



SAHEL RESTAURANT & LOUNGE
135 CENTRAL ST LOWELL, MA

Menu

DINNER MENU

Stopover for a Connection...

Eru

Eru Soup (Spinach/Eru leaves) is a healthy satisfying Cameroonian green dish loaded with other protein and aromatics that will make your tastebuds sing for joy. Paired with any of your favorite starchy sides like pounded yam fufu, gari fufu or water fufu.

\$27.50

Ndole

An aromatic Cameroonian spinach stew made of spinach and bitter leaves - flavored with garlic, crayfish and fortified with shrimp and beef. Paired with miondo (cassava stick), or rice of choice or fufu or sweet ripe plantains.

\$27.50

Cassava Leaf Stew

A delicious and rich savory dish made with assorted meat, shrimp and crushed cassava leaves. Paired with rice of choice or fufu.

\$24.99

Egusi Soup

Egusi is a traditional one-pot soup that combines blended melon seed, pepper, leafy vegetables, and meat. Paired with Fufu or Rice of choice or Sweet Ripe Plantains.

\$27.50

Okra Soup

Okro Soup African-style loaded with shrimp, crayfish, assorted meat. Paired with fufu corn or pounded yam fufu or fufu gari.

\$27.50

Poulet DG

Poulet DG, which means "chicken for the Director General", is a delicious chicken and plantain dish.

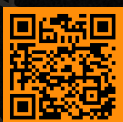
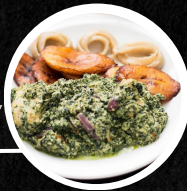
\$24.99

Achu (Taro)

Traditional Cameroonian dish called Taro or Achu. Made of mashed cocoyam, palm oil, cow skin, beef meat, smoked fish, stock fish and more. Served with sautéed spinach.

\$39.99

Every other Sunday Only.



www.sahelrestaurantlounge.com

978-445-3635



Taking off Here

- Beef Suya **\$15.50**
- Chicken Suya **\$12.50**
- Puff-Puff **\$6.50**
- Suya Chicken Wings **\$11.50**
- Sahel's Spicy Meatballs **\$9.50**
- Sautéed Chicken Gizzard **\$11.50**
- Peppered Cow Skin **\$9.50**

Fly More...

Grillot De Chez Nous \$19.99

Braised and Fried pork shoulder marinated in citrus. Paired with flat fried plantains.

PB (Poulet Braisé) \$25.50

Chicken legs, habanero peppers, lemon, Dijon sauce. Grilled spicy chicken. Paired with fried plantains or attiéke.

Butternut Squash Stew \$22.50

Red bean, butternut squash, sweet potato, cauliflower, and green beans stewed in a coconut herb sauce. Paired with white rice.

Maafe(Peanut Stew) \$23.99

African peanut stew made in a spicy, creamy peanut and tomato sauce. Paired with choice of rice or boiled green plantain or boiled yam.

Jollof and Chicken \$25.50

A Super Popular Senegalese succulent chicken with caramelized onions and mustard.

Braised Oxtail \$31.50

Slowly stewed with delicious herbs. With tender braised beef oxtail, sautéed vegetables, and butter beans! Paired with sautéed vegetables and choice of rice.

Dancing Jerk Chicken \$27.50

Jerk chicken with pineapple salsa and our award winning jerk sauce. Paired with rice of choice.

Rasta Pasta \$22.50

Penne or spaghetti pasta in creamy coconut curry sauce with assorted bell peppers and red onions. Paired with choice of chicken, shrimp or tofu.

Refill with a Soup

Le Bouillon Vert \$25

Legendary all greens soup made with secret house spices and assorted meat. Paired with choice of rice or boiled green plantains.

Goat Meat Peppersoup \$30

Made with Goat, chickee meat cutlets. Paired with choice of rice.

Cow Foot Stew \$25

Cow foot slowly simmered with spices, yam - fatty, gelatinous, spicy and truly a delight. Paired with rice of choice.

