goat cheese. Vegetarian, Chicken or Steak.
- **LEMON GRASS AND LIME HERBY CHICKEN KEBABS:** lemon grass, garlic, and fresh coriander served with brown rice and vegetables

SIDES

- Plantains
 - Fresh cut fries
 - White rice
 - Brown rice
 - Green beans
 - Mashed potatoes
 - Sweet potato fries
 - Sautéed vegetables
 - Cream of spinach
 - Seasoned Pasta
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STORY DISHES

PICK TWO SIDES DISHES

AFREAK'N KICKING CHICKEN: African version of juicy blackened chicken seasoned with 18 herbs and spices

SENEGALESE YASSA: 48 hours marinated chicken in the lemon juice and Dijon mustard

MINA'S AFRICAN CURRY: Falling off the bone chicken slowly cooked in a tomato based creamy curry soup seasoned with exotic spices.

MALIAN MAAFE: Creamy peanut butter soup made with beef cubes, tomato, onion, garlic, cabbage and root vegetables.

LOADED DEEP FRIED MASHED POTATO: Chicken Or Steak with onions, peppers, cheese, sour cream and special sauce

SIGNATURE DISHES

SENEGALESE SOUP KANDJE: Original "gumbo" with a palm oil twist served with rice and veggies

AFRICAN JERK: 48 hours marinated jerk chicken, served with African fried rice and peas, and cabbage

BURKINA OXTAILS: 8 hour cooked oxtails seasoned with all spice, cinnamon, lime, nutmeg and bay served with African fried rice and peas, cabbage

CONGOLESE SAKASAKA: Seafood and cassava leaves slowly cooked with palm oil, served with rice and plantains

MOROCCAN COUSCOUS: Steamed semolina grains served with slowly cooked tomato based lamb and tomato stew

MINA'S LASAGNA: 3 meats (turkey, beef and sausage) 3 cheeses (mozzarella, cheddar and cottage) layered with fresh pasta, homemade creamy béchamel sauce and a homemade tomato basil sauce

VELVET MAC AND CHEESE: Plain Turkey or Lobster Creamy mac and cheese topped with crepe cheese sticks and walnuts

IVOIRIAN FOUFOU: Mashed sweet plantains served with beef and seafood palm sauce

WEST AFRICAN ATTIEKE FISH: Ground yucca served with whole roasted fish and grilled vegetables

BURKINABE SAGABO: Corn flour savory pastry served with beef okra sauce

SENEGALESE JOLOF: Broken jasmine rice cooked in vegetable broth, served with stuffed fish and root vegetables

CREPES

SAVORY

Chicken delight: Grilled chicken breast, onions, tomatoes, spinach, sweet peppers, bell peppers, mozzarella cheese and H special sauce

Cheese Steak delight: Steak, onions, tomatoes, spinach, sweet peppers, bell peppers, mozzarella and house smoked mayonnaise

Tomato-mozza: Fresh tomato, fresh mozzarella, fresh basil, Olive oil, salt and pepper

Carnivore: pepperoni, Ham, Bacon, chicken, steak, sausage, cheese and H special sauce

Pizza 5 Cheese: Homemade marinara sauce topped melted 5 cheese blend

Roasted Vegetables: Olive oil roasted peppers, onions, sundried tomatoes, mushrooms, chickpeas, fresh spinach, fresh cilantro, feta cheese

Jerk: Jerk spiced grilled chicken with African fried rice and peas and jerk cheddar mustard

Cajun Chicken and Shrimp: Grilled chicken, grilled shrimp, onion jam, and cheddar-Cajun sauce

Southwest Chicken: Grilled chicken, cumin, oregano, garlic, chile, tortilla strips and homemade nacho-chipotle sauce

French classic: Sous vide ham and buttery gruyere cheese

Hawaiian: Ham, pineapple and mozzarella

Maryland: Crab lump, onions, Dijon mustard, and old bay seasoning

Macaroni Carbonara: Baked macaroni and cheese, bacon, grilled onions and béchamel sauce

Raspberry Chicken: Grilled chicken breast, spinach, ricotta, tomatoes, melted cheddar, raspberry preserves and walnuts

Chicken Cordon Bleu: Thinly sliced ham & grilled chicken with melted Swiss cheese & béchamel sauce stuffed in a Panko breaded deep fried crêpe

Book Your Private Crepe Experience!

Pick a date/time, gather your friends & family (minimum of 10) and enjoy an educational, hands-on demonstration featuring:

DBM Owner, Mina

Learn the history of crepes

Prepare the basic crêpe

Watch a demo of how to make an entree and dessert crepe of your choice!

Enjoy dinner & dessert with friends and family

\$35.00 per person

(Price includes the demonstration, dinner entree & dessert)

Beverages including, but not limited to: Sodas, and Specialty organic homemade drinks available for an additional charge.

Subject to tax & gratuity.

Call 855.810.8096 or email mina@weloveminas.com