

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

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

❖ CAESAR SALAD

romaine, croutons, parmesan, tossed in caesar dressing 5/8

GF FLATLANDS SIGNATURE SALAD

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 BLACKENED SHRIMP SPINACH & KALE SALAD

blackened shrimp, spinach, kale, feta, red onion, bacon, 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

GUMBO

traditional New Orleans favorite 9

GF JAMBALAYA

shrimp and andouille 12

CRAWFISH MAC & CHEESE

andouille sausage, smoked gouda, cheddar 12

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

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

❖ CLASSIC BURGER *

lettuce, onion, tomato, pickles 11

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

CRAB CAKE BLT

cajun seasoned crab cake, bacon, lettuce, tomato, pickles, jalapeno
ginger aioli, ciabatta 14

❖ SPICY CHICKEN SANDWICH

grilled chicken, bacon, tomato, swiss, jalapeno ranch 12

BLACKENED CATFISH SANDWICH

bayou remoulade, pickles, tomato 12

❖ BLACKENED FISH TACOS

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

GF LETTUCE WRAP SHRIMP TACOS

cucumber, dill, tomatoes, spicy corn chow chow relish 12

LUNCH SPECIALS

LUNCH CRAWFISH COMBO

crawfish étouffée, fried crawfish, rice 12

❖ LUNCH LOUISIANA CAJUN FRIED CHICKEN

bourbon pecan sweet potato soufflé, cajun street corn 12

LUNCH CAJUN SHRIMP PASTA

shrimp, andouille, sherry creole mustard cream sauce 12

CHEF FRANCOIS DUQUETTE SOUS CHEF RICKY C. BURTON

❖ menu item can be modified to be gluten free option

\$1.00 split fee

20% gratuity added to parties of 8 or more