



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 or gari fufu.

**\$27.50**

#### Ndole

An aromatic Cameroonian bitter leaves dish - 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 soup that combines blended melon seed, pepper, leafy vegetables, and meat. Paired with fufu or rice of choice or fried sweet 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, smoked fish, stock fish and more. Served with sautéed spinach.

**\$39.99**

*Signature Dish*



*Signature Dish*



*Signature Dish*



*Sunday Only*

[www.sahelrestaurantlounge.com](http://www.sahelrestaurantlounge.com)

**978-455-3635**



Welcome on board!  
(Our Appetizers)

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

*Taking off*

#### Grillot De Chez Nous **\$19.99**

Braised pork mixed with fried sweet plantains.

#### Poulet Braisé

**\$25.50**

Grilled spiced chicken 1/4 leg paired with choice of rice or fried sweet plantains.

#### Butternut Squash Stew

**\$22.50**

Red bean, butternut squash, sweet potato, cauliflower, and green beans stewed in a coconut sauce. Paired with garlic bread.

#### Maafe (Peanut Stew)

**\$23.99**

African peanut stew made in a creamy peanut and tomato sauce. Paired with choice of rice or fried sweet plantains.

#### Jollof and Chicken

**\$25.50**

A popular Senegalese succulent 1/4 leg chicken mixed tomatoes vegetable sauce.

#### Braised Oxtail

**\$31.50**

Beef oxtail and butter beans! Paired with choice of rice or fried sweet plantains.

#### Dancing Jerk Chicken

**\$27.50**

Jerk 1/4 leg chicken with pineapple salsa and Sahel's award winning jerk sauce. Paired with choice of rice or fried sweet plantains.

#### Rasta Pasta

**\$22.50**

Penne pasta in creamy coconut curry sauce, parmesan cheese with red bell pepper and paired with a choice of chicken, shrimp or tofu.

*Eastern your belt (Our Soups)*

#### Goat Meat Peppersoup

**\$30**

Made with goat meat and paired with choice of rice.

#### Cow Foot Stew

**\$25**

Cow foot in mouthwatering tomatoes sauce and paired with choice of rice or fried sweet plantains.

*Navigating over the Sea*

#### Branzino (Sea Bass)

**\$27.95**

Well seasoned braised or fried whole Sea Bass paired with choice of rice or fried sweet plantains or bobolo.

#### Braised Tilapia

**\$25.95**

Well seasoned braised or fried tilapia paired with choice of rice or fried sweet plantains or bobolo.

#### Blackened Salmon

**\$30**

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



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### Our Salads

#### The Continental

A Cameroonian vegetable salad loaded with carrots, 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, lettuce, red onions, cucumber, and tomatoes.

**\$18**

#### Sahel Vegan Tofu Salad



Made of chickpeas, red onions, cherry tomatoes, cucumber, romaine lettuce, cilantro. Serve with toasted garlic bread.

**\$18**

#### Jerk Chicken Salad



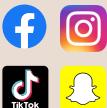
Juicy, perfectly spiced grilled chicken, vegetables, and a vinaigrette create a trifecta of flavors that just can't be beaten.

**\$18**



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### Caribbean Fish Stew

**\$27**

Fried pieces of Tilapia, infused with spices, bell peppers, tomatoes, and onions. Paired with choice of rice and fried 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 egg with creamy sauce served on a French bread.

#### Spaghetti Omelette

**\$13.99**

Spaghetti, tossed with tomatoes, onions, peppers, eggs and served in a French bread.

#### Suya Spicy Grilled Beef Sandwich

**\$19.99**

Spicy, smokey, flavorful grilled beef sandwiched in warm French bread with lettuce, onions, and tomatoes.

#### Sahel's Burger

**\$19.99**

8oz burger with cheddar cheese, lettuce, tomato, and onion on a brioche bun. Served with French fries.

### Landing (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.

#### 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**), Braised Pork (**\$9.50**), Chicken Wings (**\$11.50**), Sahel's Meatballs (**\$9.50**), Sauted Chicken Gizzard (**\$11.50**), Peppered Cow Skin (**\$9.50**), White Rice (**\$6.50**), Bobolo/Miondo (**\$6.50**), Jollof Rice (**\$7**), Sweet Fried Plantains (**\$6.50**), Fufu (**\$6.50**), Assorted Meat (**\$10.95**), African Empanadas (**\$12**), Yuca/French Fries (**\$6.50**)