


SOUL

KITCHEN + SPIRITS


start here

biscuits & cornbread muffins & butter & jam > 3.95 
serves 2 - 3, maybe 4 - some people are hungrier than others...


popcorn shrimp > 8.95
crispy popcorn crusted baby shrimp, popcorn shoots,
yogurt ranch


fried gulf oysters > 5.95 (half dozen) or 10.95 (dozen)
datil pepper cocktail sauce, fresh lime, napa cabbage slaw

deviled egg salad and crackers > 6.95  *
locally grown cress & country ham salad, sherry vinaigrette,
flour tortilla crisps

south nachos > 8.95  *
crispy white corn tortilla chips, pimento cheese queso sauce,
pulled roast chicken, pico de gallo, pickled corn,
fresh jalapeños, sour cream, chopped cilantro

crispy chicken legs > 8.95
molasses buffalo wing sauce, celery salad, creamy Bleu cheese

pimento cheese "queso fundido" > 7.95  *
roast pork, mushrooms, cilantro, fresh fried pork rinds &
white corn tortilla chips

navy bean & tahini hummus > 6.95 
peanuts, extra virgin peanut oil, pickled edamame,
flour tortilla crisps

chargrilled short ribs > 8.95
South Korean marinade, napa cabbage slaw, pickled red onion,
sunflower seeds

chargrilled scallop "ceviche" > 12.95
barely cooked scallops, tequila lime cucumbers, red onion,
fresh herbs, extra virgin olive oil

ham & cheese & toast, etc. > 8.95
pimento cheese, thinly sliced country ham, griddled toast,
pickled onions, candied peanuts

3 courses for little guests > 5.95

1 > cucumber slices & yogurt ranch

2 > choose one with fries or potato salad

- > **crispy fried chicken bites**
- > **grilled country ham & cheese sandwich**
- > **mini cheeseburgers**
- > **popcorn shrimp**

3 > mini banana puddin'

three soups

braised chuck & three bean chili > 4.95
grated Cheddar, pickled red onion, sour cream

black eyed pea & tomato stew > 4.95 
crunchy quinoa

soup du jour > 5.95
soup of the day

8.95 soup + salad


**pick a soup.
then pick any small salad.**

small salads

five dollar add ons - pulled roast chicken, fried chicken, chicken salad,
fried popcorn shrimp, fried oysters, or BBQ chargrilled tempeh

seven dollar add ons - pan seared salmon or crispy skin redfish

ten dollar add ons - pan seared scallops or chargrilled butcher's steak

house salad > 4.95   * 

locally grown lettuces, napa cabbage, baby tomatoes,
grated Cheddar, pickled red onion, cucumber, cornbread croutons

little caesar > 4.95  *

chopped romaine, creamy Caesar dressing,
cornbread croutons, Parmesan

small superfood salad > 4.95  

locally grown kale, napa cabbage, popcorn shoots,
pickled edamame, crunchy quinoa, sunflower seeds

big salads

upgrade to pan seared salmon or crispy skin redfish for two dollars

- or -

upgrade to pan seared scallops or chargrilled butcher's steak for five bucks

fried oyster caesar > 12.95  *

chopped romaine, crispy fried gulf oysters,
creamy Caesar dressing, cornbread croutons, Parmesan

spicy buffalo fried chicken salad > 12.95

locally grown lettuces, napa cabbage, crispy fried chicken,
molasses buffalo sauce, celery, red onion, tomato, Bleu cheese,
cornbread croutons

chef salad > 12.95  *

locally grown lettuces, napa cabbage, chargrilled chicken,
country ham, hard boiled egg, cucumber, tomato,
grated Cheddar, cornbread croutons, popcorn shoots

chicken salad > 12.95  *

locally grown lettuces, roast chicken salad, napa cabbage,
cucumber, tomato, cornbread croutons, popcorn shoots

popcorn shrimp chopped salad > 12.95

romaine & kale, napa cabbage, popcorn shrimp, popcorn shoots,
pickled corn, cucumber, cornbread croutons, yogurt ranch

big superfood salad > 12.95 

locally grown kale, BBQ chargrilled tempeh, napa cabbage,
popcorn shoots, pickled edamame, crunchy quinoa, sunflower seeds

all of our signature dressings are vegetarian or vegan, and gluten-free.

yogurt ranch (vegetarian), creamy Bleu cheese (vegetarian),
applejack vinaigrette (vegan), tequila lime vinaigrette (vegan),
balsamic vinaigrette (vegan), oil & vinegar (vegan)

