

DINNER MENU

All deep frying in 00 trans fat oil

Tell your server if you have food allergies. All items are subject to availability.

Starters

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|---|-------------------|---------------------------|
| Deep Fried Okra | 6.95 | |
| Deep Fried Pickles | 6.95 | |
| Bayou Alligator Skins..... | 3.95 | |
| Thinly-sliced, floured skins deep fried with Mama's spicy seasonings. | | |
| Hush Puppies | 5.95 | |
| Cornmeal batter, onions & spices deep fried and served with Mama's Creole Sauce. | | |
| Deep Fried Shrimp | 9.95 | |
| Twice-Cooked Louisiana Chicken Wings  | 7.95 | |
| Broiled Bayou Shrimp (Mild or Spicy ) | 7.95 | |
| Coated with Mama's blend of cajun seasonings and charbroiled. | | |
| Desiree's Delight | 9.95 | |
| Crab & cream cheese wrapped in a wheat flour skin and deep fried. | | |
| Crab Cakes | 11.95 | |
| Dinner Salad | 3.95 | |
| Soup of the Day | Cup 3.50 | Bowl 5.25 |
| Corn Muffin | Single 1.50 | Basket of Four 5.25 |

Veggie Sides

All items on menu are subject to seasonal availability

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| Vanilla Carrots | 3.00 |
| Creole Corn..... | 3.00 |
| Sauteed Cabbage | 3.50 |
| Sweet Potato w/cinnamon & brown sugar | 3.95 |
| Mashed Potatoes & Gravy | 3.50 |
| Collard Greens | 3.95 |
| Red Beans..... | 3.50 |
| Black Eyed Peas..... | 3.50 |
| Creole Herb Rice..... | 3.50 |
| Red Beans & Rice | 3.95 |

Please remember really good food takes time to prepare!
We do charge a split plate fee.

DINNER MENU

All Entrees come with Cup of Soup or House Salad, Corn Bread Muffins, choice of two Veggie Sides.

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| Jambalaya with Louisiana Hot Sausage 🌶️🌶️ | 17.95 |
| Mouth-watering, traditional dish with Louisiana hot sausage, celery, bell pepper & onions. Served over rice. Guaranteed to warm your soul! | |
| Louisiana Hot Links 🌶️🌶️ | 14.95 |
| Two grilled Louisiana Hot Sausage links slathered in Mama's Soul-Q Sauce. | |
| Chicken Fried Pork Steak | 17.95 |
| Tenderized pork loin, lightly seasoned and deep fried. | |
| Sticky Love Sauce Chicken Breast | 18.95 |
| Lovingly sautéed in butter & smothered in Mama's Sticky Love Sauce. | |
| Praline Chicken Breast | 18.95 |
| A traditional Louisiana pecan recipe of sautéed chicken breast with Mama's mouth watering Praline Glaze. | |
| Chili Pepper Paste Chicken Breast 🌶️🌶️ | 18.95 |
| Chicken Breast rubbed with Sweet Mama Janisse's Chili Pepper Paste dusted with flour and pan fried to perfection. | |
| Chicken and Waffles | 17.95 |

VEGETARIAN DINNERS

All Entrees come with Cup of Soup or House Salad, Corn Bread Muffins, choice of two Veggie Sides.

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| Mama's Fried Tofu (Made Spicy) 🌶️🌶️ on request)..... | 13.95 |
| Tofu seasoned with herbs and spices then deep fried. | |
| Sauteed Fresh Vegetables with Tofu (Vegan) | 14.95 |
| (Made spicy 🌶️ on request with Soy Gin Sauce) An assortment of fresh vegetables sautéed in light oil, seasoned with savory herbs. | |
| Veggie Plate (Vegan) | 14.45 |
| Red beans & rice and a choice of two veggie sides, salad and corn muffin. | |
| Manicotti (Vegetarian) | 16.95 |
| Corn bread & veggie stuffing, baked in a savory sauce. | |
| Vegetarian Fettuccine | 15.95 |
| Served with Alfredo Cream Sauce, Soy Gin Sauce or Vegan Style with corn, carrots, celery, bell peppers, tomatoes and garlic. | |
| Tofu Creole 🌶️🌶️ | 15.95 |
| Sauteed in Mama's Green Creole Sauce Creole sauce of fresh celery, onions, bell peppers, tomatoes and garlic. | |
| Creole Enchilada (Vegetarian) | 16.95 |
| Tofu, tomatoes, fresh vegetables, onions, bell peppers and beans. Seasoned to create that creole Latin taste. | |

A La Carte

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BBQ Pork Spare Ribs

Small Rack (16 oz. approx.) 10.95

Large Rack (32 oz. approx.) 20.95

Taster Platter (2 each) 10.95



Chicken, Catfish, Oysters, deep fried served with Mama's dipping sauces.

Deep Fried Oysters..... 10.95

Large serving cornmeal coated oysters deep fried

Deep Fried Catfish.....9.95 .. Chicken..... 9.95

Served w/ Mama's Tarter Sauce or Soul Q Sauce

Jambalaya Bowl Louisiana Sausage   9.95

Beans and Rice Plate..... 6.95

Black Beans, Red Beans or Black Eye Peas

Mama's Signature Salads 13.95

On a bed of corn, black-eye peas, red beans and rice, covered in organic baby greens, red cabbage, cucumbers, tomato, carrots, mushrooms, topped with your choice of:

Chicken • Rib Eye • Shrimp • Fried Catfish • Fried Tofu

Bowl of Dirty Rice..... 6.95

Traditional Creole rice dish made with green onions, ground chicken livers, ground pork, and seasonings.

Caribbean Black Bean, Rice and Sausage Bowl  13.95

This dish is available with MILD sausages.

One of our largest dishes! A mountain of black beans, creole corn and hot Louisiana or mild sausage over rice, topped with our house pineapple salsa.

Homemade Macaroni and Cheese 5.95

Creole Pork 8.95

Garlic Beef 8.95

Our meals are NOT SPICY, unless identified with a  symbol.

We would be happy to "Spice Up" your order on request.

Group checks charged 18 % gratuity.

Call **(707) 443-1090** for take out
Catering **(707) 832-4204** or visit us on the web:

www.blessmysoulcafe.com