

GARDEN BAR

Custom, clean and fresh, self serve garden bar that includes salad and cold pasta options, seasonal fruit, proteins and deli style salads. We feature both homemade brunswick stew & a seasonal soup selection daily. Please use gloves provided
Garden Bar as Entree 8.99 one trip
Bowl of Soup/Stew 3.99

BRUNSWICK STEW -

Southland's own recipe includes pulled chicken, chopped pork, okra, corn, limas, potatoes and tomatoes - pure deliciousness! Served everyday!

DAILY HOMEMADE SOUP

Fresh seasonal selections made daily. Our daily rotations include Chef's selections such as Vegetable Beef, Broccoli Cheddar and Hatteras Clam Chowder.

BEVERAGES

ICED TEA, PEPSI, MTN DEW, PINK LEMONADE, MIST, DR PEPPER, ARNOLD PALMER \$2.39

FRESH COFFEE, OR HOT TEA \$2.39

OLD FASHIONED

LONG NECK SODAS \$1.99

Cheerwine - A&W Rootbeer -Orange Crush
Pepsi - Dr Pepper - Mtn Dew - 7UP

COLD BEER \$3.19

Bud Light - Mich Ultra. Bud, Coors Light, Miller Lite

SANDWICHES

Add Fries 2.79 Cheese .75, Onion Rings 3.79

BBQ SANDWICH WITH SLAW

NC Pork at its best !

Minced 5.29 Pulled 5.99

CLUB SANDWICH 7.99

Classic club with roasted turkey, ham, bacon, American cheese on white, wheat or rye.

CATFISH PO' BOY 6.99

Southern Fried Catfish on a Brioche Bun with lettuce and tomato and choice of mayo or classic tartar sauce

REUBEN MELT 7.29

Shaved corned beef, sauerkraut, and swiss on grilled marble rye

SMOKED TURKEY BLT 7.29

Thick cut hardwood smoked bacon with shaved smoked turkey makes this sandwich a classic! *or just a BLT 5.99

ALL AMERICAN BURGER 6.99

6 oz Fresh Ground Beef on a Brioche Bun with choice of toppings
Add bacon +1.49

BBQ BEEF BRISKET 7.99

Slow Smoked and Sliced Carolina Brisket on a Brioche Bun topped with a house made sauce.

GRILLED CHICKEN 6.49

Topped with Lettuce, Tomato and Mayo on a signature bun



Home of the Best

FRIED CHICKEN

Southern Fried and known far and wide as THE BEST!

LIGHT CHICKEN DINNER

One Breast and Two Wings
Two Country Sides
Fresh Roll or Hush Puppies
11.89

CHICKEN TENDERS

Four pc Hand Breaded w/ Sauce
Two Country Sides
Fresh Roll or Hush Puppies
10.59

DARK CHICKEN DINNER

One Thigh and Two Legs
Two Country Sides
Fresh Roll or Hush Puppies
11.29

WING DINNER

Four Whole Wings
Two Country Sides,
Fresh Roll or Hush Puppies
12.99

HOMECOOKED HAPPINESS

All dinners include choice of two sides, and choice of hush puppies or a dinner roll.

HAMBURGER STEAK - half lb ground beef steak grilled and served with brown gravy and grilled onions on request 11.99

PORK CHOP DINNER - country comfort at its best! Two bone in country fried pork chops or grilled 11.99

COUNTRY FRIED STEAK - steak fritter topped with white pepper country gravy 11.79

CHICKEN 'N DUMPLIN'S - Every Thursday and Sunday! Our own specialty! Slow cooked dumplings with pulled chicken 10.99 dinner or Just a Bowl 4.99

MEATLOAF DINNER - homemade recipe topped with gravy on request 10.99

COUNTRY SIDES

GARDEN BAR AS SIDE add \$3.59
COUNTRY STYLE GREEN BEANS
SEASONED COLLARDS
MAC 'N CHEESE
MOLASSES BAKED BEANS
HOMEMADE COLE SLAW
MASHED POTATOES 'N GRAVY

HOMEMADE POTATO SALAD
FRIED OKRA
FRENCH FRIES
ONION RINGS add \$1
CUCUMBER SALAD
BRUNSWICK STEW
"KRAB" SALAD

CAROLINA BBQ

BBQ PLATTER - Eastern NC Style Pork BBQ with two sides, and a roll or our famous hush puppies.

PULLED BBQ PLATTER: Hand Pulled Pork 12.79

MINCED BBQ PLATTER: Chopped Pork 11.79

CHICKEN 'N BBQ

CHICKEN 'N BBQ COMBO - Two pieces of The BEST Fried Chicken (light or dark) with NC Pork BBQ, served with two sides, and a roll or our famous hush puppies.

