# MENU



# **APPETIZERS & STARTERS**

<b>BEEF PATTY</b> Flaky pastry filled with seasoned minced beef and onions.	\$3.50
CHICKEN PATTY \$3.50 Flaky pastry filled with seasoned shredded chicken and onions.	
<b>FISH PATTY</b> Flaky pastry filled with seasoned mackerel fish and onior	<b>\$3.50</b>
SUYA BEEF KABOB	\$3.50

Tender beef slices threaded on a skewer covered in a dry spicy peanut rub seasoning. \*contains peanuts\*

<b>BOFROT/PUFF PUFF (2 PCS)</b> Bofrot is a slightly sweet fried doughnut.	\$1.95
<b>DEGUE/BURKINA</b> A sweet yogurt millet dish.	\$3.50 SMALL (8 OZ) \$6.50 Large (16 OZ)
HAUSA KOKO (32 OZ) A hot, spicy, smooth porridge made from	\$6.95 millet.
SHRIMP KABOBS JUMBO	\$15.99

Jumbo shrimp kabobs, tossed in a delicious marinade with garlic, fresh herbs and spices.

## ENTREES

7.95

BEAN STEW (RED RED) W/FRIED	\$1
PLANTAINS & FISH	

Black-eyed peas cooked in palm oil served with fried fish (croaker) and fried plantain.

#### **CASSAVA LEAF** \$17.95 - \$19.95 Made from the leaves of the cassava root plant. Made with your

choice of meat (beef, goat, fish or chicken). Served with one side: White Rice, Jollof Rice or Fufu (plantain).

White Rice or Jollof Rice \$17.95 Fufu (Plantain) \$19.95

#### FRIED FISH (CROAKER) \$18.95

Fried croaker fish with shito, tomato pepper sauce, fresh tomatoes and onions on the side. Served with one side option: Banku, Kenkey, Attieke, Fried Yam, or Fried Cassava(Yuca).

#### GHANAIAN STYLE OXTAIL

Stewed oxtail cooked in fresh tomatoes and spices. Served with one side option: Jollof Rice, White Rice or Waakye.

#### JERK CHICKEN \$17.95 Chicken cooked with in Jamaican jerk marinade sauce.

Served with one side option: Jollof Rice, White Rice or Waakye.

#### LIGHT SOUP/PEPPER SOUP

A spicy tomato based soup. Made with your choice of meat (beef, goat, fish or chicken). Served with one side: Fufu (plantain), Banku, Pounded Yam or White rice.

#### OXTAIL LIGHT SOUP

\$22.95 A spicy tomato based soup cooked with oxtail. Served with one side: Fufu (plantain), Banku, Pounded Yam or White rice.

#### PEANUT BUTTER SOUP

S20 95

\$23.95

\$20.95

S19.95

Made with creamy peanut butter based soup. Made with your choice of meat (beef, goat, fish or chicken). Served with one side: Omotuo, Fufu (plantain), Banku, Pounded Yam or White Rice.

#### RED SNAPPER (BAKED)

Marinated baked red snapper served with blended fresh tomato pepper and shito. Served with one side option: Banku, Attieke, Kenkey, Fried Yam, Fried Plantain, Jollof Rice or Waakye.

#### TILAPIA (BAKED)

**\$20.95** 

Marinated baked tilapia served with blended fresh tomato pepper and Shito. Served with one side option: Banku, Attieke, Kenkey, Fried Yam, Fried Plantain, Jollof Rice or Waakye.

## TILAPIA LIGHT SOUP

\$22.95 A spicy tomato based soup cooked Tilapia. Served with one side: Fufu (plantain), Banku, Pounded Yam or White Rice.

## **BITTER LEAF & EGUSI SOUP**

### \$20.95

\$19.95

Made with a leafy green known as bitter leaf and egosi (melon seed). Made with your choice of meat (beef, goat, chicken or fish). Served with one side: Fufu (plantain) ,Pounded Yam, Eba, or Boiled Yam.

## CHOFI & FRIED YAM

Fried turkey tails and fried yam. Served with fresh tomato pepper, shito on the side.

#### FRIED FISH (CROAKER) & JUMBO SHRIMP S23.95

Fried Croaker fish and jumbo shrimp marinated served with shito, tomato pepper sauce, fresh tomatoes and onions. Served with one side option: Banku, Kenkey, Attieke, Fried Yam, or Fried Cassava(Yuca).

## JAMAICAN STYLE OXTAIL

Oxtail cooked in Jamaican spices and butterbeans. Served with one side option: Jollof Rice, White Rice or Waakye.

## LAMB SUYA

\$20.95 Tender pieces of lamb grilled with dry spicy peanut rub seasoning topped with raw fresh onions. Served with one side option: Fried Yam, Attieke, Fried Plantain, Kelewele or Jollof Rice. \*contains peanuts\*

#### **OKRA SOUP**

Made with okra vegetables cooked with palm oil. Made with your choice of meat (beef, goat, fish or chicken). Served with one side option: Banku, Fufu (plantain), Kenkey, Eba, Pounded Yam, or White

## PALMNUT SOUP

The soup is made from a palm nut base. Made with your choice of meat (beef, goat, fish or chicken). Served with one side: Fufu

#### RAINBOW SPECIAL (FILLET TILAPIA & \$23.95 SHRIMP)

Fillet tilapia, jumbo shrimp & a side salad. Served with one side option: Jollof Rice or Banku.

#### SPINACH AND EGUSI SOUP

\$17.95 - \$20.95

\$17.95

Made with blended melon seed and spinach and your choice of meat (beef, goat, fish or chicken). Served with one sides: Fufu (plantain) ,Pounded Yam, Eba, Boiled Yam, Jollof Rice, or White Rice.

