

## Garden Bar

Self serve garden bar that includes salad and cold pasta options, seasonal fruit, proteins and deli style salads. We feature both homemade Brunswick stew and one seasonal soup selection daily.

**Garden Bar as Entree 9.79** one trip  
**Just a Bowl of Soup/Stew 4.99**

## Sandwiches

Includes choice of side. Cheese +.75  
Today's soup as sandwich side + \$1.50

**Carolina Bar-B-Que** Minced or Pulled Pork NC Bar-B-Que with choice of side, includes slaw on the side  
**Minced Pork 9.99**  
**Pulled Pork 10.49**

**Rooster Club** grilled or fried marinated chicken breast, melted Swiss, hardwood bacon, lettuce, tomato, caramelized onion and mayo on a brioche bun. **13.99**

**Brisket Sandwich 13.99**  
Savory NC pit smoked brisket topped with our house sauce on a grilled brioche bun and slaw on the side

**Brisket Grilled Cheese 13.99**  
Smoked brisket with melted cheddar and balsamic onion jam on Texas toast.

**Club Sandwich 12.99**  
Classic club with roasted turkey, ham, hardwood bacon, lettuce and tomato, American cheese and mayo on white, wheat or rye.

**Reuben Melt 12.99**  
Shaved corned beef, saukraut and Swiss on grilled marble rye bread - 1000 Island dressing on request

## Po' Boy Sandwiches

Classic hoagie roll, with lettuce, tomato, and remoulade, served with choice of side

**Fried Catfish 11.99**

**Fried Flounder 12.99**



## Burgers

6 oz fresh ground beef smashed and grilled with choice of one side

Add Swiss, American or Cheddar +.75,  
Bacon +1.99, Fried Egg +1.50

**All American Burger**  
lettuce, tomato, mayo **11.99**

**Smokehouse Burger**  
bacon, grilled onions, house bbq sauce, & choice of toppings **14.99**

Burgers may be cooked to order. Consuming raw or undercooked meats may increase the risk of foodborne illness

3% convenience fee added to all non-cash payments at checkout.  
Online order fee 3.9%

\$2.25 split/extra plate charge for menu items

No buffet or garden bar sharing - priced per person

2025 - Southland Trade Corporation



## THE BEST FRIED CHICKEN

**Southern Fried and known far and wide as THE BEST!**

**Light Dinner:** breast and two wings **\$13.99**

**Dark Dinner:** thigh and two legs **\$13.49**

### Chicken Tenders

Hand breaded tenders with sauce and two country sides, includes a fresh roll or hush puppies **12.59**

### Wing Dinner

Four whole wings with two country sides, incld's a fresh roll or hush puppies **13.99**

### Carolina Bar-B-Que Platter

with two sides, and a roll or hush puppies

**Pulled (pig pickin' style) 13.99**

or **Minced (chopped) 12.99**



## BAR-B-QUE

### Fried Chicken 'n Bar-B-Que Combo

Two piece fried chicken with pork bar-b-que and two country sides served with our famous hush puppies or a dinner roll

**Pulled pork 15.99 Minced pork 14.99 (Light add .49)**

**Sliced Brisket Platter** NC pit smoked brisket with our house sauce, includes two sides **18.99**

**Hamburger Steak** - half lb ground beef steak grilled and served with brown gravy and grilled onions includes two sides **13.49**

**Fried Pork Chops** - country comfort at its best! Two bone-in fried pork chops or try 'em grilled, with two sides **12.99**

**Meatloaf Dinner** - topped with gravy, with two sides **12.99**

**Country Fried Steak** - white country gravy, two sides **12.99**

**Chicken 'n Dumplin's** - A Southland tradition every **Thursday and Sunday!** Slow cooked thin pastry strips and pulled chicken in a seasoned and thickened broth **11.99 dinner or 6.99 bowl**

## SEAFOOD PLATTERS

All seafood platters include choice of two sides and choice of a dinner roll or our hush puppies. Garden Bar w/ dinner +\$4.99

### Catfish Dinner

Featuring two, grilled or southern fried fillets that'll make your taste buds do the hoe-down! **\$14.79**

