



LUNCH MENU

SOUPS

SOUP DU JOUR

... 6 ...

GUMBO Z'HERB

Our tribute to Chef Leah Chase's famous Holy Thursday dish of greens, Conecuh sausage, chicken, smoked ham hocks and beef brisket in seasoned pot liquor then lightly smoked using the SmokePistol®.

... 6 ...

SALADS

SOUP AND SALAD

Your choice of house-made soups paired with a side house salad.

... 10 ...

HOUSE SALAD

A blend of mesclun salad greens, fresh citrus segments, and spiced pecans tossed with our house dressing - a mango, lemongrass and ginger vinaigrette.

... side | 4 entrée | 8 ...

SPRING SPINACH, STRAWBERRY & GOAT CHEESE SALAD

A unique blend of baby spinach, fresh strawberries, spiced pecans, and goat cheese all tossed in a balsamic vinaigrette.

... side | 5 entrée | 9 ...

CAESAR SALAD

Classic house-made garlicky dressing tossed with Romaine lettuce, herbed croutons and Parmesan.

... side | 4 entrée | 8 ...

HEARTS OF PALM SALAD

Marinated hearts of palm with smoked mozzarella cheese, fresh tomatoes and a trio of roasted sweet peppers. Served on a bed of mesclun greens with a basil-balsamic vinaigrette.

... 10 ...

POWER GREENS SALAD

A power blend of spinach and kale with feta, edamame, carrots, red onion, blueberries, dried cranberries, and pecans all tossed in our pomegranate-balsamic vinaigrette.

... 12 ...

MONTEGO BAY CHICKEN SALAD

Our tropically-influenced Foo Foo chicken salad, seasoned with a touch of curry and pineapple, over lemongrass vinaigrette-tossed greens, with a fruit medley and a poppy seed dipping sauce.

... 12 ...

Add grilled chicken, fish or broiled shrimp to any salad

... 6 ...

PO'BOYS, TACOS AND SANDWICHES

Served with your choice of one side item.

BAUMHOWER'S BURGER*

A ½ pound blend of ground chuck and beef brisket grilled to your liking, served on a Rotella bun with white cheddar cheese, lettuce, vine-ripened tomatoes, onion and pickles.

... 12 ...

CUBAN BBQ PORK SANDWICH

Tender, slow-roasted Latin-style BBQ pork, topped with mango broccoli slaw on a brioche bun with a side of guava BBQ sauce.

... 9 ...

SHRIMP OR FISH TACOS

Grilled fish, or Alabama shrimp, wrapped in two fresh flour tortillas with shredded cabbage, tomatoes, green onions, cilantro, mixed cheese and a mango salsa.

... 14 ...

SEAFOOD PO'BOYS

Fried Alabama Gulf shrimp, or oysters, topped with shredded lettuce, vine-ripened tomatoes, onion and pickles.

... 14 ...

CHICKEN SALAD WRAP

Our unique, tropically-influenced Foo Foo chicken salad, highlighted by a touch of pineapple and curry, served in a flour tortilla.

... 11 ...

KINGSTON ROOSTER

Lightly breaded, "Mojo"-marinated chicken breast, fried to perfection and topped with Conecuh bacon, white cheddar cheese and served on a brioche bun with a side of honey mustard sauce.

... 11 ...

ST. JOHN GRILLED CHICKEN

Fresh "Mojo" lemon-pepper grilled chicken breast, served on a brioche bun with a side of white BBQ sauce.

... 11 ...



LUNCH EXPRESS - \$13

Pick any Main Dish or Daily Special, along with two sides, unless otherwise stated.
Delivered to your table fast, so you can get back to work or play in a hurry!

MAIN DISHES

Fried or Broiled Shrimp
Fried Catfish
Shrimp & Grits (with 1 side)
Shrimp Creole & White Rice (with 1 side)

Cuban BBQ Pork
Beef Grillades
Grilled "Mojo" Chicken Breast
Four Vegetable Plate

SIDES

Black Beans & Coconut Rice
White Rice
Coconut Rice
Sidewinder™ Fries

Cheese Grits
Garlic Mashed Potatoes
Southern Greens

Smothered Squash
Broccoli Slaw
Corn Maque Choux
Fried Plantain Chips

DAILY SPECIALS - \$14

DAILY

FISH OF THE DAY

Our freshest catch, straight from the Gulf, complimented by our Dauphin sauce or tequila vinaigrette and plated with black beans and coconut rice and a side of smothered squash.

OR

MONDAY

SMOTHERED PORK CHOPS

Two slow-braised chops in Delta-style onion gravy.

TUESDAY

STUFFED EGGPLANT

Ground beef, ground pork, Gulf shrimp and rice-stuffed eggplant with Creole sauce.

WEDNESDAY

CREOLE BEEF DAUBE

Marinated pot roast, slow-roasted to tender perfection in red Creole gravy.

THURSDAY

LECHÓN A LA CUBANA

Slow-roasted pork marinated in sour orange and Cuban spices.

FRIDAY

FRIED FLOUNDER FILETS

Local flounder, perfectly flash fried.

*The consumption of raw and undercooked foods such as meat, poultry, seafood, shellfish and eggs may increase your risk of food-borne illness, especially if you have a medical condition.

EXEC. CHEF/PARTNER: STEVE ZUCKER · GENERAL MANAGER: TOM YOUNG