

SMALL BITES

Farmer's Soup of the Day 7

Daily inspirations from our street vendors and farmers market stands

Classic Creole Seafood Gumbo 8

An elegant seafood gumbo with wild shrimp and flaky Gulf fish

Crawfish Boil Fried Chicken Sticks (2) 8

Spicy dark meat with Crystal hot sauce pulp

Shrimp & Tasso Corndogs 9

Wild white shrimp & tasso ham, cornmeal crust, hot sauce aioli, sticky pepper jelly

Louisiana Sweet Potato Beignets 9

Foie gras ganache and chicory coffee glaze

Grilled Panzanella Salad 8

Chared corn, artisan bread, mirlitons, red & yellow cherry tomatoes, queso fresco, cilantro lime vinaigrette

Roasted Pumpkin & Drunken Cranberries 9

Peppery arugula, spiced goat cheese, toasted pepitas, pressed pumpkin seed oil, cider vinaigrette

KIDS CORNER

Pilgrim's Plate 12

Light & dark all natural turkey with country dressing and marshmallow whipped sweet potatoes with spiced pecans

Chicken Tenders 8

With French fries and fresh fruit

Fried Shrimp 8

With French fries and fresh fruit

TURKEY PLATE

AUTUMN APPLE CIDER BRINED TURKEY 27

Light & dark all-natural turkey, Creole country dressing,

Shrimp & tasso mirliton stuffing, spiced pecan & marshmallow whipped sweet potatoes, turkey gravy,

Bayou satsuma rum spiked cranberry chutney

BIG BITES

Rustic Griddle Seared Gulf Fish 29

Truffled beet purée, local legumes, leeks, corn and fresh herbs with crispy root vegetables

Blackened Yellowfin Tuna 32

Collard green kimchi, Japanese yams, yuzu mayo, pickled chili and housemade Vietnamese hot sauce

Surf & Turf 31

8 oz. of black angus beef, chermoula, rapini, parsnip purée, grilled jumbo gulf shrimp

14 oz. Chargrilled Berkshire Pork Chop 39

Sweet potato mash, savory apple compote, fall spiced toasted pecans and crispy Brussels sprouts

SIDES

Brown Butter & Garlic Rapini 7

Shrimp & Tasso Mirliton Stuffing 6

Crispy Brussels Sprouts 6

Country Dressing 7

Spiced Pecan & Marshmallow Whipped Sweet Potatoes 5

THE SWEET LIFE

Bread Pudding Lollipop 9

Brandy soaked cherries, berries and melty white chocolate

Brown Butter Rum Cake 7

Rum caramel bonbon, brown butter solids

Chocolate Creole Cream Cheese Cake 8

Raspberry coulis, chocolate cotton candy, cookie crust



SoBou

SoBou: So•Bou *noun* \ Sō-Bü: 1. an acronym for a micro-neighborhood in “the Quarter”; 2. a place where a pincho is something to eat, not do; 3. a saloon where the showmanship of the barkeep is only matched by the beauty in the glass; 4. the home of civilized drinking; 5. where people know pinot noir is not a daiquiri flavor; 6. where you see pink elephants and don’t mind; 7. where life is meant to be lived not endured.



Eat Fit Nola menu items meet the nutritional criteria designated by Ochsner Health System. For more information, visit EatFitNola.com