### Seafood Combo

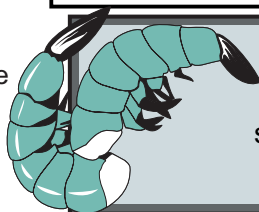
Catfish 'n Shrimp - **\$17.99**  
Flounder 'n Shrimp - **\$19.99**  
Shrimp, Catfish 'n Oyster **\$24.99**

### Flounder Dinner

Choose from one or two large flounder fillets, seasoned just right for that down-home flavor..  
**1pc \$14.79 / 2pc \$18.99**

### Shrimp Platter

Grilled or fried to Carolina perfection! Make sure to try our famous hush puppies **\$17.99**



### Shrimp 'n Oysters

Choose from grilled or fried shrimp with fried select oysters from the Eastern Shore **\$21.99**

**All Oysters \$23.99**



## Country Sides

**Garden Bar w/ dinner +\$4.99**  
**Seasoned Green Beans**  
**Cole Slaw**  
**Potato Salad**  
**Molasses Baked Beans**  
**Cucumber Salad**  
**Homemade Brunswick Stew**

**Seasoned Collards**  
**French Fries**  
**Fried Okra**  
**Mashed Potatoes/Gravy**  
**Mac n Cheese**  
**"Krab" Salad**  
**Sweet Potato Fries +\$1.00**  
**Onion Rings + \$1.00**

Attention customers with food allergies. Please be aware that our food may contain or come into contact with common allergens, such as dairy, eggs, soybeans, tree nuts, peanuts, fish, shellfish or wheat. .



## DAILY SPECIALS

Daily specials are served 11am-3pm  
Dinners and platters include hush puppies or a roll

### TUESDAY

Beef Liver and Onions 11.99

Fried Chicken Livers 11.99

### WEDNESDAY

Bar-B-Que Sandwich w/ fries

Minced 6.99 Pulled 7.99

Fried Chicken 'n Bar-B-Que Combo

Minced \$12.49 - Pulled \$12.99

Carolina Bar-B-Que Platter

Pulled \$9.99 Minced \$8.99

### THURSDAY

Chicken 'n Dumplings \$11.99

Meatloaf Special \$10.99

with mashed potatoes and green beans

### FRIDAY

Catfish Special (2 pc) \$10.99

with fries and cole slaw

Flounder Special (1 pc) \$12.99

with fries and cole slaw

## SUNDAY BRUNCH BUFFET

Enjoy a hearty southern-style brunch buffet with our full garden bar, featuring fresh seasonal greens, cold salads and toppings, plus two comforting soups of the day. Make sure to try our famous homemade Brunswick Stew!

Our hot bar is filled with classic favorites like Southern Fried Chicken, Scrambled Eggs, Country Sausage, Home-fried Potatoes with onions, Biscuits and Gravy, Grits, Fried Fish, Chicken 'n Dumplings, and more! Selections vary by season and availability.

Brunch items typically served 10am - 1pm. Our home style lunch selections continue to be replenished until 3pm or maybe just a bit longer!

**\$18.99 per person**

**Child 9-12 \$9.99**

**Child 5-8 \$7.99**

## Banana Pudding \$4.99



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Prices subject to change

## Beverages

Iced Tea, Hot Tea,

Coffee **\$2.99**

Pepsi, Diet Pepsi,  
Mountain Dew,  
Lemonade, Starry  
Dr Pepper **\$2.99**

**Old Fashioned  
Long Neck Bottled  
Sodas \$2.29**

Nehi, A&W, Orange  
Crush, Cheerwine  
and more!

## Beer & Wine

### Mimosa's

Move over Coffee !  
Champagne and OJ

**\$5.49**



### Cape Charles Brewing VA

Dune Billy Pale Ale \$6 6.0% ABV

Assateague Island IPA \$6 New England 7.2%

### Big Ugly Brewing VA

Peake Lager \$6 - American 4.3% ABV

Road Worthy Pilsner \$6 - German 5% ABV

### Flat Rock Cider Company NC

Blackberry \$6 Cider 6.0% ABV

Bud Light - Coors Light - Miller Lite  
**\$3.50**

Blue Moon \$4.50

Wines \$4.50