

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 9.99 one trip
Just a Bowl of Soup or Stew 4.99



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 **12.99**

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

Sandwiches

Includes choice of side. Cheese +.75
Today's soup as sandwich side + \$1.99

Carolina Bar-B-Que

Minced or Pulled Pork NC Bar-B-Que with choice of side, includes slow on the side

Minced Pork 9.99

Pulled Pork 10.59

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

Blackened Chicken 12.99

Seasoned grilled chicken breast with on a toasted bun with mayo, cool crisp lettuce, and tomato. Add bacon +1.99

Brisket Sandwich 14.99

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

Brisket Grilled Cheese 14.59

Chopped brisket with melted cheddar and balsamic onion jam on Texas toast.

Club Sandwich 13.99

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

Reuben Melt 13.99

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

Po' Boy Sandwich

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

Catfish 11.99 Flounder 13.99

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\$2.25 split/extra plate charge for menu items

No buffet or garden bar sharing - priced per person

THE BEST FRIED CHICKEN



Southern Fried and known far and wide as THE BEST!

Light Dinner: breast and two wings **\$14.29**

Dark Dinner: thigh and two legs **\$13.79**

Chicken Tenders

Hand breaded tenders with sauce and two country sides, includes a fresh roll or hush puppies **12.99**

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) 14.69

or **Minced (chopped) 13.69**



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 16.79 Minced pork 15.79 (Light add .49)

COUNTRY DINNERS

All dinners include two sides, hush puppies or a dinner roll
Garden Bar with dinner +\$4.99

Sliced Brisket Platter NC pit smoked brisket with our house sauce, includes two sides **19.99**

Rib Tip Platter - Slow-smoked pork rib tips, sauced in a rich tangy barbecue glaze, two sides, and a small portion of slaw **16.99**

Hamburger Steak - half lb ground beef steak grilled and served with brown gravy and grilled onions **13.99**

Fried Pork Chops - country comfort at its best! Two bone-in fried pork chops or try 'em grilled **13.59**

Meatloaf Dinner - house recipe, topped with gravy **13.99**

Country Fried Steak - with white country gravy, **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 **12.99 dinner or 7.99 bowl**

Catfish Dinner

Featuring two, grilled or southern fried fillets that'll make your taste buds do the hoe-down! **\$15.79**

Fish 'n Shrimp

Catfish 'n Shrimp - **\$18.99**
Flounder 'n Shrimp - **\$21.99**

Flounder Dinner

Choose from one or two large flounder fillets, seasoned just right for that down-home flavor..

1pc \$15.99 / 2pc \$19.99

Shrimp Platter

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

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 +\$1.49

Onion Rings + \$1.49

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

TUESDAY

Beef Liver and Onions 11.99

Fried Chicken Livers 11.99

WEDNESDAY

Bar-B-Que Sandwich w/ fries

Minced 7.99 Pulled 8.99

Fried Chicken 'n Bar-B-Que Combo

Minced \$12.79 - Pulled \$13.79

Carolina Bar-B-Que Platter

Minced \$9.99 Pulled \$10.99

THURSDAY

Chicken 'n Dumplings \$12.99

Meatloaf Special \$10.99

with mashed potatoes, gravy, green beans, roll

FRIDAY

Flounder (1 pc) \$13.99

Catfish (2pc) \$11.99

Fried Shrimp Basket \$14.99

Fri specials include fries, cole slaw, & hush puppies

Beverages

Iced Tea, Hot Tea, Coffee **\$2.99**

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



Pies available by the slice or whole - ask your server for today's selections!

Old Fashioned Long Neck

Bottled Sodas **\$2.29 each**

Nehi, A&W Root Beer, Orange Crush, Big Red, Cheerwine and more!

4pk Cheerwine **\$6.99**



2026 Southland Trade Corp
Prices subject to change

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SUNDAY BRUNCH BUFFET

Enjoy a hearty southern-style "brunch to lunch" buffet with our full garden bar, featuring fresh seasonal greens, cold salads, fruit and toppings, plus a soup of the day and 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, home style country sides and lots more!

Selections vary by season and availability.

Brunch items are 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 \$10.99

Child 5-8 \$ 8.99

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

Seasonal \$6 Cider 6.0% ABV

Bud Light - Coors Light - Miller Lite

\$3.50

Blue Moon \$4.50

Wines \$4.50