

# Today's Menu

Traditional dishes & world flavours

SENEGALESE & INTERNATIONAL CUISINE

## Thiéboudieune

Broken rice with fresh fish, market vegetables (carrot, cassava, okra, aubergine, cabbage) slow-cooked in spiced tomato sauce — Senegal's national dish

## Mafé

Beef or chicken stew in peanut sauce, with carrots, sweet potato and aubergine — a beloved West African classic

## Soupou Kandia

Rich sticky okra sauce with smoked fish, prawns, dried oysters and red palm oil — a true speciality of southern Senegal

## C'est Bon / Tiébou Diola

Marinated fish or chicken with slow-cooked onions, lime and mustard, on Diola rice — simple and deeply flavourful

## Domoda

Gambian peanut stew with fresh tomatoes, turmeric and lemon — cousin of the mafé, richer in tomato and slightly tangy, on white rice

## Moroccan beef tagine

Beef slow-braised 2.5h with delicious spices (saffron, cinnamon, cumin, ginger), stewed prunes and toasted almonds — with couscous

## Chicken fricassee

Free-range chicken golden-fried in butter, simmered in a creamy white sauce with mushrooms, smoked lardons and white wine

## Roast chicken

Chicken roasted with herb butter and confit baby potatoes

## Flemish beef stew

Beef braised 3h in Belgian dark ale

## Beef fillet

Roasted tournedos, the most tender cut, served with peppercorn or red wine sauce

## Fish escalope

Fish fillet pan-fried with butter and lemon, crispy breadcrumbs or creamy dill sauce

VEGETARIAN

## Vegetarian fricassee

A creamy stew made with carrots, potatoes and mushrooms, seasoned with herbs and plant-based cream – tender and full of flavour

## Vegetarian couscous

Couscous with braised vegetables, chickpeas, tomato, harissa and Moroccan spices – colourful and spicy

Please let us know your choice in the morning.

TOUBACOUTA · SÉNÉGAL