



Bennachin Restaurant

Menu

**These entrees may be served without meat, if desired

Daily Lunch Specials	BIN'NE DESSERTS	MOUG DRINKS
MBURU AKARA Black-eyed pea fritters and tomato stew on French bread		YASA Cabbage, carrots in onion and garlic sauce served with rice or cous cous
JAMA JAMA NI MAKONDO Sautéed spinach, fried plantains, and coconut rice		SHIPA SHIPA Shrimp, celery, ginger in a tomato and onion sauce served with rice
KONE NI MAKONDO Black-eyed peas in tomato and onion stew served with fried plantains and coconut rice		SISAY SINGHO Baked chicken leg and thigh, served with sautéed spinach, fried ripe plantains, and coconut ric
SORSO WOLENGHO NI MANO Red beans and beef sausage slices served with rice		COPE NI CONE Boneless chicken and broccoli, sautéed in ginger and garlic sauce, served with rice
BENNACHIN** African jambalaya (jollof rice) served with sautéed spinach		BAHAM Sautéed vegetables in ginger, onion, garlic sauce served with rice or cous cous
DOMODA** Beef and peanut stew served with rice		Jamaican Chicken Baked Chicken season with homemade spices in a Carribean sauce served with Sauteed Vegetables and white rice

NSOUKI SOUPS

Sorso Jambakero / Vegetables -	\$7.00	Nyeo/ Steamed Tilapia fillet in ginger and garlic sauce served with fried ripe plantains, sautéed spinach, and coconut rice	\$17.95
Nsouki Lappa / Beef sausage, smoked turkey gumbo -	\$7.50	Janga / Sautéed shrimp and vegetables served over cous cous or rice	\$17.95
Cone / Kidney Bean -	\$7.00	Shipa-Shipa / Shrimp, celery, ginger in tomato gravy served over rice	\$17.95
Cope ni Ndowa / Chicken Noodle -	\$7.00	Chobi ni Malang(Fish Stew)/ Tilapia fillet, celery, onion in savory red sauce served with rice	\$17.95
Sorso Nessing / Lentil -	\$7.00	Thiebujin / African Jambalaya cooked with Tilapia Fillet	\$17.95

NDEK BIJEK APPETIZERS

Doh Doh / Fried ripe plantains -	\$6.00	Sauci Majanga (Potato and Shrimp Stew) Shrimp, potato sautéed in ginger, garlic sauce served with rice or cous cous	\$17.95
Akara / Black-eyed pea fritters -	\$6.00	Steamed Tilapia/ Tilapia served with vermeseh, zucchini, carrots, and squash	\$17.95
Lieo Sisay / Honey glazed chicken -	\$7.00		
Poulett Fricasse / Boneless chicken on the stick -	\$5.00		
Nyeaturing / Fish pie -	\$7.00		
Oleh-leh / Black-eyed peas, eggplant, and smoked fish -	\$7.00		

COPE POULTRY

Nsouki Alyse/ Boneless chicken, shrimp, and cashews in a thick light brown gravy served over rice	\$17.95
Cope ni Cone/ Boneless chicken, broccoli, ginger, and garlic sauce served over rice	\$1.95
Cope Mustard/ Chicken breast broiled in mustard sauce served with boiled potato and broccoli	\$16.95
Cope ni Makondo/ Marinated grilled chicken breast served with fried ripe plantains, sautéed spinach, and coconut rice	\$16.95
Sisay Dourang/ Boneless chicken and roasted peanut in a thick light brown gravy served over rice	\$16.95
Yasa**/ Chicken, cabbage, carrots served over rice or cous cous	\$16.95
Sisay Singho/ Baked chicken leg and thigh served with fried ripe plantains,sautéed spinach, and coconut rice	\$16.95
Jamaican Chicken/ Baked chicken seasoned with homemade spices in a Carribean sauce served with sauteed vegetables(cabbage, zuchinni, squash, and carrots) and white rice	\$16.95

NGI-NOUKA VEGETABLES

Bikai ni Curry/ Eggplant, mushrooms, bean sprouts in a curry sauce served with cous cous or rice	\$16.95
Jama Jama ni Makondo/ Sauteed spinach, fried ripe plantains, and coconut rice	\$15.95
Kone ni Makondo/ Black-eyed peas in onion and tomato stew served with coconut rice and fried ripe plantains	\$15.95
Nsouki Jakatu/ Stir fried eggplant and vegetables served with cous cous or rice	\$15.95
Baham/ Broccoli, cauliflower, carrots in light ginger sauce served with cous cous or rice	\$15.95
Jambo/ Sautéed zucchini, squash in ginger sauce served with vermesh	\$15.95

NOUKA BEEF, LAMB

Kembel-Lappa/ sautéed lamb strips, bell pepper in ginger sauce served with rice or broccoli	\$17.95
Naouki-Ngond**(Egusi Soup)/ Beef, garlic, ginger, spinach in ground melon seed sauce served with fufu or rice	\$17.95
Ndole**/ Beef, spinach, ground fresh peanuts in ginger and garlic sauce served with fried ripe plantains and coconut rice	\$16.95
Sauci Marine/ Beef, potato in onion and ginger sauce served with rice or cous cous	\$16.95
Soup-ah-Kanja**(Okra Soup) / Beef, okra, spinach served with rice or fufu	\$16.95
Domoda**/ Beef, ground roasted peanut stew served over rice	\$16.95
Bennachin**(Jollof Rice)/ Jambalaya served with sautéed spinach	\$16.95
Sorso Wolengho ni Mano**/ Red beans, beef sausage chunks served over rice	\$15.50
Apricot Lamb/ Baked lamb in ginger, garlic sauce served with broccoli and cous cous or rice	\$17.96