The catfish is farm raised in Macon, Mississippi. The oysters are harvested on the Gulf coast, somewhere between Apalachicola and Galveston. The chickens are fed a vegetarian diet and raised cage free. The kale and most of the lettuces are grown hydroponically here in Jacksonville. The pork chops are from naturally raised Duroc hogs. The tempeh is from Gainesville. Pretty much everything is made from scratch. We try not to, but sometimes we run out of things.

mains

fish & grits > 13.95

crispy fried catfish, smoked Gouda grits, collard greens with smoked pork & chilis

crispy skin Gulf of Mexico redfish > 14.95

chilled citrus couscous, fresh herbs, peanuts, "sherry tomatoes"

pan roasted Atlantic salmon > 15.95

sweet corn succotash with edamame & English peas, red potatoes, butter, fresh herbs

chicken pot pie > 12.95

pulled roast chicken, peas & carrots, mushrooms, fresh herbs, cream gravy, butter biscuit

Bold City braised beef stroganoff > 15.95

hand cut pasta, roasted mushrooms, Duke's Brown Ale braising jus, cream, fresh herbs, truffle oil

chargrilled eight ounce butcher's steak > 14.95

roasted garlic & black truffle compound butter, cast iron mac & cheese, upland cress salad

BBQ chargrilled tempeh > 12.95

Sweet corn succotash with edamame & English peas, red potatoes, fancy BBQ sauce, pickled red onion & herb salad

late breakfast > 8.95

two sunny side up eggs, pan fried country ham, smoked gouda grits, a biscuit, butter

sandwiches & wraps

with fries or potato salad

chicken salad club > 9.95

pulled roast chicken salad, mayo, celery, red onion, country ham, lettuce, tomato, brioche bun

loaded pulled pork > 10.95

slow roasted pork shoulder, fancy BBQ sauce, Cheddar, napa cabbage slaw, jalapeños, brioche bun

south Cuban > 10.95

slow roasted pork shoulder, country ham, fancy BBQ sauce, Wisconsin Swiss, pickled cucumbers, pressed Cuban roll

oyster po' boy > 10.95

fried Gulf oysters, shredded napa cabbage, tartar sauce, pickled onion & cucumber, toasted Cuban roll

burgers

with fries or potato salad

red, white & blue > 8.95

American cheese, shredded romaine, tomato, pickled red onion & cucumber, ketchup, mayo

bacon double cheeseburger > 13.95

burger sauce, no vegetables

sides

shoestring fries > 3.95

parmesan truffle fries > 4.95

mashed potatoes > 3.95

quinoa potato salad > 3.95

collard greens > 3.95

smoked pork & chilis

black eyed pea salad > 3.95

sweet corn succotash > 3.95

edamame & English peas

maple roasted sweet potatoes > 4.95

candied peanuts, bruléed marshmallow

cast iron mac & cheese > 5.95

napa cabbage slaw > 3.95

smoked gouda grits > 3.95

stewed green beans > 3.95

country ham & vinegar

chilled citrus couscous > 3.95

mint, parsley, chives, olive oil, peanuts

lunch special

8.95 picnic plate

cold fried chicken, quinoa potato salad, pickles, and a biscuit



superfood tempeh wrap > 10.95

BBQ chargrilled tempeh, locally grown kale, napa cabbage, popcorn shoots, pickled edamame, crunchy quinoa, sunflower seeds, pressed flour tortilla wrap

Fil A. O. Chik > 8.95

buttermilk marinated fried chicken breast, mayo, pickles, brioche bun

trucker sandwich > 9.95

fried bologna, cheddar, vinegar slaw, french fries (on the sandwich), brioche bun

Bold City dip > 9.95

braised pot roast, smoked gouda, pickled onions, toasted Cuban roll, Duke's Brown Ale "au jus" (that means "with jus")

mushroom & swiss > 10.95

roasted cremini mushrooms, Wisconsin Swiss, truffle mayo

ham, egg & cheese > 11.95

pimento cheese, grilled country ham, sunny side up egg, pickled red onion & cucumber

veggie > 9.95

black eyed pea & quinoa veggie patty, smoked Gouda, pickled red onion & cucumber, ketchup, mayo

coke - diet coke - sprite - root beer - fresca - ginger ale - iced tea - hot tea - coffee

2.75 (free refills & to go drink)

house brewed ginger switchel - nitro cold brew coffee

4.00

The health department says we have to tell you that consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. But medium-rare steaks and runny egg yolks are delicious. Vegan or vegetarian items may be cooked on surfaces or in oils that have previously been in contact with poultry, meat, or fish. If we screw anything up, please let us know so we can fix it and make you happy, that's what we're about.

vegetarian vegan gluten-free *adaptable Udi's gluten free buns available for \$2.00

20% gratuity will be added to parties of 8 or more, as well as unsigned credit card signature slips