



SOUL FOOD EXCELLENCE

Sowl Classics

Sowl Bowl served with 1 side and cornbread

Sowl Plate served with 2 sides and cornbread

Fried Whiting Fish 11|13

Fried Chicken Wings 11|13

Cajun Turkey Wings 13|15

Crab Casserole 16|18

Baked Whiting Fish with Lump Crabmeat Topping 18|20

Fried Shrimp 20|22

Side Lover's Plate Your three favorite sides on one plate served with choice of roll or cornbread |12

Pastas

(Thursdays, Fridays, & Saturdays Only)

Sowl Pasta Spicy sausage and jumbo shrimp in a signature cream sauce served over fettuccine pasta |18

Big Bang Pasta Lump crabmeat in a spicy cream sauce served over angel hair pasta |18

Sides

Small 4 | Large 6

Baked Macaroni and Cheese

Sweet Potato Fluff

Candied Yams

Potato Salad

Green Beans

Cabbage

Kale

French Fries 2|4

Desserts

Sweet Potato Pie |3

Peach Cobbler |4

Cherry Cheesecake |5

Drinks

Fiji Artesian Water |2

Fresh Brewed Lemon Iced Tea |3

Fresh Squeezed Strawberry Lemonade |3

Connect With Us @sowlfood302

ORDER
ONLINE



DELIVERY

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