

LUNCH

- Bayou Fries** 8.00
House made Fries topped with Tasso Gravy, Cheddar, Fried Crawfish Tails, and Spicy Onions
- Roasted Veggie Flatbread** 8.00
Spicy Marinara and Cheese Blend
- Hot Sausage & Crawfish Flatbread** 8.00
Peppers and Onions, Cheese Blend, and drizzled with Chipotle Sour Cream
- Breakfast Quesadilla** 10.00
Scrambled Eggs, Cheese, Spicy Beef Sausage, Peppers and Onions, served with Chipotle Sour Cream and Fresh Pico
- Egg White Ciabatta Sammy** 8.00
Scrambled Egg Whites, Spinach, Tomato, Swiss, Pesto
- Burger & Fries** 10.00
Grass Fed Beef or Turkey. Served on Brioche with Bibb Lettuce, Tomato, and Pickle
Add 1.50 each
Bacon, Avocado, Fried Egg, Hot Sausage, Swiss, Cheddar
- The Protein Bowl** 12.00
Spinach, Garbanzo Beans, Roasted Veggies, Tomatoes, Red Onion, Roasted Red Peppers
Add 2.00 each
Chicken Tenderloins (Grilled or Fried) or Grilled Salmon
- Chicken Ciabatta Sandwich** 12.00
Chicken Tenderloins (Grilled or Fried) served on Ciabatta with Pesto, Bacon, Swiss, and Roasted Red Peppers served with Fries
- Grilled Salmon** 12.00
Grilled Salmon topped with a Mango Relish served with Potato Medley and Roasted Veggies

LUNCH

DAILY HOURS
11AM - 2PM

