

RESTAURANT

MENU

SALAD, MAIN DISHES
AND DESSERT

STARTERS

A. 1 Spring roll	20.00
A. 2 Kulewelo	25.00
A. 3 Chicken wings (3pcs)	28.00
Tea / green	10.00
Ily coffee	20.00

SALAD

A. 4 Chicken salad	55.00
A. 5 Tuna salad	55.00
A. 6 Beef salad	65.00
A. 7 Avocado salad (seasonal)	70.00
A. 8 Vegetable	50.00

SPECIALS

C.1 French fries with sandwich	50.00
C. 2 Couscous with Veg and Fish	80.00
C. 3 Spaghetti Chicken Sauce	63.00
C. 4 Spaghetti in Meat balls sauce	63.00
C. 5 Corn Beef Stew with Boiled Plantain / Rice / Yam	65.00
C. 6 Grilled Chicken with Acheke & Veg	65.00
C. 7 Grilled Tilapia with Acheke & Veg.	75.00
C. 8 Beef Steak with Acheke & Veg.	75.00
C. 9 Guinea Fowl with Acheke & Veg.	75.00

PROUD TO BE GHANAIAN

D. 1 Grilled Tilapia (Fresh Grinded Pepper)	65.00
D. 2 Okro Soup with Fish/ Beef and Crab/Goat meat/Beef/Fish/ Fish and Beef	65.00
D. 3 Okro Stew with Fish/ Beef/Goat Meat	65.00
D. 4 Goat Soup with Fufu	65.00
D. 5 Palmnut Soup (Beef/Goat meat/Fish)	65.00
D. 6 Duck Groundnut	65.00
D. 7 Red Red with Fish/ Chicken/Beef	65.00
D. 8 Palava Sauce Fish/Chicken/Beef	65.00
D. 9 Garden Egg Stew Fish/Chicken/Beef	65.00
D. 10. Yevugboma (Spinach Sauce) Fish/Beef/Goat meat	65.00
D. 11 Chicken Lite Soup (Layer)	65.00
D. 12 Tilapia Soup	70.00

VEGETARIAN DISHES

V.D. 1 Local / Foreign Mushroom Sauté with Vegetable	62.00
V.D. 2 Vegetable Couscous (Jollof)	60.00
V.D.3 Garden Egg Stew with Soya Chunk	60.00
V.D.4 Spaghetti in Vegetable Sauce	65.00
V.D. 5 Agushie Palava Sauce	60.00
V.D. 6 Veg. Only	30.00

KHEBAB

Beef Fillet Khebab	35.00
Chicken Khebab	35.00
Goat Khebab	35.00

MAIN COURSE

G.Q. Charcoal Grilled Quail	50.00
B. 1 Charcoal Grilled Chicken (Help Support our Local Poultry Farmers)	55.00
B. 2 Seasoned Fried Fish	60.00
B. 3 Steamed Tilapia (Sauté Sauce)	70.00
B. 4 Beef Steak	65.00
B. 5 Lamb Chops	65.00
B. 6 Beef Sauce	65.00
B. 7 Guinea Fowl	65.00
B. 8 Boneless Duck in Veg. Sauce	70.00
B. 9 Shredded Chicken in Veg. Sauce	63.00
B. 10 Eba with (Sadin sausage/fried egg and grinded pepper and Shito)	55.00

(All Are Carefully Spiced Using Local Ingredients Hot or MILD)

DESSERT

Ice cream	
Chocolate, Vanilla, Strawberry	20.00
Pancakes	20.00

SIDE DISHES

Jollof Rice	
Fried Rice	
Plain Rice	
Fried or Boiled Plantain/Yam/Potato Sauté	
French Fries	
Acheke	
Garri Fortor	
Eba/Eba Jollof	
Banku	
Fufu	
Eworkple	

SANDWICHES & ONLYS

C.5 La Tante's Chicken Sandwich	30.00
T.5 Tuna Sandwich	30.00
Ch. 5. Cheese Sandwich	30.00
CL. 5 Club Sandwich	35.00
F.Y Fried/Boiled Plantain	30.00
F.P Fried/Boiled Yam	30.00
Potatoes Sauté	30.00
Acheke	30.00
Garri Fortor	30.00
Eba /Eba Jollof	30.00
Banku	10.00
F.F French Fries	30.00
Vegetable Rice	40.00
Jollof Rice	30.00
Fried Rice	30.00
Plain Rice	30.00
F.S.P Fried Sweet Potatoes	30.00
D. 1 Grilled Tilapia	40.00
D. 2 Okro Soup	40.00
D. 3 Okro Stew	40.00
D. 4 Goat Soup	40.00
D. 5 Palmnut Soup	40.00
D. 6 Duck Groundnut Soup	45.00
D. 7 Red Red	40.00
D. 8 Palava Sauce	40.00
D. 9 Garden Egg Stew	40.00
D. 10 Yevugboma Spinach Sauce	40.00
D. 11 Chicken Lite Soup	40.00
D. 12 Fresh Tilapia Soup	40.00
B. 1 Grilled Chicken	30.00
B. 2 Fried Fish	35.00
B. 3 Steamed Tilapia	40.00
B. 4 Beef Steak	40.00
B. 5 Lamb Chops	40.00
B. 6 Guinea Fowl	35.00



LA TANTE RESTAURANT
Real Ingredients, Real Food, Real People



LA TANTE DC10



LA_TANTE_DC_RESTAURANT



LATANTEDC.COM



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