

LUNCH

11am - 4pm Monday - Friday

GARDEN

- Little Gem Salad** Parmesan, Lemon Zest, Yellow Beets, Watermelon Radish, and House Green Goddess Dressing 7.99
- Dino Kale Salad** with Cornbread Croutons, Shredded Parmesan, Lemon Zest, and Creamy Garlic Dressing 8.99
- Jerk Chicken Cobb Salad** with Egg, Bacon, Crumbled Bleu Cheese, Avocado, Heirloom Tomato, and Ranch Dressing 11.99
- Wedge Salad** with Smoked Bacon, Heirloom Tomatoes, Avocado, Crumbled Bleu Cheese, and Bleu Cheese Dressing 7.99

SANDWICHES

(all Sandwiches served with Truffle French Fries)

- Louisiana Hot Chicken** Fried Spicy and Sweet. New Orleans style, Mary's Organic Chicken on Brioche bun, served with Apple Cabbage slaw 10.99
- Smoked Trout Salad** with Fennel and Dill on our fresh baked 7-Seed bun 10.99
- Soul Chicken Club** Traditional BLT Club with Mary's Organic Chicken and Nueske's Smoked Bacon on Brioche bun 11.99
- BBQ Brisket** with Carolina BBQ sauce on Brioche bun 11.99
- Soul Sliders** 2 ground Brisket/Short Rib Sliders, Goat's Milk Brie, Bacon Plum Jam on Brioche buns 11.99

SOUL SPECIALTIES

- Soul Home Fried Chicken** Organic chicken, coated with our special herbs and spices, served with BBQ sauce and Buffalo sauce, Jumbo Biscuit and Whipped Serrano Honey Butter 12.99
- Smoked BBQ Platter** House Jerk Chicken, Beef Brisket, Pork Shoulder and BBQ Ribs with Carolina BBQ Sauce and Jerk Sauce 14.99
- Catfish and Chips** fried Catfish and French Fries, served with Remoulade sauce 12.99
- Cast Iron Mac-n-Cheese** Creamy with Smoked Gouda, Mozzarella, Aged Cheddar and Crispy Bacon 8.99
- Burnt Sweet Potato** with Heirloom Tomatoes, Chives, Cotija cheese crumbles 6.99

SIDES

- Fire Roasted Broccolini** with Lemon zest, Pine Nuts and Aleppo Chili 4.99
- Slow Braised Greens** with Smoked Turkey Hock, Dino Kale, Collard Greens, Onion, Dandelion, Chili flakes 4.99
- Black-eyed Pea Succotash** with Fire-roasted Corn, Onion, Green and Red Peppers 3.99

DESSERTS

- Cookies and Milk** 3 Fresh Baked Chocolate Chip Cookies with Whole, Chocolate or Soy Vanilla Milk 3.99
- Beignets** House Beignets served with Freshmade, Seasonal Fruit Compotes 3.99

BEVERAGES

- Soda / Juice** 3.99
- Peach Iced Tea** (unsweetened) 3.99
- Frozen Sweet Peach Tea** 4
- Horchata** unique frozen drink, contains dairy 4
- Milk** (whole, chocolate, soy vanilla) 3.99
- Coffee/Decaf** 3.99

18% Service fee will be added to parties of 8 or more / Let us know in advance if splitting checks, maximum 3 split checks per table.

* We are committed to using only the best ingredients available to us and take pride in our creative efforts to impress you with new menu items that may at times replace an item currently listed.

