

FLATLANDS

BOURBON & BAYOU

LUNCH MENU

STARTERS

GF ALLIGATOR BITES

fried, warm honey mustard and sriracha drizzle, swamp sauce 14

GF HOT CRAB DIP

spicy blended cream cheese, crab, shrimp, onions, green peppers, house made tortilla chips 12

SALADS & BOWLS

balsamic vinaigrette, jalapeno ranch, caesar, warm honey mustard
add chicken 6 / shrimp 8 / salmon 9

GF TOSSED SALAD

tomato, cucumber, feta, dill, tossed in warm honey mustard dressing 5/8

* CAESAR SALAD

croutons, parmesan, tossed in caesar dressing 5/8

GF FLATLANDS SIGNATURE SALAD

lump crab, shrimp, bacon, avocado, egg, red onion, tomato, bleu cheese crumbles, tossed in balsamic vinaigrette 16

GF BAYOU CHICKEN SALAD

blackened chicken, roasted corn & tomato salsa, avocado, cheddar cheese, tortilla strips, tossed in jalapeno ranch 13

GF SHRIMP SPINACH & KALE SALAD

blackened shrimp, feta, red onion, bacon, dried figs, tossed in warm honey mustard 14

GF BLACKENED SALMON SALAD *

blackened salmon, cinnamon cranberry goat cheese, candied pecans, red onion, strawberries, tossed in balsamic vinaigrette 17

SPICY GUMBO

traditional New Orleans favorite... cup 5 / skillet 9

GF^{SPICY} JAMBALAYA

shrimp and andouille 12 ... add fried alligator 17

CRAWFISH MAC & CHEESE

andouille sausage, smoked gouda, cheddar 12

*CONSUMING RAW OR UNDERCOOKED FISH, SHELLFISH, MEAT OR EGGS INCREASES THE RISK OF FOODBORNE ILLNESS.

we cannot 100% guarantee seafood allergies
most of our food is SPICY..please ask server for less spicy options

SANDWICHES

served with fries or dirty rice. substitute tossed or caesar salad [1.5]

BAYOU BURGER *

brisket chuck, tasso ham, bacon, smoked gouda, fried egg, spinach, burnt onion jam, pickles, brioche bun 14

ROAST BEEF PO BOY

in house cooked garlic roast, fully dressed with mayo, shredded lettuce, pickles, provolone and Louisiana hot sauce 13

FRIED CATFISH, SHRIMP, CRAWFISH OR OYSTER PO BOY

8" pistolet, lettuce, tomato, pickles, choice of bayou remoulade (spicy) or swamp sauce 13/14/14/16

half po boy with cup of gumbo 12

BLACKENED FISH TACOS

blackened catfish, flour tortillas, roasted corn pico, tomatillo chipotle slaw, fresh dill 13

SPICY CHICKEN SANDWICH

grilled chicken, bacon, tomato, swiss, jalapeno ranch, ciabatta 13

BLACKENED GROUPER SANDWICH

blackened grouper, swamp slaw, tomato, brioche bun 18

CRAB CAKE BLT

lump crab, bacon, lettuce, tomato, jalapeno ginger aioli, ciabatta 15

LUNCH SPECIALS

SPICY LUNCH CRAWFISH COMBO

crawfish étouffée, fried crawfish, rice 12

LUNCH LOUISIANA CAJUN FRIED CHICKEN

bourbon pecan sweet potato soufflé, cajun street corn

* one piece 12 / two piece 15 *

LUNCH SHRIMP AND GRITS

wild caught gulf shrimp, andouille, onions, peppers, creole cream sauce over sriracha smoked gouda grits 12

LUNCH CAJUN SHRIMP PASTA

shrimp, andouille, sherry creole mustard cream sauce 12

LUNCH SHRIMP ANDOUILLE

bbq shrimp, grilled andouille, red beans and rice 12

CHEF FRANCOIS DUQUETTE

* menu item can be modified to be gluten free option
\$1.00 split fee

20% gratuity added to parties of 8 or more

Make it Dirty! ...add a scoop of gumbo over any item [5]