Surfing over the Sea

Braised Red Snapper \$27.95

Well seasoned braised or fried red snapper. Paired with choice of rice or boiled green plantains.

Braised Tilapia \$25.95

Well seasoned braised or fried tilapia. Paired with choice of rice or boiled green plantains.

Blackened Salmon \$30

Salmon Fillets brushed in butter and house made seasonings. Paired with choice of rice.



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DINNER MENU

Our Salades



The Continental

A Cameroonian vegetable salad loaded with carrots, cabbage, hard-boiled eggs, avocado, tomatoes, cucumber and onions. Served with French rolls or slices of French bread.

\$18



Suya Bowl Salad

Made with well marinated chicken or beef Suya. Served with Jollof rice, Iceberg lettuce, red onions, cucumber salad, tomatoes and pickles.

\$18



Macedonia

Made of small pieces of potatoes, onions, mix vegetables, eggs, lemon and mayonnaise. Serve with toasted garlic bread.

\$15



Jerk Chicken Salad

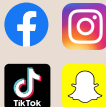
Juicy, perfectly spiced grilled chicken, a refreshing combination of fruit and vegetables, and a tangy lime vinaigrette create a trifecta of flavors that just can't be beaten.

\$18



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Caribbean Fish Stew **\$27**

Stew with marinated pieces of red snapper or tilapia, infused with spices, herbs bell peppers, tomatoes, and onions. Paired with choice of rice and sweet plantains.

Shrimp Creole **\$27**

A comforting plate of goodness with succulent shrimp simmered in a perfectly seasoned tomato sauce. Paired with choice of rice and fried sweet plantains.

Sandwiches & Burgers

Spicy Egg Sandwich **\$13.99**

Boiled 1/2 cut eggs with spicy sauce served on a baguette. Add Mayonnaise if needed.

Spaghetti Omelette **\$13.99**

Spaghetti, tossed with tomatoes, onions, peppers, and a Maggi seasoning cube that's cooked in eggs and served on a baguette.

Suya Spicy Grilled **\$19.99**

Beef Sandwich

Spicy, smokey, flavorful grilled beef sandwiched in warm baguette rolls with onions and tomatoes.

Sahel's Burger **\$19.99**

Half pound burger with Cheddar cheese, lettuce, tomato, and onion on a brioche bun. Served with plantain chips or fries.

Fish Cake Sandwich **\$21.95**

Housemade fish cake with remoulade, lettuce, tomato, and pickled veggies on a brioche

Our Desserts

Chocolate Cake **\$8.50**

A soft and tender Chocolate Cake made with cocoa powder and sour cream, covered in a rich and creamy chocolate cream.

Chocolate Puff Puff **\$8.50**

Deep fried dough that is slightly crunchy on the outside and chewy on the inside with a touch of sweetness paired with chocolate sauce. Serve with a side of Sophia's yogurt.

Cheese Cake **\$8.50**

Rich and decadent dessert made with cream cheese, sugar, eggs, and cracker. Topped with fruit compote, chocolate ganache, or whipped cream.

For the little One!

Afro Chicken Fingers (\$6.50),
Pasta & Meatballs Stew (\$6.50),
Sahel Cheese Burger (\$10.50)

Our Sides

Beef Suya (\$15.50), Chicken Suya (\$12.50), Puff-Puff (\$6.50), Fried Beans (\$6.50), Bouillie (\$6.50), Braised Pork (\$9.50), Chicken Wings (\$11.50), Sahel's Meatballs (\$9.50), Sauteed Chicken Gizzard (\$11.50), Peppered Cow Skin (\$9.50), Grillot (\$6.50), White Rice (\$6.50), Jollof Rice (\$7), Sweet Fried Plantains (\$6.50), Fufu (\$6.50), Assorted Meat (10.95), African Empanadas (\$12)