

LUNCH MENU

soups

SOUP DU JOUR

Chef's selection of a house-made soup.

– 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 & 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 sweet and spicy roasted pecans, all tossed with our house dressing - a mango, lemongrass and ginger vinaigrette.

SIDE | 4 ENTREEÉ | 8

SPINACH, STRAWBERRY & GOAT CHEESE

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

SIDE | 4 ENTREEÉ | 8

CAESAR SALAD

Classic Caesar dressing tossed with Romaine lettuce, herbed croutons and Parmesan.

SIDE | 4 ENTREEÉ | 8

HEARTS OF PALM

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

– 10 –

POWER GREENS SALAD

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

– 12 –

MONTEGO BAY CHICKEN SALAD

Our bright and flavorful Foo Foo chicken salad, tropically-influenced with a zip of curry, a touch of pineapple and topped with sweet and spicy roasted pecans. Served over salad greens, tossed in lemongrass vinaigrette accompanied by a fruit medley and poppy seed dipping sauce.

– 12 –

ADD GRILLED CHICKEN, FISH OR BROILED SHRIMP TO ANY SALAD

– 6 –

po'boys • tacos • 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 Gulf shrimp, wrapped in two fresh flour tortillas with shredded cabbage, tomatoes, green onions, cilantro, mixed cheese and a tropical 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-marinated, lemon-pepper grilled chicken breast, served on a brioche bun with a side of white BBQ sauce.

– 11 –

bowls | 14

SUNRISE BOWL

Mojo-marinated chicken, papaya, mango, avocado, coconut rice, black beans, cilantro sour cream and pine nuts.

SOUTH AMERICAN BOWL

Barbacoa with a guava BBQ sauce, coconut rice, black beans, cilantro sour cream, corn maque choux, avocado and fried plantains.

POKE BOWL *

Tuna poke, jasmine rice, house-pickled ginger and cucumbers, sweet and spicy roasted pecans, and edamame.

SHRIMP COUSCOUS BOWL

Boiled chilled shrimp, Israeli couscous, mango, avocado, papaya, fried chickpeas and lavender- lemongrass dressing.

PAELLA BOWL

Grilled shrimp, Mojo-marinated chicken breast, Conecuh sausage, saffron rice, onions and sweet peas.

lunch express | 13

Pick any Main Dish 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 one side
Shrimp Creole & White Rice
with one side
Cuban BBQ Pork
Beef Grillades & Grits
with one side
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, complemented by our Dauphin sauce or tequila vinaigrette and plated with black beans and coconut rice and a side of smothered squash.

OR

MONDAY

PLANTAIN-CRUSTED CHICKEN BREAST

Plantain-crust, Mojo-marinated chicken breast with guava pepper jelly, black beans, and coconut rice.

TUESDAY

STUFFED EGGPLANT

Ground beef, ground pork, Gulf shrimp and rice-stuffed eggplant with Creole sauce. Served with your choice of two sides.

WEDNESDAY

CREOLE BEEF DAUBE

Marinated pot roast, slow-roasted to tender perfection in red Creole gravy. Served with your choice of two sides.

THURSDAY

LECHÓN A LA CUBANA

Slow-roasted pork marinated in sour orange and Cuban spices. Served with your choice of two sides.

FRIDAY

FRIED FLOUNDER FILETS

Local flounder, perfectly flash fried. Served with your choice of two sides.

*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.

GENERAL MANAGER | Tom Young | EXEC. CHEF & PARTNER | Steve Zucker