

DINNER MENU

All deep frying in 00 trans fat oil

Starters

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.	
Twice-Cooked Louisiana Chicken Wings 	7.95
Deep Fried Shrimp	9.95
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 deepfried.	
Crab Cakes	11.95
Dinner Salad.....	3.95
Soup of the Day	Cup 3.50 Bowl 5.25
Corn Muffin	Single1.50 Basket of Four..... 5.25

Veggie Sides

All prepared vegetarian

Vanilla Carrots	3.00
Creole Corn.....	3.00
Sauteed Cabbage	3.50
Sweet Potato w/cinnamon & brown sugar	3.95
Mashed Potatoes & Gravy.....	3.95
Collard Greens	3.95
Red Beans.....	3.95
Black Eyed Peas.....	3.95
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 \$5.00.

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Fried Chicken	14.95
Boneless and skinless, served with a side of Mama's Soul-Q Sauce.	
Fried Catfish	15.95
Tastefully seasoned fillet, deep-fried, served with Mama's Homemade Tartar Sauce.	
Chicken Creole 🌶️	16.95
Sautéed with fresh celery, onions, bell peppers, tomatoes and garlic.	
Jerk Chicken Legs Quarters 🌶️🌶️ single	15.95
double	18.95
Leg Quarters baked then deep fried with jerk seasoning and topped with caramelized banana.	
Jerk Fried Chicken 🌶️🌶️	17.95
Deep fried boneless chicken covered with jerk sauce, topped with caramelized banana.	
Creole Pork	18.95
Fresh pork roast stuffed with bell peppers, onions, garlic and baked.	
Garlic Beef	18.95
Slow roasted beef stuffed with fresh garlic and simmered.	
Choice Grilled Rib Eye Choice cut over one lb.	27.95
Flame Grilled Steak cooked to your request served with carmillized onions.	
BBQ Pork Ribs	22.95
House ribs barbecued to perfection, served with Mama's Soul-Q Sauce and plenty of napkins.	
Pork Loin Chop	19.95
Grilled pork loin topped with a Caribbean fruit salsa.	
Roasted Lamb Chops	23.95
Braised and served our fruit mustard Zinfindel wine sauce, steamed vegetables with rosemary.	
Manicotti Creole 🌶️🌶️	19.95
Stuffed with Mama's homemade pork sausage then baked in a flavorful tomato sauce.	
Grilled Caribbean Ahi	22.95
Traditionally served rare, or cooked to order. Smothered in caramelized onions and apples.	
Seafood Fettuccine (Made Spicy 🌶️ upon request)	22.95
Fresh seafood sautéed with garlic & the trinity, tossed with fettuccine, topped with choice of Creamy Alfredo or Mama's Soy-Gin Sauce	
Oysters (6 Deep Fried)	20.95
Crispy golden brown oysters served with Sweet Mama Janisse's Homemade Tartar Sauce.	
Shrimp Creole 🌶️	21.95
Sautéed w/ garlic, celery, onions bell peppers and tomatoes in Mama's Sizzlin' Creole Sauce.	
Chris's Peel and Eat Shrimp 🌶️	21.95
A pound of prawns, sautéed with white wine, the trinity and garlic then served on a sizzling platter.	
Crawfish Sausage Etouffee	21.95
One of the best known southern specialty dishes. Rich & flavorful.	
Catfish Fillet (Blackened)	19.95
Catfish fillet seasoned with our blend of Cajun spices then blackened to perfection.	

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- Jambalaya with Louisiana Hot Sausage** 🌶️🌶️ 18.95
Mouth-watering, traditional dish with Louisiana hot sausage, celery, bell pepper & onions.
Served over rice. Guaranteed to warm your soul!
- Louisiana Hot Links** 🌶️ 15.95
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 Muffin, 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)** 14.95
Red beans & rice and a choice of two veggie sides, salad and corn muffin. Feel free to add extra sides!
- Manicotti (Vegetarian)** 16.95
Cornbread & veggie stuffing, baked in a savory sauce.
- Vegetarian Fettuccine** 16.95
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 a 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

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, and Mama's dipping sauces.

Deep Fried Oysters 10.95
 6 cornmeal coated oysters deep fried


Deep Fried Catfish.....9.95 Chicken 7.95
 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 14.95
 On a bed of corn, blackeye peas, red beans and rice, covered in organic
 baby greens, red cabbage, cucumbers, tomato, carrots, mushrooms, your choice of:
 Chicken • Prawns • Catfish • Tofu • Pork Sausage

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  14.95
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

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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

Corkage and Cakeage fee \$10.00

Call (707) 443-1090 for take out, catering services 445-8502 on the web:

www.blessmysoulcafe.com

