

The Menu

À la carte



Plant Lovers Menu

Comes with cornbread and small soup or salad

- \$10 Vegan Soul Stuffed peppers
- \$12 Seasoned Collard Greens & Mac
- \$12 Roasted Corn & zucchini Ensalada
- \$11 Spicy Vegan Chili with Cornbread
- \$15 Roasted Vegetable Medley
- \$10 Fried Green Tomatoes
- \$12 Califlower (spicy/ mild) buffalo wings
- \$15 Sweet Potato & Black Bean Enchiladas
- \$6 Sweet potato fries
- \$10 Small veggie, Fruit platter
- \$5 Stuffed celery sticks

Traditional Soul Menu

Comes with cornbread and small side

- Fried Chicken Wings \$15
- Baked chicken \$13
- Fried Fish Tilapia, Cod, Whiting, Salmon \$15-\$25
- Chicken & Fish \$15-\$25
- Neck Bones \$18
- Rack of Ribs \$25
- Smothered chicken white wine blanco \$22
- Lamb Chops \$20
- Pot Roast \$22
- Turkey Leg \$22

Soul Sides Menu

All sides are small | Medium to Large \$2.00 to 3.25 upcharge

- \$6 4 Cheese Mac
- \$2.50 Sweet Cornbread regular or blueberry
- \$4 Black eye Peas
- \$7 Collard greens w/ turkey leg
- \$7 Cabbage (cooked) smoked meat
- \$9 Baked beans w ground beef & chives
- \$2 Buttermilk Biscuits
- \$6 Potatoe wedges spicy | plain
- \$6 Yams
- \$7 Mashed potatoes w garlic butter or traditional
gravy sauce
- \$8 Tomatoe, Soupa De Pollo, Collard Green, Gumbo
- \$6 Ceasear, Garden, House Mix, Fruit

Soul Fusion Menu

All sides are small | Medium to Large \$2.00 to 3.25 upcharge

- Mofongo & Frito Mashed plantains & Fried chicken w/
garlic sauce \$10
- Sofrito Shrimp and Grits \$10
- Bacalao with Black-eyed Peas \$19
- Rice and Beans with Smoked Meat \$15
- Pernil with Collard Greens or baked beans \$14
- Pastellón con Mac & Cheese \$11
- Empanadas w collard greens & chicken filling \$17