

Sistaz Of Soulfood



Restaurant & Catering

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## ∞ APPETIZERS ∞

**Deep Fried Wingettes (8)** 10.99

*Choice of Naked or Breaded*

*Served with choice of Bleu Cheese or Ranch*

**TOSSED IN ANY SAUCE BELOW 99¢**

*Bourbon Glazed, Buffalo, Garlic Parmesan*

**Loaded French Fries** 7.99

*Topped with cheddar cheese, bacon & served with sour cream.*

**Sistaz Soulfood Eggrolls (2)** 8.99

*Loaded with Collards and Chicken. Then deep fried to perfection. Served with our signature dipping sauce.*

**Sistaz Soulfood Mac & Cheese Eggrolls (2)** 8.99

*Loaded with Mac & Cheese. Then deep fried to perfection. Served with ranch or sour cream.*

## WELCOME TO THE FAMILY!

### ∞ COOK TO ORDER ENTREES ∞

*All entrees served with two sides & bread*

**Fish Entrée (MAY CONTAIN BONES) (2)**

*Seasoned in our signature house seasoning.*

*Lightly breaded and delicately deep fried to perfection.*

**CATFISH 15.99 | WHITING 17.99**

**Fried Chicken Entrée**

*Seasoned and marinated in our signature herbs and spice mix.*

*Breaded in our signature house breading, and deep fried to perfection.*

**Breast & Wing 15.99 | Leg & Thigh 14.99 | Wingettes (5) 15.99 | Boneless Breast (1) 14.99**

**Boneless Porkchops Entrée (2)** 16.99

*Seasoned in our signature house seasoning.*

*Choose from Grilled -Deep Fried- or Bourbon glazed in our signature Bourbon sauce.*

**Skewered Shrimp Entrée (2)** 16.99

*Seasoned and marinated in our signature herbs and spice mix. Breaded in our signature house breading, and deep fried to perfection or Grilled and finished with our house Scampi Sauce.*

### ∞ HOUSE PASTA ∞

**Chicken Alfredo** 16.99

(FRIED OR GRILLED)

*Our homemade sauce made with butter, cream, bruschetta herbs and parmesan cheese to make a beautifully rich sauce for our fettuccine pasta. Served with Grilled Chicken and garlic bread.*

**Shrimp Alfredo** 17.99

(FRIED OR GRILLED)

*Our homemade sauce made with butter, cream, bruschetta herbs and parmesan cheese to make a beautifully rich sauce for our fettuccine pasta. Served with Shrimp and Garlic Bread.*

**OUR FOOD IS COOKED TO ORDER, SO WE RECOMMEND CALLING AHEAD!**

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

AllergyStatement: Menu items may contain or come into contact with WHEAT, EGGS, PEANUTS, TREE NUTS, and MILK.

Revised on July 20th of 2020, all other versions are no longer valid.



## ∞ SIGNATURE WAFFLES ∞

### Chicken & Waffles

Our waffle, cooked to a fluffy center, dusted with powdered sugar and topped with the Chicken of choice  
Breast & Wing 14.99 | Leg & Thigh 13.99 | Wingettes (5) 14.99 | Boneless Breast (1) 13.99



### Home of the Pork Chop & Waffles 13.99

Our waffle, cooked to a fluffy center, dusted with powdered sugar and topped with the Boneless Pork Chop of your choice  
Grilled Bourbon Glazed (1) | Fried (1) | Grilled (1)

## FOOD COOKED FROM THE SOUL....WITH LOVE!

### PREMIUM SIDE DISHES

4.49

Baked Macaroni & Cheese  
Candied Yams | Collard Greens |  
\*Pasta Salad | Side Salad  
\*Potato Salad | Dirty Rice  
\*Boston Baked Beans | Green Beans

### SIDE DISHES

3.99

Broccoli  
Garlic Mashed Potatoes  
Buttered Corn | French Fries  
\*Cole Slaw  
\*Denotes not available daily!

### SENIOR MEALS

Served with 1 side and bread.  
9.99

Boneless Chicken Breast  
Wingette Meal (4)  
Boneless Porkchop (1)

### SPECIAL ORDER

12.99

CHOOSE ANY (3) SIDES DISHES

### SANDWICHES

Bread choices are:  
White Bread (or) Bun

Chicken Breast (1) 7.99  
Boneless Porkchop (1) 7.69  
Catfish (1) 7.99  
Whiting (1) 9.99

\*FISH MAY CONTAIN BONES

LETTUCE TOMATO AND ONION  
AVAILABLE UPON REQUEST

Add fries to a sandwich for 3.99  
Add cheese to any sandwich for 1.29

## ∞ SALAD ENTRÉES ∞

### Garden Salad 7.99

Mixed greens, cucumber, carrots, & croutons. Served with choice of salad dressing  
*Ranch, Bleu Cheese, Italian, Balsamic Vinaigrette, French, 1000 Island*

### Grilled Chicken Salad 12.99

Mixed greens, cucumber, carrots, & croutons. Topped with Grilled Boneless Breast. Served with choice of salad dressing.  
*Ranch, Bleu Cheese, Italian, Balsamic Vinaigrette, French, 1000 Island*

### Fried Chicken Salad 12.99

Mixed greens, cucumber, carrots, & croutons. Topped with Fried Boneless Breast. Served with choice of salad dressing.  
*Ranch, Bleu Cheese, Italian, Balsamic Vinaigrette, French, 1000 Island*

Visit Us At: [WWW.SISTAZOFSOULFOOD.COM](http://WWW.SISTAZOFSOULFOOD.COM)

Email Us At: [SALES@SISTAZOFSOULFOOD.COM](mailto:SALES@SISTAZOFSOULFOOD.COM)

### DRINKS

2.49

Coca Cola | Diet Coke | Sprite  
Dr. Pepper | Fanta Orange  
Fruit Punch  
1.99  
Water

### KIDS MENU

5.99

(10 & under)  
Comes with 1 kid side & drink  
Chicken Nuggets (4)  
Kid Hot Dog (1)  
Chicken Leg (1)

### DESSERTS

4.99

Banana Pudding  
Cheesecake  
CAKE OF THE DAY

SISTAZ OF SOULFOOD | 129 E Cleveland Avenue Vinton VA 24179 | (540) 650-7023

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