PULLED 14.79 MINCED 13.79

SEAFOOD

Served with two sides and our famous hush puppies or a fresh roll.

FISH DINNER - two trout or catfish filets, seasoned and broiled or hand breaded and fried to perfection! 11.99

SHRIMP DINNER - steamed or fried, two sides, choice of hush puppies or a roll 16.99

FISH 'N SHRIMP - one trout or catfish filet served with fried or steamed shrimp, 15.99



MEAT AND THREE MENU

WEEKDAY LUNCH SPECIAL 11AM - 3PM \$10.59

A Southern food tradition, choose one meat, three side dishes, and choice of hush puppies, or a roll from our selection of down home favorites and daily featured items.

CHOOSE ONE

Every Weekday:

- 2 pc Light Fried Chicken (breast/wing)
- 2 pc Dark Fried Chicken (leg/thigh)
- Carolina Minced BBQ,
- Carolina Pulled BBQ +\$1
- Fried or Grilled Pork Chops

Tuesday:

- Beef Liver and Onions,
- 2 pc Baked Chicken

Wednesday :

- BBQ Ribs (4pc)
- Grilled Chicken Breast

Thursday:

- Chicken 'n Dumplins
- Fried Chicken Livers

Friday:

- Southern Fried Catfish or Trout
- Cajun Fried Catfish or Trout

CHOOSE THREE

- Mashed Potatoes & Gravy
- Collard Greens
- Country Green Beans
- Mac n Cheese
- Molasses Baked Beans
- Fried Okra
- Brunswick Stew
- "Krab" Salad
- Cucumber Salad
- Potato Salad
- Coleslaw

Soup and Salad Bar +\$1
(dine in only - counts as 2 sides)

DESSERTS

Banana Pudding 4.79 pint

Seasonal Pies by the Slice 3.49 slice Ala mode add 1.99

Apple, Coconut Custard, Chocolate Meringue, Lemon Meringue, Pecan, Sweet Potato

www.southlandrestaurant.com



COUNTRY BREAKFAST CLASSICS

BREAKFAST SERVED WEEKENDS UNTIL 11AM

Breakfast Sides: Grits or Home Fried Potatoes
Add Homemade Sausage Gravy to any biscuit w/ breakfast platter .99

EARLY RISER

Two eggs, one breakfast side, served with a biscuit* topped with homemade sausage gravy **5.99**
two biscuits topped w/ gravy **7.29**
*or toast w/ side gravy

POP'S FAVORITE

Two eggs, Choice of Thick Cut Bacon (2) or Country Sausage Links (3) or Patties (2), choice of one breakfast side, served with toast or biscuit* **7.49**

THE CAROLINA

Two eggs, and a thick cut smoked 6oz Ham Steak, incl'd's one breakfast side served with toast or biscuit* **9.99**

*Try our Southland Apple Butter on request with toast or biscuit

** THE CURRITUCK BREAKFAST **

Two eggs, Thick Cut Bacon (2) and Country Sausage Links (3) or Patties (2), Grits and Home Fried Potatoes, served with toast or biscuit* **10.99**

WESTERN OMELET

Three Egg Omelet filled with Ham, Green Peppers, Onions, Tomatoes and Cheddar Cheese
Served with one breakfast side, and toast or biscuit*. **9.49**

SOUTHLAND OMELET

Three Egg "build your own" Omelet w/ Cheese **5.99**
w/ one or two meats: Bacon, Ham, or Sausage **7.99**
add any: Onion, Green Peppers, or Tomatoes **.99 ea**
plus one breakfast side, and toast or biscuit*.

CINNAMON FRENCH TOAST

Three slices of French Toast dusted with powdered sugar & served with maple syrup **6.99**
Add bacon or sausage
3 slices Thick Cut Bacon **3.99**
2 slices Thick Cut bacon **2.99**
2 Patties or 3 Links **2.99**

EGG BISCUIT 1.99

with Sausage, Bacon, Fried Bologna, or City Ham **3.99** add cheese **.75**

SOUTHLAND BREAKFAST B.L.T.

Thick cut BLT on White, Wheat or Rye, with a Fried Egg **\$6.29**
add Cheese **.75**

MIMOSA'S

Move over Coffee!
Champagne and OJ
\$4.99



ALA CARTE

- 2 Eggs any way **2.69**
- Two Biscuits w/ Gravy **3.99**
- Thick Cut Bacon (3 strips) **3.99**
- Thick Cut Bacon (2 strips) **2.99**
- Three Sausage Links **2.99**
- Two Sausage Patties **2.99**
- Ham Steak **4.99**
- Grits **1.99**
- Home Fried Potatoes **2.69**
- Toast or Biscuit **1.29**

EGG SANDWICH 2.29

with Bacon, Sausage, Fried Bologna or City Ham **5.29** add cheese **.75**