White Rice or Jollof Rice \$17.95 Fufu or Pounded Yam \$20.95

#### TOMATO STEW & RICE (JOLLOF, WAAKYE OR WHITE RICE)

Tomato stew made with fresh tomatoes, tomato purée and spices. Made with your choice of meat beef, goat, chicken or fish (Croaker). Served with one side: Jollof Rice, White Rice or Waakye.

# Rice.

(plantain), Banku, Pounded Yam or White rice.

S20.95

S20.95

S20.95



**11AM-3PM MONDAY-FRIDAY ONLY** 

#### LUNCH SPECIAL: BEAN STEW (RED RED) \$13.95 W/FRIED PLANTAIN & FISH

Black-eyed peas cooked in palm oil served with a fried fish (croaker) and fried plantain.

#### \$13.95 LUNCH SPECIAL: TOMATO STEW & RICE (JOLLOF. WAAKYE OR WHITE RICE)

Made with fresh tomatoes, tomato purée and spices. Made with your choice of meat (beef, goat, fish or chicken). Served with one side: Jollof rice, White Rice or Waakye.

#### LUNCH SPECIAL: SPINACH & EGUSI W/RICE \$13.95 (JOLLOF, WAAKYE OR WHITE RICE)

Made with blended melon seed and spinach and your choice of meat (beef, goat, fish or chicken). Served with one side: Jollof rice, White Rice or Waakye.

## **WEEKEND SPECIAL**

## SATURDAY & SUNDAY ONLY

#### OMOTUO W/ PALMUNT BUTTER SPINACH \$20.95 SOUP

Palm-nut butter soup cooked with spinach and made with your choice of meat (beef, goat, chicken or fish). Served with omotuo (rice ball) on the side.

Tuo Zaafi consists of 3 separate dishes, which are combined the meat stew, the ayoyo/jute leaf sauce, and the Tuo Zaafi itself. Made with you choice of meat (beef, goat, chicken or fish).

ATTIEKE (SIDE ORDER) Fermented cassava that has been grated or granulated.	\$8.95
<b>CASSAVA/YUCA (SIDE ORDER)</b> The root of the cassava plant. Comes prepared fried or cooked/boiled.	\$8.50
FRIED PLANTAIN (SIDE ORDER) Ripe plantains are sweet like a banana, without the ban flavor.	<b>\$6.95</b>
EBA (SIDE ORDER) Made from dried grated cassava flour commonly know	<b>\$7.00</b> n as garri.
JOLLOF RICE (SIDE ORDER) A seasoned, tomatoey rice dish.	\$7.50
<b>KENKEY (SIDE ORDER)</b> Made from fermented white corn wrapped in corn husk.	\$5.95
OMOTUO (SIDE ORDER) Steam rice ball.	\$6.95
RED SNAPPER (ONLY) (SIDE ORDER) Baked Red Snapper.	\$16.95
SOUP OR STEW (SIDE ORDER) \$16. Your choice of soup or stew with your choice of beef, g chicken, or beef. \$16.95 and up.	. <b>96 &amp; UP</b> <sub>Joat,</sub>
BAKED TILAPIA (ONLY) (SIDE ORDER) Backed Tilapia.	\$16.95
WAAKYE (SIDE ORDER) Rice and beans cooked with sorghum leaves, which giv rich burgundy color.	<b>\$7.50</b> ves it a

GINGER DRINK (EMUDRO)

Made with fresh ginger, water, lemon, pineapple, and cinnamon.

\$3.50 SMALL (16 OZ) Home-made non-alcoholic ginger drink. \$4.95 LARGE (32 OZ)

SOBOLO / ZOBO (SORREL) Sobolo is a hibiscus drink made from Hibiscus/Roselle petals

\$3.50 SMALL (16 OZ) \$4.95 LARGE (32 OZ)

#### ADDITIONAL DRINKS AVAILABLE BEHIND COUNTER

SPECIALTY DRINKS

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312 E. DIAMOND AVE STE B1 GAITHERSBURG, MD 20877 PHONE: 301-947-0099

RAINBOW AFRICAN RESTAURANT

OPENING HOURS 11AM -9PM MON-SAT 11AM-8PM SUN WWW.RAINBOWRESTAURANTMD.COM

\$20.95

**TUO ZAAFI** 

# **SIDE ORDERS**

<b>BANKU (SIDE ORDER)</b> Fermented corn and cassava dough cooked into a sm round dough like ball.	\$5.95 nooth, white,
CHOFI (TURKEY TAIL) SIDE ORDER Fried turkey tails.	\$9.50
FUFU (PLANTAIN) (SIDE ORDER) Made from pounded unripe plantains.	\$6.95
KELEWELE (SIDE ORDER) Spicy fried plantains.	\$8.95
LAMB SUYA (SIDE ORDER) Tender pieces of grilled lamb with dry spicy peanut ru *contains peanuts*	\$15.95 ub seasoning.
POUNDED YAM (SIDE ORDER) Pounded white cocoyam.	\$6.95
SALAD BOWL (SIDE ORDER) House salad bowl served with ranch dressing.	\$5.50
SHITO JAR 16 OZ (SIDE ORDER) Ghanian black pepper sauce made with dried fish ald chilli, garlic, and some spices.	\$13.95 ong with onions,
TUO ZAAFI (SIDE ORDER) Made from corn and cassava. *WEEKEND ONLY*	\$6.95
WHITE RICE (SIDE ORDER) Steamed plain white rice.	\$5.50
YAM (SIDE ORDER) Cocoyam root vegetable. Comes prepared fried or co	\$10.95 boked/boiled.