

Put some South  in your mouth

The Southern Oven

New Orleans Cuisine at The Sunflower Lounge

.....



Appetisers

Louisiana Hot Wings

Smoked wings tossed in hot sauce served with blue cheese sauce, carrot sticks & celery.

5.00

BBQ Wings

Smoked wings tossed in BBQ sauce served with blue cheese sauce, carrot sticks & celery.

5.00

BBQ Shrimp and Cheesy Grits

Juicy shrimp dripping in butter, garlic and spices, served with cheesy grits.

6.00

Spinach Garlic Bread

3.00



Sides

Crawfish Mac 'n' Cheese 4.00

Mac 'n' Cheese 3.50

Cajun Fries 2.50

Sweet Potato Fries 3.00

NOLA Slaw 2.00

Mains

Jambalaya 7.50

A Creole rice dish of Spanish and French influence consisting of smoked sausage, chicken, shrimp and Cajun spices. Served with corn bread.

Vegan Gumbo 6.00

A hearty Louisiana casserole of okra, sweet potato, chickpeas with a hint of peanut butter. Served with rice and crusty bread.

NOLA Chicken Burger 7.00

Buttermilk fried chicken topped with lettuce, tomato and homemade Comeback sauce on a toasted brioche bun.

Beef Po' Boy 8.00

Slow roasted beef served on a hoagie roll and a bed of lettuce, tomato and Cajun mustard.

Shrimp Po' Boy 8.00

Seasoned deep fried shrimp served on a hoagie roll and a bed of lettuce, tomato and remoulade sauce.



Ask at the bar about allergens
