

Flavors of the South Soul Food Truck Menu

Main Plates (*Includes 1 side & cornbread*)

- **Fried Chicken Plate** – \$13.99
Golden fried wings or tenders seasoned Southern-style.
- **Fried Fish Plate** – \$14.99
Crispy, seasoned fish fillets (swai, whiting, or tilapia), perfect with hot sauce.
- **Soul Bowl** – \$12.99
Rice or mac base topped with fried chicken, fish, or tofu + greens + a creole sauce.
- **Sweet Heat Vegan Plate** – \$11.99
Fried tofu (garlic and creole seasoned), red beans and rice, cabbage and cornbread.
- **Chicken & Waffle Plate** – \$13.99
Golden fried tenders seasoned Southern-style and a buttermilk waffle.

Sandwiches & Baskets

- **Fried Chicken Sandwich** – \$10.99
With slaw, pickles and honey, hot or BBQ drizzle.
- **Fried Fish Sandwich** – \$11.99
Crispy fish on a bun with lettuce, tomato and spicy mayo.
- **Southern Sliders (3)** – \$10.99
Mini sandwiches: chicken, pulled pork and fish (1 of each).

Sides – \$3.99 each

- Mac & Cheese
- Collard Greens
- Red Beans & Rice
- Candied Yams
- Cornbread

Desserts (rotates) – \$4.99

- Peach Cobbler (cup)
- Banana Pudding (cup)
- Sweet Potato Pie (cup)

Drinks – \$2.99

- Sweet Tea
- Lemonade
- Soda
- Water

Combo Deal

Plate + Drink + Dessert – \$16.99

Sandwich/Basket + Drink + Dessert – \$14.99

WHY THIS MENU WORKS

- **Fryer:** Handles wings, tenders, catfish, hush puppies, fried okra
- **2-Burner Range:** Used for grits, greens, yams, sauces, and sautéing shrimp or sausage
- **Waffle Maker:** Used to make waffles
- **Electric Pasta Cooker:** Perfect for fast pasta bowls and Cajun mac dishes
- **Chest Freezer:** Stores shrimp, chicken, catfish, pies, and backup ingredients
- **Reach-In Refrigerator:** Holds daily sauces, greens, grits, pasta, dairy, and dessert

PREP WORKFLOW

1. Morning Prep (Before Service):

- Cook collard greens, candied yams, red beans, and mac & cheese in batch portions
- Chill finished sides in shallow pans and store in reach-in refrigerator
- Prepare grits and hold in insulated container or steam pan
- Portion out proteins (chicken tenders, catfish) into fryer-ready kits
- Mix Kool-Aid and brew sweet tea/lemonade; store in labeled pitchers
- Prepare dessert cups (banana pudding, cobbler, sweet potato pies) and chill

2. On-Truck Cooking:

- Use fryer for to-order items: chicken, catfish, hush puppies
- Use gas range for grits, sautéed shrimp, sausage, and heating sides
- Use pasta cooker for mac & cheese refresh or fresh pasta dishes
- Use waffle maker to make waffles

3. Assembly Line Setup:

- Station 1: Protein (fried/sautéed)
- Station 2: Sides scoop station (from hot hold or reheated)
- Station 3: Garnish/saucing and boxing
- Station 4: Final check, drinks, and hand-off

4. End-of-Day:

- Store leftovers in labeled containers (cool within 2 hours)
- Clean fryer baskets, pasta cooker, burners, and prep surfaces
- Restock dry goods and wipe down interior for next day

Efficiency Tips:

- Use color-coded pans for protein vs sides
- Label squeeze bottles for sauces
- Keep a daily prep list visible on truck wall